

Questions for Chapter 2

1. According to Henriques (2017),
 - a. CAST or character adaptation systems theory includes ten character adaptation systems
 - b. CAST or character adaptation systems theory includes five character adaptation systems
 - c. CAST or character adaptation systems theory includes only the justification system
 - d. none of the above
2. An example of technical eclectic integration discussed in this chapter is the following:
 - a. Prochaska & DiClemente's (2005) transtheoretical model (TTM)
 - b. the therapeutic approach of Frank (1973)
 - c. the multimodal therapy (MMT) of Lazarus
 - d. none of the above
3. Which type of integration in the chapter anchors itself to a single therapy perspective while incorporating methods from other frameworks?
 - a. unified therapy
 - b. common factors integration
 - c. assimilative integration
 - d. all of the above
4. Technical eclectic integration highlights
 - a. techniques
 - b. theories
 - c. unified theories
 - d. all of the above
5. Theoretical integration refers to
 - a. the integration of two or more theories and models into a new model
 - b. one theoretical framework
 - c. common factors integration
 - d. all of the above
6. The founder of the common factors perspective is

- a. Magnavita
 - b. Lazarus
 - c. Freud
 - d. Rosenzweig
7. Common factors integration refers to
- a. the metatheoretical unification of theories
 - b. the shared aspects that contribute to change across different therapy approaches
 - c. assimilative integration
 - d. all of the above
8. Which of the following statements is true?
- a. An example of the common factors approach is the model of Beitman et al. (2005).
 - b. An example of the common factors approach is the model of Magnavita (2008).
 - c. An example of the common factors approach is the model of Messer (1992).
 - d. all of the above
9. The cyclical psychodynamic theory can be thought of as the first mature type of
- a. unified map
 - b. theoretical integration
 - c. evidenced-based factors theory
 - d. all of the above
10. An example of a theoretical integration approach includes
- a. Constantino and Westra's (2012) expectancy-based model
 - b. Ryle's (1990) cognitive analytic therapy (CAT)
 - c. Prochaska & DiClemente's (2005) transtheoretical model (TTM)
 - d. all of the above
11. An examples of assimilative integration includes
- a. Freud's (1912) integration of cognitive-behavioral and psychoanalytic theories
 - b. Alladin's (2012) assimilative framework of integrated therapy
 - c. Henrique's (2017) CAST theory

d. none of the above

Answers:

1. B
2. C
3. C
4. A
5. A
6. D
7. B
8. A
9. B
10. D
11. B