A Guide to Ethical Conduct for the Helping Professions

Multiple Choice
*Identify the choice that best completes the statement or answers the question.*

1. **Chapter One: An Overview of Ethics in the Helping Professions-Definitions**
   Ethics involves making decisions of a moral nature about people and their interaction in society, and the term is often used synonymously with __________.
   
   A. Values  
   B. Standards  
   C. Virtue  
   D. Morality

2. **Making Ethical Decisions**
   The process of determining which ethical principles are involved and then prioritizing them based on professional requirements and beliefs is known as ethical reflection.
   
   A. True  
   B. False

3. **Other Guidelines For Acting Ethically**
   One situation where ethical dilemmas may arise for helping professionals is when working with adult survivors of incest and confronting issues of confidentiality and reporting abuse.
   
   A. True  
   B. False

4. **Chapter Two: American Counseling Association (ACA) Code of Ethics**
   Which of the following is NOT one of the purposes of the ACA Code of Ethics?
   
   A. The Code enables the association to clarify to current and future members and to those served by members, the nature of the ethical responsibilities held in common by its members  
   B. The Code establishes principles that define ethical behavior and best practices of association members  
   C. The Code identifies core values on which the counseling mission is based  
   D. The Code serves as the basis for processing of ethical complaints and inquiries initiated against members of the association

5. **Multiple Clients**
   When a counselor agrees to provide counseling services to two or more persons who have a relationship, the counselor clarifies at the outset which person or persons are clients and the nature of the relationships the counselor will have with each involved person.
   
   A. True  
   B. False

6. **Fees and Bartering**
Counselors may barter with clients under which of the following circumstances?

A. If the relationship is not exploitive or harmful and does not place the counselor in an unfair advantage
B. If the client requests it
C. If such arrangements are an accepted practices among professionals in the community
D. All of the above

7. Counselors aspire to earn the trust of clients by establishing and upholding appropriate boundaries, maintaining confidentiality, and:

A. Creating an ongoing partnership
B. Respecting the clients privacy
C. Developing rapport
D. Promoting integrity

8. **Professional Responsibility: Competence**
Counselors need to be alert to the signs of impairment from their own physical, mental, or emotional problems and refrain from offering or providing professional services when such impairment is likely to harm a client or others.

A. True
B. False

9. **Public Responsibility**
Counselors use techniques/procedures/modalities that are grounded in __________ and/or have an empirical or scientific foundation.

A. Research
B. Principle
C. Conjecture
D. Theory

10. **Forensic Evaluation: Evaluation for Legal Procedures**
Each of the following is an accurate statement about providing forensic evaluations EXCEPT:

A. The primary obligation of counselors is to produce objective findings that can be substantiated based on information and techniques appropriate to the evaluation
B. The evaluation must include a thorough examination of the individual along with the review of records
C. Counselors are entitled to form professional opinions based on their professional knowledge and expertise that can be supported by the data gathered in evaluations
D. Counselors will define the limit of their reports or testimony

11. Supervisors or supervisees have the right to terminate the supervisory relationship with adequate notice, while providing reasons for the withdrawal to the other party.

A. True
B. False

12. **Role and Relationships Between Counselor Educators and Students**
Counselor educators do not serve as counselors to current students unless this is a brief role associated with:

A. A self-disclosure exercise  
B. An evaluation  
C. A training experience  
D. None of the above

13. **Suspected Violations**
   When counselors believe that another counselor is violating or has violated an ethical standard, they must take immediate action and report the situation to an ethics committee, licensing board, or an appropriate institutional authority.

A. True  
B. False

14. **Chapter Three: Ethical Principles Of Psychologists And Code Of Conduct: Introduction**
   The American Psychological Association (APA) Ethics Code applies to psychologists' activities that are part of their scientific, educational, or professional roles as well as to the private conduct of these professionals.

A. True  
B. False

15. **Preamble**
   The ethics code describes various roles that psychologists perform as they strive to help others, including each of the following EXCEPT:

A. Researcher and therapist  
B. Mentor and advisor  
C. Administrator and social interventionist  
D. Diagnostician and expert witness

16. **Respect for People's Rights and Dignity**
   Psychologists must be aware that special safeguards may be necessary to protect the rights and welfare of persons or communities whose vulnerabilities impair autonomous decision making.

A. True  
B. False

17. **Competence: Boundaries**
   The boundaries of competence are accurately described in which of the following?

A. Psychologists planning to provide services, teach, or conduct research in areas that are new to them must seek supervised experience or study  
B. Psychologists must refrain from practicing in emerging areas where generally recognized standards for preparatory training do not yet exist  
C. When seeking forensic roles, psychologists are or become reasonably familiar with the judicial or administrative rules governing their roles  
D. All of the above

18. **Human Relations: Informed Consent**
When psychologist services are court mandated or otherwise mandated, psychologists are not required to inform the individual of the nature of the anticipated services.

A. True          B. False

19. **Advertising and Other Public Statements**
Psychologists claim degrees as credentials for their health services only if those degree were earned from a regionally accredited educational institution or were the basis for psychology licensure by the state in which they practice.

A. True          B. False

20. **Assessment: Bases for Assessment**
If psychologists must use assessment instruments whose validity and reliability have not yet been established, they must describe the strengths and limitations of test results and interpretation.

A. True          B. False

21. Psychologists who develop tests and other assessment techniques use appropriate ____________ procedures and current scientific or professional knowledge for test design, standardization, validation, reduction or elimination of bias, and recommendations for use.

A. Comparative  B. Covariance  C. Factor Analysis  D. Psychometric

22. **Therapy Involving Couples or Families**
When psychologists agree to provide services to several persons who have a relationship, they take reasonable steps to clarify at the outset which of the individuals are clients/patients and:

A. The psychologist's legal and ethical responsibility to each person  
B. The relationship the psychologists will have with each person  
C. The risks involved for each client  
D. Alternative treatment options for each person

23. **Chapter Four: National Board for Certified Counselors Code of Ethics**
The mission of the National Board for Certified Counselors (NBCC) is to:

A. Promote quality assurance in counseling practice  
B. Promote the value of counseling and professionalism in counseling  
C. Promote public awareness of quality counseling practice  
D. All of the above

24. **Counseling Relationship**
The primary obligation of certificated counselors is to protect individuals, family members, and group participants from physical and psychological trauma.

A. True          B. False
25. **Research and Publication**
Certificated counselors who conduct research must abide by the basic elements of informed consent including each of the following EXCEPT:

A. Fair explanation of the procedures to be followed, including an identification of those which are experimental  
C. An instruction that subjects are free to withdraw their consent and to discontinue participation in the project or activity at any time

B. Disclosure of appropriate alternative procedures that would be advantageous for subjects with an offer to answer any inquiries concerning the procedures  
D. Description of the research problem, design, and execution, as well as ethical considerations

26. **Chapter Five: American Association for Marriage and Family Therapy (AAMFT) Code of Ethics**
Marriage and family counseling may be fraught with ethical dilemmas because in couple and family work a number of persons are usually being treated together as a/an ________, and it is unlikely that all members have the same goals.

A. Unit  
B. Cluster  
C. Assemblage  
D. System

27. **Preamble**
Both law and ethics govern the practice of marriage and family therapy, and if the AAMFT Code of Ethics prescribes a standard higher than that required by law, marriage and family therapists must meet the legal standard.

A. True  
B. False

28. **Principle III: Professional Competence and Integrity**
Which of the following is NOT included in the professional competence and integrity standards of marriage and family therapists?

A. Marriage and family therapists must insure that they do not engage in personal, social, organizational, financial, or political activities which might lead to a misuse of their influence  
C. Marriage and family therapists maintain adequate knowledge of and adhere to applicable laws, ethics, and professional standards

B. Marriage and family therapists do not provide services that create a conflict of interest that may impair work performance or clinical judgment  
D. Marriage and family therapists maintain accurate and adequate clinical and financial records

29. **Principle VI: Responsibility to the Profession**
Marriage and family therapists participate in activities that contribute to a better community and society, including devoting a portion of their professional activity to services for which there is little or no financial return.

A. True  
B. False
30. **Chapter Six: Ethical Standards for School Counselors**

According to the preamble of the Ethical Standards for School Counselors, each person has the right to receive the information and support needed to move toward:

A. Self-respect and self-appraisal  
B. Self-direction and self-development  
C. Self-confidence and self-preservation  
D. Self-empowerment and self-evaluation

31. **Standard Records**

The professional school counselor must maintain and secure counseling records, and must keep sole possession records with the student’s education records at all times.

A. True  
B. False

32. **Diversity**

It is imperative that the school counselor possess understanding about how he/she is affected personally and professionally by racism and:

A. Oppression  
B. Discrimination  
C. Stereotyping  
D. All of the above

33. **Chapter Seven: Code of Ethics of the American Mental Health Counselors Association (AMHCA)**

The primary responsibility of the mental health counselor is to respect the dignity and integrity of the client, and client growth is encouraged in ways that promote the client's welfare.

A. True  
B. False

34. **Former Clients**

Counselors do not engage in sexual intimacies with former clients within a minimum of _____ years after terminating the counseling relationship.

A. Two  
B. Five  
C. Seven  
D. Ten

35. **Test Interpretation**

Multicultural factors must be considered in test interpretation and diagnosis, and in the formulation of prognosis and treatment recommendations.

A. True  
B. False

36. **Professional Responsibility**

In their commitment to the understanding of human behavior, counselors value integrity and ____________, and in providing services they maintain the highest standards.

A. Compassion  
B. Objectivity  
C. Decorum  
D. Fidelity
37. **Chapter Eight: Code of Ethics of the National Association of Social Workers-Preamble**

A historic and defining feature of social work is the profession's focus on individual well-being in a social context and the well-being of society.

A. True  
B. False

38. **Ethical Principles**

Which of the following is NOT one of the ways in which social workers challenge social injustice?

A. Social workers pursue social change on behalf of vulnerable and oppressed individuals and groups of people

B. Social workers seek to promote sensitivity to and knowledge about oppression and cultural oppression and cultural and ethic diversity

C. Social workers efforts are focused primarily on social injustice issues such as inequality, religious persecution, and indigence

D. Social workers strive to ensure access to needed information services and resources

39. **Physical Contact**

Social workers should not engage in physical contact with clients when there is a possibility of psychological harm to the client as a result of the contact.

A. True  
B. False

40. **Social Workers Ethical Responsibility to the Broader Society**

Social workers should advocate for living conditions conducive to the fulfillment of ________________ and should provide values and institutions that are compatible with the realization of social justice.

A. Basic human needs  
B. Dignity and worth  
C. Positive social change  
D. Personal and societal well-being