

# CI 610 - Counseling Victims of Violence and Disaster

## Exam Instructions

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- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
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**1.** Individual diagnosis and resulting outcomes of individuals who have been victims of violence can be affected by each of the following except

- A) ego strength.
- B) resilience.
- C) **sibling rivalry.**
- D) victimization history.
- E) previous mental health disorders

**2.** An individual with a(n) \_\_\_\_ disorder prior to being a victim of violence likely response will appear as an intense self-focused reaction.

- A) depressed/mood
- B) addiction/substance abuse
- C) narcissistic personality
- D) post traumatic stress
- E) obsessive-compulsive

**3.** Dissociative disorders essentially operate as resistance to the trauma by disconnecting the event from memory.

- A) True
- B) False

4. PTSD is characterized by each of the following except
- A) recurrent thoughts.
  - B) uncontrolled violence.
  - C) avoidance.
  - D) numbing.
  - E) hyperarousal.
5. Triggers include
- A) anniversary of the crime, abuse, or death.
  - B) holidays and family events.
  - C) auditory and visual reminders.
  - D) the "system."
  - E) all the above
6. Trauma affects how the brain organizes, stores and retrieves memory.
- A) True
  - B) False
7. Defensive coping styles include
- A) self-fragmentation.
  - B) arousal.
  - C) **seeking help.**
  - D) repression.
  - E) splitting.
8. Secondary victimization occurs when
- A) pain is inflicted when careless statements are made or inferred.
  - B) the victim's pain is overlooked, minimized or even ignored.
  - C) the victim is blamed for the trauma.
  - D) all of the above
9. Dreams of the event is an example of grief
- A) physical sensations.
  - B) feelings.
  - C) behaviors.
  - D) cognitions.

- 10.** Raphael and Minkov identified risk factors which complicate bereavement to include
- A) perceived lack of social support.
  - B) other concurrent crises were stressors.
  - C) high levels of ambivalence in the relationship with the deceased.
  - D) an extremely dependent relationship.
  - E) all the above
- 11.** Assessment can assist the counselor in except
- A) providing diagnostic information about the disorder.
  - B) determining the presence and severity of the range of adverse trauma reactions.
  - C) determining who to not have as a client.
  - D) substantiating changes that have occurred because of trauma.
  - E) tracking changes in severity and duration of symptoms.
- 12.** Problems associated with the use of assessments include
- A) relying on one or two psychological measures to make long-term treatment decisions.
  - B) informal test administration and scoring that do not meet test protocols.
  - C) using assessment tools by counselors who are not qualified by degree or experience and who are not working under supervision.
  - D) all the above
  - E) none of the above
- 13.** The inability to assert and protect one's self is an example of a(n) \_\_\_\_ disruption symptom.
- A) perception/cognitive
  - B) biological
  - C) interpersonal
  - D) behavioral response
  - E) all of the above
  - F) none of the above
- 14.** It is critical that the victim of stalking keep careful notes documenting incidences to aid in the legal process.
- A) True
  - B) False
- 15.** Some research suggests that the best approach for stalking victims includes each of the following except
- A) crisis intervention.

- B) negotiating with the stalker.
- C) advocacy.
- D) multi-agency service coordination.
- E) all of the above

**16.** Long and short-term client concerns in stalking situations include fear of

- A) escalating violence.
- B) retaliation for reporting episodes.
- C) losing job and safe persons.
- D) having to go to court to prosecute.
- E) all the above

**17.** Cyber victims have difficulty being taken seriously when they do report incidences to law enforcement.

- A) True
- B) False

**18.** Victims of cyberstalking may have less extensive social support from friends and family than other crime victims often have.

- A) True
- B) False

**19.** Victims of a property crime report it to the police because they are

- A) cognitively motivated by reward and cost considerations.
- B) effectively motivated by the emotions of victimization.
- C) socially motivated by societal concepts of victimization.
- D) all the above
- E) none of the above

**20.** A general sense of \_\_\_\_ is a normal reaction for victims of robbery.

- A) not being safe
- B) not having control over one's domain
- C) uncertainty about the future
- D) fear of possible additional victimization
- E) all the above

**21.** A hate crime is characterized by being

- A) specifically directed attacks against certain populations.

- B) physical, emotional, verbal or sexual in nature.
- C) influenced by a gang or group emotionalism.
- D) perpetrated by strangers.
- E) all the above

**22.** All phases of the intervention with the victim of a hate crime need to deal with the issue of

- A) sadness
- B) revenge.
- C) fear.
- D) anger.
- E) all of the above
- F) None of the above

**23.** Some victims may not recognize the victimization as a crime such as

- A) domestic abuse.
- B) elder abuse.
- C) child abuse.
- D) All of the above
- E) None of the above

**24.** If you as a counselor feel uncomfortable counseling people in same-gender relationships is best to refer them elsewhere.

- A) True
- B) False

**25.** An important aspect of a gay person's trauma is the issue of internalized violence.

- A) True
- B) False

**26.** Domestic violence includes \_\_\_\_ abuse.

- A) psychological
- B) emotional
- C) sexual
- D) physical
- E) all the above

**27.** Statistically the most dangerous period in a violent relationship is when the victim

- A) takes back control.

- B) leaves.
- C) starts making demands on her batterer.
- D) all the above

**28.** Factors that contribute to elder abuse include

- A) lack a family support or relief support.
- B) lack of social services available for the elderly.
- C) family or elder poverty.
- D) previous history of family violence.
- E) all the above

**29.** Counselors are more likely in cases of elder abuse than other victim populations to be in a position of working with both the abuser and their victim.

- A) True
- B) False

**30.** Long-term counseling can emphasize the positive dimensions brought by caring for an elderly family member.

- A) True
- B) False

**31.** Characteristics of an abusive family include

- A) the child is unwanted.
- B) the child is abnormal in some way.
- C) the child may carry a negative association.
- D) a child's assertiveness
- E) all the above

**32.** If the child is too young to engage in group therapy \_\_\_\_ may be helpful.

- A) play therapy
- B) developmental play
- C) all the above
- D) none of the above

**33.** Generally after an initial period of counseling further counseling is rarely needed for the victim of child abuse.

- A) True
- B) False

**34.** In the case of child sexual abuse the question of the child's role in its occurrence or continuance should never be asked.

- A) True
- B) False

**35.** The goal of intensive therapy for child abuse is to ward off future pathology.

- A) True
- B) False

**36.** Crisis intervention can help teens decide how to report a violent incident and how to deal with the stigma that may be applied to them because of their disclosure.

- A) True
- B) False

**37.** It is safe to assume that left untreated the young victim of violence has the resilience to deal with issues surrounding their victimization.

- A) True
- B) False

**38.** Immediately following a rape a counselor should pay attention to crisis intervention needs including each of the following except

- A) the victim needs to be in a safe place.
- B) consider whether or not the victim should call the police.
- C) details of the victims sexual history.
- D) consider whether the victim needs medical attention.
- E) focus on processing the traumatic experience.

**39.** The rape victim is likely to respond by

- A) detachment.
- B) avoidance.
- C) social withdrawal.
- D) all the above
- E) none of the above

**40.** Recovery begins when the victim is able to integrate the rape experience into their life perspective and no longer see it as the only focus of their life.

- A) True
- B) False

- 41.** The same types of PTSD symptoms can be expected in male rape victims as seen in female victims.
- A) True
  - B) False
- 42.** According to one study, the most prevalent reason the mentally ill do not seek treatment subsequent to being raped is their perception of a stigma associated with being considered mentally ill.
- A) True
  - B) False
- 43.** The first consideration in any case of incest is to assess the victim's safety.
- A) True
  - B) False
- 44.** Incest victim concerns which need to be addressed include
- A) stigma and shame.
  - B) emotional intimacy.
  - C) lack of sexual desire.
  - D) uncontrollable rage.
  - E) all the above
  - F) none of the above
- 45.** \_\_\_\_ is one aspect of processing trauma which involves learning to reframe dysfunctional and distorted beliefs.
- A) Sensory
  - B) Perceptual
  - C) Cognitive
  - D) Interpersonal
- 46.** Survivors of homicide, the surviving family members, are referred to as "co-victims" because they are left behind to deal with the criminal courts, media, the medical examiner and law enforcement agencies.
- A) True
  - B) False
- 47.** \_\_\_\_ effect the murder survivor's traumatic reactions.
- A) Circumstances surrounding the murder
  - B) The attributes of the murderer
  - C) The attributes of the victim
  - D) All the above



- 48.** Dealing with all the different systems while still grieving the murder contributes to the possibility of \_\_\_\_ grief.
- A) delayed
  - B) chronic
  - C) exacerbated
  - D) complicated
  - E) all the above
  - F) none of the above
- 49.** Characteristics that are typical of complicated mourning include each of the following except
- A) problems expressing the loss.
  - B) distorted or conflicted mourning.
  - C) problems with closure.
  - D) an open and frank discussion of the situation.
  - E) all of the above
  - F) none of the above
- 50.** The most difficult time for survivors is from six months through two years post-homicide.
- A) True
  - B) False
- 51.** In the case of societal traumas factors associated with aggravating stress and increasing a survivor's risk of developing negative outcomes include each of the following except
- A) lack of emotional and social support.
  - B) the presence of other stressors.
  - C) difficulties at the scene.
  - D) family and community support.
  - E) lack of or interference with self-management during the crisis.
  - F) all of the above
  - G) none of the above
- 52.** In the short-term with societal trauma the counselor should focus only on the victims mental health issues.
- A) True
  - B) False
- 53.** Anniversary dates of the traumatic event can be particularly stressful for its victims.
- A) True

B) False

54. Risk factors for consideration in long-term counseling include each of the following except

- A) level of trauma exposure.
- B) physical injuries from a disaster.
- C) level of loss.
- D) high ego strength.

55. A crisis is best understood as a person's response to a situation not the situation itself.

- A) True
- B) False

56. Defusing is defined as

- A) the reactions that occur during or immediately after the actual incident, disaster or stressor.  
an organized approach to supporting disaster responders who have been involved in emergency operations under conditions of extreme stress in order to assist in mitigating long-term emotional trauma.
- B) **an on-scene opportunity for responders involved in a stressful incident to vent their feelings, and institute coping strategies which can reduce stress while they are still working in the assignment setting.**
- C) none of the above
- D) none of the above

57. Grief is the process of working through all the \_\_\_\_ associated with that loss, until an acceptance is reached which allows the person to place the event in proper perspective.

- A) thoughts
- B) memories
- C) emotions
- D) all the above

58. Stages of grief are fixed and predictable points along the path to recovery for the person who's been in a crisis.

- A) True
- B) False

59. A disaster event which leads to poorer emotional outcomes include each of the following except

- A) uncontrollable
- B) unpredictable
- C) predictability.
- D) personally threatening

- E) all of the above
- F) none of the above

**60.** The feeling that they are objects of insensitive curiosity while feeling let down and isolated when the media no longer covers the story and moves on to other, fresher news is characteristic of the \_\_\_\_ Stage of disaster recovery.

- A) Heroic
- B) Honeymoon
- C) Disillusionment
- D) Reconstruction

**61.** A sense of sharing with others who have been through the same experience with almost a feeling of "family", even with strangers, is characteristic of the \_\_\_\_ Stage of disaster recovery.

- A) Heroic
- B) Honeymoon
- C) Disillusionment
- D) Reconstruction

**62.** Typical responses of both victims and responders to a disaster include

- A) an exaggerated startle response or exhibiting hypervigilance.
- B) the development of problems with memory or calculation.
- C) exhibiting anger or even rage over their lack of control over the occurrence.
- D) anger over their impotence at preventing it and protecting their families.
- E) all of the above
- F) none of the above

**63.** Typical affective/emotional stress reactions, according to the BASIC ID model, include each of the following except

- A) despair, grief & sadness.
- B) frustration, cynicism, negativity.
- C) survival guilt.
- D) shame and anger over vulnerability
- E) withdrawal or social isolation.

**64.** Typical somatic stress reactions, according to the BASIC ID model, include each of the following except

- A) sweating.
- B) numbing or tingling.
- C) loss of faith.

- D) sleep disturbances.
- E) trembling, dizziness, fainting.

**65.** Children's perceptions of a disaster are primarily determined by the reactions of their parents.

- A) True
- B) False

**66.** It is best to encourage the preschool child to be brave in the face of a disaster denying their feelings of uncertainty and fear.

- A) True
- B) False

**67.** Open communication by those who are close to the child about the traumatic event or situation is an effective way of reducing their anxiety.

- A) True
- B) False

**68.** To help a child who has gone through a disaster it is important to understand each of the following except

- A) values.
- B) anxieties.
- C) beliefs
- D) fears.
- E) economic status

**69.** To help deal with a child's sleep disturbance it would be helpful to develop a routine of \_\_\_\_ before going to bed.

- A) time
- B) activities
- C) all the above
- D) none of the above

**70.** The child, like adults, may engage in magical thinking, believing that thinking or talking about something can make it happen.

- A) True
- B) False

**71.** Feelings of \_\_\_\_ are indicators of suicide potential except.

- A) happiness

- B) hopelessness
- C) helplessness
- D) worthlessness

**72.** Parents of exceptional children can be reassured if

- A) they feel the responders have anticipated there may be exceptional children to be cared for in the disaster.
- B) additional and special assistance is available to them for their exceptional child(ren).
- C) they can gain support from other parents with exceptional children.
- D) all of the above
- E) none of the above

**73.** The helping process include each of the following except

- A) listening carefully & communicating clearly.
- B) identify, define & focus on the problems.
- C) develop rapport.
- D) understanding feelings.
- E) responders being directive and following the rules.

**74.** Child's play seems to be therapeutic.

- A) True
- B) False

**75.** Group counseling will work only if an adult is in charge directing it in the direction it ought to go.

- A) True
- B) False

**76.** A basic principle in working with a child with an emotional problem is that it is a family problem, not just the child's problem, which is presented.

- A) True
- B) False

**77.** Areas of concern for what the author calls "special risk groups" include each of the following except

- A) concern for basic survival.
- B) grief over the loss of loved ones and/or loss of prized possessions.
- C) relocation and isolation anxiety.
- D) carefully laid plans for the future.
- E) need to express feelings about experiences during the disaster.

**78.** Treatment options to consider for middle aged clients include each of the following except

- A) keep channels of communication open with members of the family.
- B) persuade victims to talk with family physician, clergyman, friends, or to accept professional help.
- C) help the family to recognize physical signs of depression and the need for professional counseling.
- D) helping re-establish medication regime.
- E) arrange for medical care for physical symptoms & help find medical and financial assistance.

**79.** Treatment options to consider for older adults include

- A) provide strong and persistent verbal reassurance
- B) help in re-establishing familial and social contacts
- C) help re-establish medication regime
- D) assist with recovery of physical possessions; make frequent home visits, arrange for companions
- E) all of the above
- F) none of the above

**80.** Person's in lower socioeconomic groups tend to be characterized by each of the following except

- A) tend to seek medical help rather than counseling assistance.
- B) will not be reached and often do not get the help they need.
- C) less inclined to accept free help.
- D) all of the above
- E) none of the above

**81.** Responders can expect to provide direct help to any victim of a disaster regardless of their cultural and racial background.

- A) True
- B) False

**82.** Burn out symptoms of human service and first responders include

- A) mental confusion.
- B) depression.
- C) physical exhaustion.
- D) excessive fatigue.
- E) all the above

**83.** To forestall symptoms of burnout for first responders it is important to do each of the following except

- A) expect it.
- B) be alert to early signs.
- C) act authoritatively in relieving stress.
- D) not talk about it.
- E) all of the above

**84.** Surveys after the 9/11 terrorist attack found symptomatology with thousands of people who were neither escapees or relatives of its victims.

- A) True
- B) False

**85.** \_\_\_\_ enables the counselor/responder to assist victims of a disaster who are of a culture different from their own.

- A) Knowledge of the culture
- B) Having had past experience in the culture
- C) Working with a counselor/healer of the culture
- D) all of the above
- E) none of the above

**86.** Studies seem to indicate that while members of other cultures experience depression, anxiety and PTSD the symptoms are often manifested "in different ways within cultures".

- A) True
- B) False

**87.** Culture provides

- A) a meaning for a disaster and the resultant traumatic reactions.
- B) the means through social and religious ritual the means to heal from trauma.
- C) all of the above
- D) none of the above

**88.** Models of PTSD and of service delivery which work in western cultural settings are often inappropriate and unhelpful for persons from another culture.

- A) True
- B) False

**89.** Imposing a "one size fits all" grief model on people, however well intentioned, may cause more harm and ill feeling than good.

- A) True
- B) False

**90.** The purpose of counseling with clients from other cultures is to set goals and objective and create tasks to work toward them.

- A) True
- B) False

**91.** It is incumbent on the visiting counselor to have an understanding of the disaster victims

- A) beliefs.
- B) family support.
- C) culture.
- D) all the above

**92.** The author suggests that applying Maslow's approach with a cross cultural emphasis can be an effective way of helping to deal with counseling clients from other cultures.

- A) True
- B) False

**93.** Rural areas represents a different culture from urban areas and consequently providers need to understand and provide appropriate responses and services to victims of disasters in rural environments.

- A) True
- B) False

**94.** Counselors working with clients of economic distress in the context of a farm crisis need to understand each of the following except

- A) communication within the family.
- B) the economics of farming.
- C) health issues.
- D) commodity prices.
- E) the farm family (immediate and extended family).

**95.** It is important for the helping professional to be alert to how a rural crisis impacts

- A) the individual
- B) the community.
- C) economically.
- D) socially.



E) all the above

**96.** The basic principles of crisis intervention are to do each of the following except

- A) to alleviate the acute distress of victims.
- B) plan for a rosy future.
- C) to prevent or mitigate the aftermath of psychological trauma and post-traumatic stress disorder (PTSD).
- D) to restore independent functioning.

**97.** The effective provision of mental health services include

- A) early intervention with psychological first aid.
- B) critical incident stress debriefing.
- C) brief multimodal therapy.
- D) follow up
- E) all of the above

**98.** Disaster mental health staff must be comfortable with each of the following except

- A) role ambiguity.
- B) unclear lines of authority.
- C) certainty with clear defined goals.
- D) a minimum of structure.
- E) all of the above

**99.** Stages of the community response to stress include each of the following except

- A) inducing and legitimizing the communication of distress, and beginning to mobilize resources.
- B) a clear vision of what the outcome will be.
- C) facilitating resource mobilization, including cultural coping mechanisms.
- D) maintaining support processes after the crisis has ended, including such resources as self-help healing strategies.

**100.** Culture plays a role in coping with stress in that

- A) it organizes and provides meaning in stressful circumstances.
- B) maintains itself through rules, roles, and rituals.
- C) especially within traditional cultures, utilizes symbols to conceptualize the relationships between individuals, religious beliefs, body, and mind.
- D) all of the above

- 101.** Factors that affect the counselor's/responder's response to a disaster include each of the following except
- A) the nature of the event.
  - B) the responder's prior experience.
  - C) their proximity to the disaster.
  - D) the validity of their therapeutic approach.
  - E) psychological preparedness for the incident.
- 102.** Responders who are away from their home area or who will not be able to return home for an extended period of time, should be encouraged to
- A) bring personal items from home with them.
  - B) call home often.
  - C) all of the above
  - D) none of the above
- 103.** The only appropriate time for the counselor/responder to deal with their own stress is after they have left the disaster site behind and have returned to their home.
- A) True
  - B) False
- 104.** The strengths and qualities of the counselors/ responders include each of the following except
- A) paradoxical traits of gentleness and strength, trust and caution, self-confidence and self-criticism, dependence and independence, toughness and sensitivity.
  - B) their ability to control their emotions no matter what.
  - C) a sense of commitment to and involvement in life.
  - D) the ability to see change as a challenge, not just a threat and the commitment to meet challenges in a way that will make them stronger persons.
  - E) a feeling of control over their circumstances, and the willingness to admit what can't be controlled.
- 105.** TIR is a systematic method of \_\_\_\_ traumatic events.
- A) locating
  - B) reviewing
  - C) resolving
  - D) all the above
- 106.** Resilience is the capacity of a(n) \_\_\_\_ to withstand loss or damage and to recover from the impact of an emergency, critical incident, or disaster.
- A) individual
  - B) group

- C) community
- D) organization
- E) nation
- F) all the above

**107.** Elements of the person who is disaster resilient include each of the following except

- A) established social infrastructure.
- B) positive economic and social trends.
- C) shared community values.
- D) the ability to stay in control of their emotions.
- E) resources and skills available locally.

**108.** Verbalization sessions are intended to

- A) help people express their feelings.
- B) assist them in understanding their emotional reactions and their behavior.
- C) promote a return to a state of equilibrium in each individual.
- D) all the above

**109.** Structural changes in government have no real impact on the fear, anger, and destruction of human relationships generated by war and terror.

- A) True
- B) False

**110.** For children games and play seem to be effective ways of

- A) communicating.
- B) dealing with conflict.
- C) distracting them from painful emotions.
- D) dealing with feelings of anger and fear.

**111.** Studies suggest that children's adjustment following a war is significantly associated with each of the following except

- A) whether they are on the winning side or not
- B) levels of exposure.
- C) maternal reactions.
- D) maternal mental health.

**112.** The purpose of political terrorism is to \_\_\_\_ for political blackmail.

- A) spread fear

- B) undermine morale
- C) all of the above
- D) none of the above

**113.** Behavioral scientists work with law enforcement

- A) to clinically help for victims.
- B) to train and consult for hostage negotiation.
- C) for profiling and institutional consultation.
- D) to take charge of all aspects of the situation

**114.** One study suggested that continuous living in a war environment since early childhood may induce

- A) development of a repressive personality type, which makes life more tolerable.
- B) a reduction in horror, sexual, aggressive, and unpleasant dreams (as well as daydreams).
- C) a reduction in the number of dreams.
- D) the adoption of repressive and denial mechanisms among all inhabitants, repressors and sensitizers alike.
- E) all the above

**115.** The goals of short-term intervention in the setting of a crisis event include each of the following except

- A) help children understand and accept the events that have occurred.
- B) resume developmentally appropriate activities.
- C) dealing with past childhood issues.
- D) begin to regain a sense of control and mastery over their life.
- E) identify, express, and comprehend their emotions.

**116.** Research subsequent to the bombing of the Murrah Building in Oklahoma City found that the

- A) crisis intervention model was inadequate.
- B) involvement of mental health professional was too brief.
- C) all of the above
- D) none of the above

**117.** Some people can exhibit PTSD and other symptoms vicariously.

- A) True
- B) False

**118.** Much of the trauma precipitated by terrorist activities is a result of each of the following except

- A) their suddenness.

- B) the political purpose of the perpetrators.
- C) their salience in the public consciousness.
- D) the consequent stigma they produce toward survivors and/or relatives of victims.

**119.** Dreman & Cohen found that therapy in the context of traumatic and terrorist events concentrates on promoting family strengths and coping, and it deemphasized individual pathology.

- A) True
- B) False

**120.** Common to most families treated is the strong desire of the victim's children to be treated as normal and not as psychological casualties.

- A) True
- B) False

