Interviewing & Counseling Test 3 Study Guide

* In chapter 11 be sure to know all the key points – definitions, difference between them, examples of each. Be able to recreate Fig. 11.1. Who’s Victor Frankl and what is Logotherapy and its key components? (Also found in chapter 15)
* In chapter 12 know all the key points. Also be aware of the risks of self-disclosure and feedback.
* In chapter 13 know all the key points. How are we as interviewers and counselors teaching communication skills to our clients? What is assertiveness training, thought stopping, and positive guided imagery? Be familiar with mindfulness meditation? Be able to list the big 6 TLCs but I won’t be asking all the specific information in the book for each. I do encourage you to read the information, it is interesting.
* In chapter 14 know about decisional counseling as discussed on pages 352-356, ending with future diary (what’s that?).
* In chapter 15, know about decisional counseling, person-centered counseling, logotherapy, multicultural counseling and feminist therapy, crisis counseling, and cognitive behavioral therapy.
* From chapter 16. What are the authors talking about when they use the terms competence, caring, and a sense of direction and purpose?