

Psychology 417, Basic Counseling Skills

Study Guide: Midterm 1

Helping Professions: Social Work, Psychiatry, MFT, etc.

Motivations to be a Helper

Self-exploration and role of Helper

Areas of therapists' self-exploration

Cognitive focused therapy

Family Rules: Myths, Secrets, Estrangements

Genogram work for therapist

Rationale for self-exploration

Erikson's Psychosocial Stages of Development (be able to identify each stage if given scenarios)

Tendencies for beginning helpers

Boundaries in Family systems

Qualities of an effective helper

Determinants of healthy therapeutic relationships

Use of therapist's self-disclosure

Qualities of a good treatment plan

Therapist's theoretical orientation

What is a diagnosis and the DSM-V

Informed consent and the initial session

How to deal with ethical dilemmas

Value Conflicts and patients rights

Treatment with LGBTQ clients

Causes of Malpractice

Purpose of professional code of ethics

Mandates to report

Concerns related to Insurance/managed care

Cross Cultural issues in treatment

Exam is 50 multiple choice questions. Covers lectures and readings. Please bring scantron.