Chapter 1.

1. The helping relationship focuses on
   1. Both the clients’ and the helpers’ goals
   2. The helpers’ goals
   3. **The clients’ goals**
   4. What the helper deems a good goal
2. A strategy for defining the boundaries of the helping relationship is
   1. **To develop a written contract**
   2. To only take referrals from colleagues you know well
   3. To let the client decide what is best
   4. To ask the client what worked well in the past
3. The helping process
   1. Stops changing when a goal is determined
   2. **Is dynamic, and continues to change**
   3. Can continue indefinitely after goals are reached
   4. Can look the same for many clients
4. The helper’s goal is to
   1. Solve the problem
   2. Get the client to like him/her
   3. Guide the client to what the helper deems best
   4. **Guide the client towards the client’s goal**
5. The client’s responsibility includes
   1. Whether or not to engage in the helping relationship
   2. Whether or not to participate in the helping relationship
   3. Whether or not to follow through with recommendations from the helper
   4. **All of the above**
6. If the client does not follow through with recommendations from the helper
   1. The helping relationship should be terminated immediately
   2. The helper should express disappointment
   3. **The helper should re-address the goal and help the client understand how change can be made**
   4. The helper should walk out of the counseling session
7. The primary responsibility of counselors is to
   1. Make sure they get paid for their services
   2. **Respect the dignity and promote the welfare of their clients**
   3. Let their clients do whatever they wish
   4. Let their clients know the best path to follow
8. Maintaining a professional relationship
   1. **Is the job of the helper**
   2. Is the job of the client
   3. Is the job of the helper and the client
   4. May need an outside party, such as a mediator
9. Emotional objectivity of the helper
   1. Is good, but not essential
   2. Should be maintained except when the helper truly understands what the client is going through
   3. **Must be maintained throughout the helping relationship**
   4. Is not totally possible, and the helper must recognize this
10. In regards to the helper’s biases,
    1. **They should be aware of their biases, and the impact they may have on the client**
    2. They should not have biases if they are counselors
    3. They should share their biases with the client
    4. They should pretend they do not have biases
11. When it comes to limitations of helpers,
    1. Helpers are trained so that they have no limitations
    2. **Helpers should not exceed their limitations in the delivery of services**
    3. Helpers should challenge themselves and work with clients even if they have limitations
    4. Helpers should never reveal limitations to clients
12. An ethical reason a helper may consider referring a client to another helper may be
    1. The helper is battling compassion fatigue
    2. The helper is experiencing burnout
    3. The helper is experiencing personal trauma
    4. **All of the above**