

## Homework I, Chp. I - Key

1. Which is a reason it can be difficult to counsel in a skilled, disciplined way?

- A. Similarity of Problems
- B. Needs Being So Great
- C. Counseling Techniques the Same
- D. None of the Above

2. Counseling is not mandated by Scripture.

True False

3. Every Believer, including church leaders, share in the responsibility to counsel.

True False

4. Believers are instructed not to bear burdens or be kind to those in need of help.

True False

5. It is the duty of the Christian counselor to refer to the Scriptures for direction in every matter and situation. True False

6. Why do some not use Scriptures in counseling?

A. None that are professionally trained remain ignorant to the Word of God.

B. Some may lack the experience in using the Word of God

C. No counselor relies on his or her own understanding.

D. None of the above

7. There is speculation in the Word of God.

True False

8. The Christian counselor understands that the root of many serious problems is sin.

True False

9. It is not true that "Faith begins where the will of God is known." True False

List the things the counselor must consider before they can begin to use Scripture effectively.

10. The Bible must be believed.

11. The counselor must appropriate the Word of God.

12. They must be obedient to the Word.

13. They must learn the Word.

14. They must let the Word mature them.

In review, list the contributions from Scripture in counseling.

15. The Word of God brings conviction of sin

16. The Scriptures bring the message of Salvation

17. The Word of God produces faith

18. The Word cleanses

19. The Word gives guidance

20. The Word offers discernment

21. The Word produces knowledge

22. The Word offers protection against sin

## Homework II, chp. II-III - Key

1. Counseling is an attempt to provide encouragement and guidance.

True False

2. It should be a surprise to the counselor to hear the counselee say, "I'll never change."

True False

3. Our present cannot be imprisoned by our past. True False

List the types of pastoral counseling.

4. Pastoral Care

5. Pastoral Counseling

6. Pastoral Psychotherapy

List what most Christian counselors use the authority of the Scriptures in:

7. The attributes of God

8. The nature of human beings

9. The reality of sin

10. The forgiveness God extends

11. Our hope for the future

12. The Christian counselor, but not the secular counselor, seeks to change the behavior in their counsees. True False

List 4 questions that should be asked in every counseling situation:

13. What is the problem?

14. Should I (the counselor) intervene and try to help?

15. What can be done to help?

16. Is someone else better qualified in this situation?

List the 4 characteristics of all counseling techniques.

17. They seek to arouse the belief that help is possible

18. They correct erroneous beliefs about the world

19. They develop competence in social living

20. They help counsees accept themselves as persons of worth

21. It is the wisdom of God that makes the Christian counselor unique. True False

22. One need not be peaceable to be an effective counselor. True False

23. When we become a Christian, we are likely to gain a life of hypocrisy.

True False

### Homework III, Chp. IV-VI - Key

1. Though local groups of believers can bring a sense of belonging to people, it is not therapeutic. True False

2. Many Christian counselors have turned to the insights of psychologists and other mental health professionals to increase the effectiveness of their counseling. True False

3. Psychology is a highly complex field of study, dealing with only human behavior. True False

4. The Bible claims to be a textbook on counseling. True False

What questions should counselors ask themselves to evaluate their motives for wanting to counsel.

5. Do I have a sincere desire to help others?

6. Is there evidence that my counseling has helped others?

7. Is counseling fulfilling to me personally?

8. When a counselor is an authoritarian, they like to play the role of the problem-solver. True False

9. A counselor builds the trust of the counselee when he uses very personal information to satisfy his own needs. True False

10. It is possible for every Christian to be an effective counselor. True False

11. The counselor should avoid putting the counselee into a category too quickly, or making hasty evaluations. True False

12. Most people are looking for someone with an artificial look. True False

13. Jesus Christ is the real counselor. True False

14. There are no people who have mastered the art of controlling people to get what they want. True False

15. Counter transference takes place when the counselor's own need interferes with the therapeutic relationship with the counselee. True False

16. Resistance never takes place when people discover that it can take time to bring permanent help. True False

17. The counselor should provide structured sessions and avoid becoming defensive. True False

List 10 suggestions that will help the counselor to remain alert to potential problems:

18. Why do I think this is the worst (or best) person I have ever counseled?

19. What is the reason for the counselee or myself always arriving late?

20. Is there a reason why the counselee or myself want more or less time in each session?

21. Do I tend to overreact when the counselee makes certain statements?

22. Do I feel bored with this person?

23. Why am I always agreeing or disagreeing with this person?

24. Do I want the sessions to end prematurely?

25. Do I want the counseling session to continue too long?

26. Why do I feel sympathetic for the person?

27. Am I thinking about this person too frequently between sessions?

28. Which option allows for the potential for sexual arousal and falling into immorality?

A. The counselee is not seductive

B. There is no attraction to the counselee

C. The counselor is not having his emotional and sexual needs met

D. None of the above

29. Joshua was not instructed to meditate on the Word. True False

30. Prayer is good, but not essential in effective counseling. True False

31. Danger signals are only external. True False

Match the danger sign with the area:

B 32. When the counselor continues thinking about the counselee, admiring his/her personality traits

B 33. When the counselee is compared with the counselor's spouse

A 34. When physical contact increases from a brief touch to more contact

B 35. When the counselor finds excuses to be with or meet the counselee in a special place

A 36. When the counselee complains about being lonely

A 37. When the counselee begins to bring gifts

A 38. Seductive behavior

B 39. When sexual fantasies begin to arise in the counselor's thoughts

A 40. The counselee showing a growing dependence on the counselor

A 41. When the counselee frequently expresses appreciation and praise for the counselor

B 42. When the counselor shares his/her problems with the counselee

A. External Danger Signs

B. Internal Danger Signs

43. Setting clear limits will not help avoid sexual dangers. True False

44. It is important from the beginning to set the length of each scheduled session and maintain it. True False

List 5 suggestions for setting limits.

45. Do not engage in unscheduled telephone conversations.

46. Avoid any unnecessary physical contact.

47. Meet in a place that is not conducive to sexual arousal.

48. Seat yourself and the counselee in a way that does not encourage wandering eyes.

49. Discourage lengthy details concerning

sexual topics.

50. There are no professional Implications when a counselor enters into sexual intimacies with a counselee. True False

51. The unmarried daughter of a church elder reveals she is pregnant and intends to have an abortion. What do you do with this information?

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52. As the counselee reveals more information, they will expect the counselor to guard the information with care.

True False

53. It is okay to use case materials for illustrations, especially when the case is presently in progress. True False

54. It is good to reveal that an illustration comes from a counseling session.

True False

55. There is no problem in touching a counselee unnecessarily. True False

56. Touching a counselee of the opposite sex is an area the counselor should be extremely careful of. True False

In review, list some potential areas of role confusion for the counselor:

- 57. Visiting in Place of Counseling
- 58. Hurrying the Counseling Process
- 59. Showing Disrespect When a Sympathetic Approach is Needed
- 60. Being Judgmental
- 61. Being Directive instead of Interpretive
- 62. Being too Emotionally Involved instead of Being Objective
- 63. Being Impatient instead of Realistic
- 64. Being Artificial instead of Authentic

### Homework IV, Chp. VII-VIII - Key

1. The counseling process is never draining psychologically. True False

List the ways burnout be prevented:

2. Stay Spiritually Strong

3. Support from Others

4. Constantly Evaluate the Underlying Drive to Achieve

5. Take Time Off

6. Improve Your Ministry Skills

7. The most effective counselor is the one who is an available instrument, through whom the Holy Spirit works. True False

8. When displaying the attitude that "This person should have known better," we are in essence saying we are much wiser than the counselee. True False

9. Self-discipline plays no important role in life. True False

10. Causes of behavior can never be blamed on the person having a mean streak or a bad disposition. True False

11. Problems people have usually goes deeper than the actions. True False

12. We should guess at what is going on, rather than be concerned with a plan of rehabilitation. True False

13. Studies have shown that no behavior, emotional, or mental problems come from physiological disorders. True False

14. A counselor is to never refer the client to a specialist. True False

15. Giving good instruction is valuable, but most people do not respond to lectures. True False

16. The counselor must not condone the sin in which the counselee is involved, but they should condemn them. True False

17. Jesus took a strong stance against sin in John 8:11. True False

List the questions one must consider before setting goals:

18. Why do people come for counseling?

19. What do they hope to accomplish?

20. What is the reason for trying to help?

List the 2 very important goals Jesus expressed for the lives of people:

21. The most important, is eternal life, John 3:16.

22. The second was to have an abundant life, John 10:10.

## Homework V, Chp. IX-XIV - Key

1. A therapeutic climate is where the counselee feels comfortable and there are very few distractions. True False

List three suggestions to build a good "therapeutic climate."

2. Warmth

3. Genuineness

4. Empathy

5. There can be divided attention given to the counselee. True False

Match the method with the action that shows undivided attention.

C 6. Eye Contact

A 7. Posture

B 8. Gestures

A. The counselor's posture should be a relaxed one

B. Natural but not excessive.

C. This conveys a concern and understanding

List 5 suggestions on being an effective listener:

9. The ability to concentrate on what the counselee is saying

10. Avoid words or expressions of disapproval or judgment, about what is being said

11. Detecting messages from the tone of voice, posture, gestures, or facial expressions

12. Noticing or hearing what the counselee does not say

13. Being patient when the counselee goes through times of silence or tears

(Keeping eye contact (without staring) while the counselee is speaking)

(You do not have to condone the behavior of the counselee but learn to accept him or her.)

14. When questions are posed correctly, a wealth of information can come forth.  
True False

15. Confronting does not give the counselee an opportunity to realize the sin they may possess.

True False

16. Interpretation is when the counselor explains to the counselee what his/her behavior or other situations will do to them.

True False

17. Counseling is a lecture time, not a process. True False

18. Planning should involve discussions of goal setting and actions needed to accomplish each goal. True False

List the questions that the counselee should answer in planning:

19. What must I do to change?

20. Can I do something to make things better?

21. How can I accept the things that I cannot change?

22. Do I have unconfessed sins in my life?

23. Do I need to change my attitude and outlook on life?

24. There is no point where the counselor and counselee have to back away from the problem-solving relationship. True False

25. Eclectic counseling is an approach that draws from various sources. True False

26. Though there may be different theories, when the Christian counselor enters into the counseling session, they must trust the Holy Spirit to do the counseling work through them.  
True False

27. No matter where counseling takes place, the counselor is exempt from the law.  
True False

28. Counseling never goes past one on one.  
True False

List the suggestions to make counseling more effective:

29. One on One in Private

30. Bring in Family Members

31. People from the Community

List the areas to consider in community counseling:

- 32. Teaching Social Skills
- 33. Building Social Support
- 34. Equipping Lay People
- 35. Getting Help from Others
- 36. Problem Prevention
- 37. Changing the Community

List the things not contradictory to Christian counseling:

- 38. Care for the needy.
- 39. Welcome strangers
- 40. Do good to all people
- 41. Heal the brokenhearted
- 42. Forgive those who repent
- 43. Comfort those in sorrow
- 44. Support the weak
- 45. Evangelize and point people to Jesus Christ



## Homework VI, Chp. XV-XVIII - Key

1. Systems and social networks are beneficial in giving emotional support in many areas.

True False

2. Becoming involved socially is designed to cause counselees to enter into a state of denial. True False

3. Proverbs 11:14 declares that there is safety in a multitude of counselors. True False

4. Many communities offer training in lay counseling. True False

5. Counseling should be limited to the counseling office. True False

List the duty of the importance of hearing:

6. Do not deliberately close one's ears, Matt.13:13-15

7. Be quick to hear and slow to speak, James 1:19

8. Desire to hear the Word of God, Acts 13:7,44

9. To hear the Word and keep it and bear fruit, Luke 8:15

10. To heed what we hear, Mark 4:24; Luke 8:18

11. To hear what the Spirit says, Rev. 2:11.

12. To proclaim what we hear, Acts 4:20; 1 John 1:3-5

List the results of hearing:

13. We will be blessed, Rev. 1:3

14. We will receive everlasting life, John 12:47-50

15. Many hear but do not understand.

True False

16. None have turned ears away from the truth and followed fables in our day.

True False

17. Homework assignments are designed to lead the counselee into self-discipline, but not problem solving. True False

Mix or match:

A 18. A brief biography

A 19. A list of goals

A 20. A list of likes and dislikes

B 21. Give compliments in place of complaints

A 22. Respond to change

B 23. Saying "Thank You" as a response

A 24. Keep a daily diary

B 25. Reading the Bible for a set time

A 26. Record success and failures

B 27. Attending a church service

B 28. Spend time playing with one's children

A. Writing Assignments

B. Record of Behavior

29. The environment never leads to stressful situations. True False

30. Some noises can be disruptive and produce stress. True False

31. The way a room is decorated and shaped with the style and arrangement of the furniture has no affect of us psychologically. True False

List the environmental states that can bring an affect into the counseling office.

32. The Stress Level 33. Tension

## Homework VII, Chp. XIX-XXII - Key

1. Being in a counseling group never gives hope and an optimistic outlook to the participants. True False

2. It is uncommon for community counselors to feel that we cannot really help the people without being aware of, and dealing with, community issues. True False

3. As a Christian counselor, it is important to remember that there will be opposition to the counseling process. True False

Match the Scripture with the principle on being prepared for warfare:

C 4. Be clothed with the Armor of God.

A 5. Do not allow the enemy any advantages.

D 6. Do not give the enemy any position of opportunity.

B 7. Do not be ignorant to the enemy's devices.

A. 2 Corinthians 2:11

B. 2 Corinthians 2:11

C. Ephesians 6:13-17

D. Ephesians 4:27

8. Crisis is defined by danger and opportunity.

9. From Genesis to Revelation, the Scriptures deal with 1 crisis after another. True False

List the 3 major categories of crisis:

10. Accidental or situational

11. Developmental crisis

12. Existential crisis

13. It is important to realize that everyone can be treated in the same way. True False

14. The counselor needs to keep in mind that he/she must be flexible. True False

List the ways that the flexible counselor can help intervene:

15. Make Contact

16. Work to Reduce Anxiety

17. Focus on Facts that are Known

## 18. Evaluate Available Resources

19. The network of help in the time of crisis includes help from family, friends, neighbors, church members, and people in the workplace

20. The kinds of help available in a time of crisis include prayer, financial help, or even a shoulder to cry on.

List the additional resources available in almost every community:

21. Medical Assistance

22. Legal Aid

23. Financial Assistance

24. Temporary Living Quarters

25. Educational Opportunities

26. The counselee must have pressure put upon them to make some decisions without dependence on the counselor.

True False

The counselor can encourage action on the part of the counselee by:

27. Help in evaluating their progress

28. Help to modify plans if it is necessary

29. Give an attentive ear

30. Show interest in learning about the problem

31. The least hope that can be given is direction from the Scriptures. True False

32. As a counselor, we may find it necessary to give referrals. True False

33. Since a counselor should have ability to counsel in all areas, they should feel guilty if they are not able to help in a particular area. True False

List the 3 main debates about the causes of personal problems:

34. Physiology

35. Theology

36. Demonology.

Match the term with the phrase:

- C   37. Physiology  
  A   38. Theology  
  B   38. Demonology  
A. Direct result of sin  
B. Spiritual warfare  
C. Chemical imbalances, glandular malfunctioning, or genetic influences

Match the area of counseling with the explanation:

- A   40. Remedial  
  C   41. Preventive  
  B   42. Educative  
A. Deals with existing problems in everyday life  
B. Teaching different principles of mental health  
C. Measures to stop reoccurrence of a problem

In review, match the developmental crisis and its explanation:

- C   43. Starting School  
  D   44. Going Away  
  G   45. Getting Married  
  B   46. Becoming a Parent  
  F   47. Facing Criticism  
  A   48. Facing Retirement  
  E   49. Declining Health  
A. Feel as if they have lost their usefulness  
B. One crisis after another with children  
C. Classroom of strangers faced for first time  
D. Moving out on your own  
E. No longer able to do things physically  
F. "You could have done it better."  
G. Adjustments with new living arrangements

### Quiz 1, Homework I-II - Key

1. Counseling is not mandated by Scripture.  
True False
2. Every Believer, including church leaders, shares in the responsibility to help.  
True False
3. Why do some not use Scriptures in counseling?  
\_\_\_\_A. None who are professionally trained remain ignorant to the Word of God.  
X B. Some may lack experience in using the Word of God.  
\_\_\_\_C. No counselor relies on his or her own understanding.  
\_\_\_\_D. None of the above
4. There is speculation in God's Word.  
True False
5. It is not true that "Faith begins where the will of God is known." True False
6. Learning the Word is included in the list of things the counselor must consider before they can begin to use Scripture effectively.  
True False
7. Discernment and guidance are contributions from Scripture in counseling.  
True False
8. Counseling is an attempt to provide encouragement and guidance.  
True False
9. It should be a surprise to the counselor to hear the counselee say, "I'll never change."  
True False
10. Our present can be imprisoned by our past. True False
11. Psychotherapy is not on the list of types of pastoral counseling. True False

12. The questions that should be asked in every counseling situation include "Why have you not done anything about this problem?"  
True False

13. It is the wisdom of God that makes the Christian counselor unique. True False

Match the phrase with the term:

- \_\_A\_\_ 14. Attributes of God  
\_\_A\_\_ 15. Hope for the future  
\_\_B\_\_ 16. Help counselees accept themselves as persons of worth  
\_\_B\_\_ 17. Seek to arouse the belief that help is possible  
\_\_A\_\_ 18. Forgiveness God extended  
\_\_B\_\_ 19. Correct erroneous beliefs about the world  
\_\_A\_\_ 20. Nature of human beings  
\_\_A\_\_ 21. Reality of Sin  
\_\_B\_\_ 22. Develop competence in social living
- A. Christian counselor's use of the authority of the Scriptures  
B. Characteristics of all counseling techniques

### Quiz 2, Homework III - Key

1. Many Christian counselors have turned to the insights of psychologists and other mental health professionals to increase the effectiveness of their counseling.

True False

2. The Bible claims to be a textbook on counseling. True False

3. "Is counseling fulfilling to me personally?" is a question a counselor should ask themselves to evaluate their motives for wanting to counsel. True False

4. A counselor undermines the trust of the counselee when he uses very personal information to satisfy his own needs.

True False

5. It is possible for every Christian to be an effective counselor. True False

6. Most people are looking for someone with an artificial look. True False

7. There are people who have mastered the art of controlling people to get what they want.

True False

8. Counter transference takes place when the counselor's own need interferes with the therapeutic relationship with the counselee.

True False

9. Resistance never takes place when people discover that it can take time to bring permanent help. True False

10. Which option does not allow for the potential for sexual arousal and falling into immorality?

A. The counselee is not seductive.

B. There is an attraction to the counselee.

C. The counselor is not having his emotional and sexual needs met.

D. None of the above

11. Danger signals are only external.

True False

Match the danger sign with the area:

B 12. When the counselor continually thinks about the counselee, admiring his/her personality traits

B 13. When the counselee is compared with the counselor's spouse

A 14. When physical contact increases from a brief touch to more contact

B 15. When the counselor finds excuses to be with or meet the counselee in a special place

A 16. When the counselee complains about being lonely

A 17. When the counselee begins to bring gifts

A 18. Seductive behavior

B 19. When sexual fantasies begin to arise in the counselor's thoughts

A 20. The counselee showing a growing dependence on the counselor

A 21. When the counselee frequently shows or expresses appreciation and praise for the counselor

B 22. When the counselor shares their problems with the counselee

A. External Danger Signs

B. Internal Danger Signs

23. Setting clear limits will not help avoid sexual dangers. True False

Match the phrase with the term:

  A   24. Unscheduled telephone conversations

  B   25. Thinking this is the worst (or best) person ever counseled

  C   26. Being judgmental

  C   27. Being directive instead of interpretive

  B   28. Reason for counselee or self-wanting more or less time in each session

  C   29. Showing disrespect when a sympathetic approach is needed

  C   30. Being too emotionally involved instead of being objective

  B   31. Tending to overreact when the counselee makes certain statements

  A   32. Seated in a way that does not encourage wandering eyes

  C   33. Being impatient instead of realistic

  B   34. Feel bored with this counselee

  B   35. Why always agreeing or disagreeing with counselee

  A   36. Meeting place not conducive to sexual arousal

  C   37. Being artificial instead of authentic

  B   38. Wanting sessions to end prematurely

  B   39. Wanting counseling session to continue too long

  A   40. Discouraging lengthy details about sexual topics

  B   41. Feeling sympathetic for the person

  C   42. Visiting in stead of counseling

  C   43. Hurrying the counseling process

  A   44. Avoiding unnecessary physical contact

  B   45. Thinking about counselee frequently between sessions

A. Suggestions for setting limits

B. Suggestions that alert to potential problems

C. Potential areas of role confusion for the counselor

46. There are no professional Implications when a counselor enters into sexual intimacies with a counselee. True False

47. It is good to reveal that an illustration comes from a counseling session.

True False

48. There is no problem in touching a counselee unnecessarily. True False

49. Touching a counselee of the opposite sex is an area the counselor should be extremely careful of. True False

### Quiz 3, Homework IV-V - Key

1. The counseling process is never draining psychologically. True False
2. Support from others is a way for burnout to be prevented. True False
3. The most effective counselor is the one who is an available instrument, through whom the Holy Spirit works. True False
4. Self-discipline plays no important role in life. True False
5. We should guess at what is going on, rather than be concerned with a plan of rehabilitation. True False
6. The responsibility of the counselor is to never refer the client to a specialist. True False
7. Jesus took a strong stance against sin in John 8:11. True False
8. Eternal life and an abundant life are two (2) very important goals Jesus expressed for the lives of people. True False
9. The term "self-actualization" involves helping the individual learn to achieve their potential. True False
10. The heart of Christian counseling is to help people recognize and deal with physical needs while reaching spiritual wholeness. True False

List the 3 suggestions to build a good "therapeutic climate."

11. Warmth 12. Genuineness  
13. Empathy

Match the method with the action that shows undivided attention.

- C 14. Eye Contact  
A 15. Posture  
B 16. Gestures
- A. The counselor's posture should be a relaxed one  
B. Natural but not excessive.  
C. This conveys a concern and understanding
17. Being an effective listener does not include noticing or hearing what the counselee does not say. True False
18. When questions are posed correctly, a wealth of information can come forth. True False
19. Confronting does not give the counselee an opportunity to realize the sin they may possess. True False
20. Interpretation is when the counselor explains to the counselee what his/her behavior or other situations will do to them. True False
21. Planning should involve discussions of goal setting and actions needed to accomplish each goal. True False
22. "Can I do something to make things better?" is not a question that the counselee should answer in planning. True False
23. Eclectic counseling is an approach that draws from one source. True False
24. Counseling never goes past one on one. True False
25. Counseling cannot be made more effective by bringing in family members to the session. True False
26. Care for the needy and supporting the weak is contradictory to Christian counseling True False

### Quiz 4, Homework VI-VII - Key

1. Proverbs 11:14 declares that there is safety in a multitude of counselors.

True False

2. Many communities offer training in lay counseling. True False

3. The results of hearing include being blessed, and receiving everlasting life.

True False

4. Homework assignments are designed to lead the counselee into self-discipline, but not problem solving. True False

Mix or match:

A 5. A brief biography

A 6. A list of goals

A 7. A list of likes and dislikes

B 8. Give compliments in place of complaints

A 9. Respond to change

B 10. Saying "Thank You" as a response

A 11. Keep a daily diary

B 12. Reading the Bible for a set time

A 13. Record success and failures

B 14. Attending a church service

B 15. Spend time playing with one's children

A. Writing Assignments

B. Record of Behavior

16. The environment never leads to stressful situations. True False

17. Being in a counseling group can give hope and an optimistic outlook to the participants. True False

Match the Scripture with the principle on being prepared for warfare:

B 18. Be clothed with the Armor of God.

A 19. Do not allow the enemy any advantages.

C 20. Do not give the enemy any position of opportunity.

A 21. Do not be ignorant to the enemy's devices.

A. 2 Corinthians 2:11 B. Ephesians 6:13-17

C. Ephesians 4:27

22. It is important to realize that everyone can be treated in the same way.

True False

Match the phrase with the meaning:

B 23. Make contact

A 24. Accidental or situational

A 25. Developmental crisis

B 26. Work to reduce anxiety

B 27. Focus on facts that are known

A 28. Existential Crisis

B 29. Evaluate Available Resources

A. Major categories of crisis

B. Ways a flexible counselor can intervene

30. The counselee must not have pressure put upon them to make some decisions without dependence on the counselor.

True False

31. The least hope that can be given is direction in the Scriptures. True False

List 3 main debates about the causes of personal problems:

32. Physiology

33. Theology

34. Demonology

Match the area of counseling with the explanation:

A 35. Remedial

C 36. Preventive

B 37. Educative

A. Deal with problems in everyday life

B. Teaching different principles of mental health

C. Measures to stop reoccurrence of a problem



### Midterm Exam, Homework I-III - Key

1. Counseling is not mandated by Scripture.

True False

2. It is the duty of the Christian counselor to refer to the Scriptures for directions in every matter and situation. True False

3. Why do some not use the Scriptures in counseling?

A. None that are professionally trained remain ignorant to the Word of God.

B. Some may lack experience in using the Word of God.

C. No counselor relies on his or her own understanding.

D. All of the above

4. There is no speculation in the Word of God.

True False

Match the principle with the phrase:

B 5. Brings conviction of sin

B 6. Brings the message of salvation

A 7. Obedience to the Word

B 8. Produces faith

B 9. Cleanses

A 10. Learn the Word

B 11. Gives guidance

B 12. Offers discernment

A 13. Must be believed

A 14. Appropriate the Word of God

B 15. Produces knowledge

A 16. Let the Word mature them

B 17. Offers protection against sin

A. Use Scripture effectively

B. Contributions from Scripture in counseling

18. Counseling is an attempt to provide encouragement and guidance.

True False

List the types of pastoral counseling.

19. Pastoral Care

20. Pastoral Counseling

21. Pastoral Psychotherapy

22. Both the Christian counselor and the secular counselor seek to change the behavior in their counsees.

True False

Match the phrase with the term:

A 23. What is the problem?

A 24. Someone better qualified in this situation

B 25. Arouse the belief that help is possible

B 26. Correct erroneous beliefs about the world

A 27. What can be done to help?

B 28. Develop competence in social living

A 29. Should I intervene?

B 30. Help counsees accept themselves as persons of worth

A. Question that should be asked in every counseling situation

B. Characteristic of all counseling techniques

31. Mercy is critical and overbearing.

True False

32. When we become a Christian, we are likely to gain a life of hypocrisy.

True False

33. Though local groups of believers can bring a sense of belonging to people, it is not therapeutic. True False

34. The Bible claims to be a textbook on counseling. True False

35. When a counselor is an authoritarian, they like to play the role of the problem-solver.

True False

36. A counselor builds the trust of the counselee when he uses very personal information to satisfy his own needs.

True False

37. It is possible for every Christian to be an effective counselor. True False

38. Jesus Christ is the real counselor.

True False

39. There are no people who have mastered the art of controlling people to get what they want. True False

40. The counselor should provide structured sessions and avoid becoming defensive.

True False

41. Which option allows for the potential for sexual arousal and falling into immorality?

- A. The counselee is not seductive.
- B. There is no attraction to the counselee.
- C. The counselor is not having his emotional and sexual needs met.
- D. None of the above

42. Joshua was not instructed to meditate on the Word. True False

Match the danger sign with the area:

B 43. When the counselor continues thinking about the counselee, admiring his/her personality traits

B 44. When the counselee is compared with the counselor's spouse

A 45. When physical contact increases from a brief touch to more contact

B 46. When the counselor finds excuses to be with or meet the counselee in a special place

A 47. When the counselee complains about being lonely

A 48. When the counselee begins to bring gifts

A 49. Seductive behavior

B 50. When sexual fantasies begin to arise in the counselor's thoughts

A 51. The counselee showing a growing dependence on the counselor

A 52. When the counselee frequently shows or expresses appreciation and praise for the counselor

B 53. When the counselor shares their problems with the counselee

- A. External Danger Signs
- B. Internal Danger Signs

54. As the counselee reveals more information, they will expect the counselor to guard the information with care.

True False

55. It is good to reveal that an illustration comes from a counseling session.

True False

Match the phrase with the understanding:

A 56. Avoid lengthy details concerning sexual topics

B 57. Visiting instead of counseling

B 58. Hurrying the counseling process

B 59. Showing disrespect when a sympathetic approach is needed

A 60. No unscheduled telephone conversations

A 61. No unnecessary physical contact

B 62. Being judgmental

A 63. Seated so as to not encourage wandering eyes

B 64. Directive instead of interpretive

B 65. Emotionally involved instead of objective

B 66. Impatient

A 67. Meeting place not conducive to sexual arousal

B 68. Being artificial

A. Five suggestions for setting limits

B. Some potential areas of role confusion for the counselor

### Final Exam, Homework IV-VII - Key

1. The most effective counselor is the one who is an available instrument, through whom the Holy Spirit works. True False

2. When displaying the attitude that "This person should have known better," we are in essence saying we are much wiser than the counselee. True False

3. Self-discipline plays no important role in life. True False

4. Causes of behavior can never be blamed on the person having a mean streak or a bad disposition. True False

5. Problems people have usually goes deeper than the actions. True False

6. We should guess at what is going on, rather than be concerned with a plan of rehabilitation. True False

7. Studies have shown that no behavior, emotional, and mental problems come from physiological disorders. True False

8. The responsibility of the counselor may be to refer the client to a specialist. True False

9. Giving good instruction is valuable, but most people do not respond to lectures. True False

10. The counselor must not condone the sin in which the counselee is involved, but they should condemn them. True False

11. Jesus took a strong stance against sin in John 8:11. True False

12. Why people come for counseling is not a question one must consider before setting goals. True False

13. The term "self-actualization" involves helping the individual learn to achieve their potential. True False

14. The heart of Christian counseling is to help people recognize and deal with physical needs while reaching Spiritual wholeness. True False

15. A therapeutic climate is where the counselee feels comfortable and there are very few distractions. True False

List three suggestions to build a good "therapeutic climate."

16. Warmth

17. Genuineness

18. Empathy

19. There can be divided attention given to the counselee. True False

Match the method with the action that shows undivided attention:

C 20. Eye Contact

A 21. Posture

B 22. Gestures

A. The counselor's posture should be a relaxed one

B. Natural but not excessive.

C. This conveys a concern and understanding

23. When questions are posed correctly, a wealth of information can come forth. True False

24. Confronting does not give the counselee an opportunity to realize the sin they may possess. True False

25. Interpretation is when the counselor explains to the counselee what his/her behavior or other situations will do to them. True False

26. Counseling is a lecture time, not a process. True False

27. Planning should involve discussions of goal setting and actions needed to accomplish each goal. True False

28. There is no point where the counselor and counselee have to back away from the problem-solving relationship.

True False

29. Eclectic counseling is an approach that draws from various sources. True False

30. Though there may be different theories, when the Christian counselor enters into the counseling session, they must trust the Holy Spirit to do the counseling work through them.

True False

31. No matter where counseling takes place, the counselor is exempt from the law.

True False

32. Counseling never goes past one on one.

True False

Match the phrase with the terms:

D 33. Forgive those who repent

B 34. Equipping lay people

A 35. One on one in private

B 36. Getting help from others

D 37. Heal the brokenhearted

B 38. Problem prevention

B 39. Changing the community

A 40. Bring in family members

D 41. Do good to all people

C 42. Do I need to change my attitude and outlook on life?

D 43. Comfort those in sorrow

C 44. What must I do to change?

D 45. Welcome strangers

C 46. Can I do something to make things better?

A 47. People from the community

D 48. Support the weak

D 49. Evangelize and point people to Jesus Christ

C 50. How can I accept the things that I cannot change?

B 51. Teaching social skills

B 52. Building social support

C 53. Do I have unconfessed sins in my life?

D 54. Care for the needy

A. Making counseling more effective

B. Area to consider in community counseling

C. Questions to answer in planning

D. Things not contradictory to Christian counseling

55. Systems and social networks are beneficial in giving emotional support in many areas. True False

56. Many communities offer training in lay counseling. True False

57. Counseling should be limited to the counseling office. True False

58. Many hear but do not understand.

True False

59. None have turned ears away from the truth and followed fables in our day.

True False

60. Homework assignments are designed to lead the counselee into self-discipline and problem solving.

True False

Mix or match:

A 61. A brief biography

A 62. A list of goals

A 63. A list of likes and dislikes

B 64. Give compliments in place of complaints

A 65. Respond to change

B 66. Saying "Thank You" as a response

A 67. Keep a daily diary

B 68. Reading the Bible for a set time

A 69. Record success and failures

B 70. Attending a church service

B 71. Spend time playing with one's children

A. Writing Assignments

B. Record of Behavior

72. The environment never leads to stressful situations. True False

73. Some noises can be disruptive and produce stress. True False

74. Being in a counseling group never gives hope or an optimistic outlook to the participants. True False

75. It is uncommon for community counselors to feel that we cannot really help the people without being aware of, and dealing with, community issues. True False

76. As a Christian counselor, it is important to remember that there will be opposition to the counseling process. True False

Match the Scripture with the principle on being prepared for warfare:

\_\_B\_\_ 77. Be clothed with the Armor of God.

\_\_A\_\_ 78. Do not allow the enemy any advantages.

\_\_C\_\_ 79. Do not give the enemy any position of opportunity.

\_\_A\_\_ 80. Do not be ignorant to the enemy's devices.

A. 2 Corinthians 2:11

B. Ephesians 6:13-17

C. Ephesians 4:27

81. From Genesis to Revelation, the Scriptures deal with 1 crisis after another. True False

82. It is important to realize that everyone can be treated in the same way. True False

83. The counselor needs to keep in mind that he/she must be flexible. True False

List the ways that the flexible counselor can help intervene:

84. Make Contact

85. Work to Reduce Anxiety

86. Focus on Facts that are Known

87. Evaluate Available Resources

88. The network of help in the time of crisis includes help from family, friends, neighbors, church members, and people in the workplace.

89. The counselee must have pressure put upon them to make some decisions without dependence on the counselor. True False

True False

90. The least hope that can be given is direction in the Scriptures. True False

True False

91. As a counselor, we may find it necessary to give referrals. True False

True False

92. Since a counselor should have ability to counsel in all areas, they should feel guilty if they are not able to help in a particular area. True False

True False

Match the term with the phrase:

\_\_C\_\_ 93. Physiology

\_\_A\_\_ 94. Theology

\_\_B\_\_ 95. Demonology

A. Direct result of sin

B. Spiritual warfare.

C. Chemical imbalances, glandular malfunctioning, or genetic influences

Match the area of counseling with the explanation:

\_\_A\_\_ 96. Remedial

\_\_C\_\_ 97. Preventive

\_\_B\_\_ 98. Educative

A. Deals with existing problems in everyday life

B. Teaching different principles of mental health

C. Measures to stop reoccurrence of a problem

In review, match the developmental crisis and its explanation:

- C\_\_ 99. Starting school
  - D\_\_ 100. Going away
  - G\_\_ 101. Getting married
  - B\_\_ 102. Becoming a parent
  - F\_\_ 103. Facing criticism
  - A\_\_ 104. Facing retirement
  - E\_\_ 105. Declining health
- A. Feel as if they have lost their usefulness
  - B. One crisis after another with children
  - C. Classroom of strangers faced for first time
  - D. Moving out on your own
  - E. No longer able to do things physically
  - F. "You could have done it better."
  - G. Adjustments with new living arrangements