COUNSELING PROGRAMS
MENTAL HEALTH COUNSELING
COMPREHENSIVE EXAMINATION

Please do not write your name on the test pages or the test booklets. Use only your assigned number.

There are eight questions based on the case material provided on the following pages. All parts of each question must be answered. It is not necessary to use a new blue book for each question.

The overall criteria for the Comprehensive Examination are threefold:

1. The student exhibits the breadth and/or depth of the requisite abstract theory, concepts, research, and contemporary issued related to this question.

2. The student demonstrates the ability to select and integrate abstract theory and concepts toward the solution of the identified issues or problems.

3. The student communicates ideas, concepts, and solutions clearly in writing.

Please DO NOT TELEPHONE the Offices of Social Science and Counseling or Graduate Studies about the results of the examination.

YOU WILL BE NOTIFIED BY MAIL with the results of your examination approximately six weeks after the examination date.
With regard to the above case:

1. From a development perspective:
   a. Discuss how the client's current and past symptoms reflect failure to meet specific developmental challenges and identify these challenges.
   b. Discuss how this developmental perspective would directly influence your treatment goals and techniques. Be specific.
   c. Describe at least three (3) therapeutic techniques that flow from your treatment goals.

2. Choosing from two (2) of the following theoretical schools of thought:

   Analytic, i.e., Freud, Jung, etc.
   Neoanalytic, i.e., Adler, Hartmann, etc.
   Cognitive, i.e., Ellis, Beck, etc.
   Behavioral, i.e., Wolpe, Skinner, Bandura, etc.
   Humanistic, i.e., Rogers, May, etc.
   Experiential, i.e., Glasser, Perls, etc.

   a. Explain etiology citing case detail.
   b. Discuss three (3) theory-specific treatment goals and two (2) therapeutic techniques.
1. You as a mental health counselor are required to assess, diagnose, and treat this client. Describe a comprehensive process for doing so to include at a minimum:
   a. Mental status, psychosocial interview and psychological testing.
   b. A five (5) axis diagnosis with description of the content of each axis.
   c. A comprehensive treatment plan.

2. How does the client's narrative and the issues she is facing affect you personally? How specifically would you go about addressing these issues in and out of the therapy session? Also, what sexuality issues might arise in your work with this client.

3. Based on Ivey’s theory of Intentional interviewing and Counseling, and with specific reference to the case material:
   a. Describe the five (5) stages in the counseling process and what specifically you would attempt to accomplish in each.
   b. Describe the specific skills that you would expect to draw upon during the counseling process.
   c. Describe the qualitative aspects of self that you must possess to work with this client and how they might impact treatment.

4. As this client’s therapist, you believe that group counseling is warranted. In reference to the case:
   a. What issues would you expect to work on with her in the group, and why?
   b. How might your therapeutic focus differ had you decided to see her individually?
   c. Discuss four (4) therapeutic factors, a la Yalom you believe would impact this client most significantly.
   d. Briefly discuss anticipated group-based outcomes.

5. Describe at least three (3) different and specific legal and/or ethical issues that may arise in the treatment of this client and how specifically they could be addressed.

PART III - ELECTIVES (CHOOSE ONE OF THE FOLLOWING):
1. What multicultural issues might arise in the treatment of this client and how might they impact on your treatment? Additionally, how might your own cultural background impact on treatment?

2. Reconceptualize the client’s current and past symptomatology from a particular systemic perspective and describe how this would specifically influence your assessment and treatment.

3. Assuming that the client is one of three (3) individuals sharing similar symptoms in the facility that you are working in, you have received clearance to conduct therapy outcome research.

Discuss:

a. The ethical and legal issues involved.

b. The relative merits of single case study versus a group study.

c. The format of your outcome study.