

Test Items for *Case Approach to Counseling and Psychotherapy*

Chapter 1- Introduction and Overview

1. Which of the following therapeutic approaches most places emphasis on an individual's competencies, avoiding defining a client by a problem, establishing a collaborative relationship where the client is the senior partner, and focusing on a client's strengths and resources?
 - a. cognitive behavior therapy
 - b. postmodern approaches
 - c. reality therapy
 - d. behavior therapy
 - e. psychoanalytic therapy
2. In what theoretical orientation is the therapist's job to confront clients with the restricted life they have chosen and to help them become aware of their own part in creating this condition?
 - a. psychoanalytic therapy
 - b. Adlerian therapy
 - c. existential therapy
 - d. person-centered therapy
 - e. reality therapy
3. Which of the following is **not** an aspect of Adlerian therapy:
 - a. People are primarily social beings.
 - b. Human nature is creative, active, and decisional.
 - c. Feelings of inferiority from childhood lead us to develop a style of life in which we become the master of our fate.
 - d. All people react out of the social unconscious.
 - e. Clients are not "sick" nor are they needing to be "cured".

4. Which theory views people as being significantly influenced by unconscious motivation, conflicts between impulses and prohibitions, defense mechanisms, and early childhood experiences?
 - a. psychoanalytic therapy
 - b. Adlerian therapy
 - c. existential therapy
 - d. person-centered therapy
 - e. reality therapy
5. Which theory operates on the premises that all relationship problems are in the present and must be solved in the present, and that once the significant relationship is improved, the troubling symptom will disappear?
 - a. psychoanalytic therapy
 - b. Adlerian therapy
 - c. existential therapy
 - d. person-centered therapy
 - e. reality therapy
6. _____ assumes that people are basically shaped by learning and sociocultural conditioning.
 - a. existential therapy
 - b. behavior therapy
 - c. Gestalt therapy
 - d. person-centered therapy
 - e. narrative therapy
7. The assumption that we have the capacity to understand our problems, we have the resources within us to resolve them and that clients can move toward growth and wholeness by looking within is central to:
 - a. feminist therapy.
 - b. person-centered therapy.
 - c. Gestalt therapy.
 - d. existential therapy.
 - e. Adlerian therapy.
8. Which theory states that the therapist's task is to support the client as they explore their present experience through an awareness of their internal (intrapersonal) world and the external environment?
 - a. feminist therapy
 - b. person-centered therapy
 - c. Gestalt therapy
 - d. existential therapy
 - e. reality therapy
9. Which theory assumes that people are prone to learning erroneous, self-defeating thoughts that perpetuate their difficulties and that these thoughts can be corrected to create a more fulfilling life?
 - a. reality therapy
 - b. behavioral therapy
 - c. Gestalt therapy
 - d. cognitive behavioral therapy
 - e. existential therapy
10. A basic assumption of _____ is that power inequalities and gender-role expectations influence individuals from a very early age.
 - a. reality therapy
 - b. feminist therapy
 - c. narrative therapy
 - d. solution-focused therapy
 - e. existential therapy

11. Which therapy encourages clients to talk about the exceptions to a problem they are experiencing?
 - a. person-centered therapy
 - b. family systems therapy
 - c. solution-focused therapy
 - d. psychoanalytic therapy
 - e. Adlerian therapy
12. Which theory(ies) is (are) *least* likely to use assessment and diagnosis in the therapeutic process?
 - a. person-centered therapy
 - b. narrative therapy
 - c. behavior therapy
 - d. psychoanalytic therapy
 - e. both (a) and (b)
13. _____ consists of evaluating the relevant factors in a client's life to identify themes for further exploration in therapy, whereas _____ consists of identifying a specific category of psychological problem based on a pattern of symptoms.
 - a. Diagnosis, assessment
 - b. Life evaluation, assessment
 - c. Assessment, life evaluation
 - d. Assessment, diagnosis
 - e. none of the above
14. Which examination focuses on areas such as appearance, behavior, feeling, perception, and thinking, and is used to screen for psychosis?
 - a. mental-status examination
 - b. the SAT
 - c. the Myers Briggs Type Indicator
 - d. the Rorschach
 - e. the WISC
15. In working within a multicultural framework, what is especially important?
 - a. making a diagnosis and formulating a treatment plan
 - b. assisting the client in adapting to your theoretical orientation
 - c. using techniques flexibly
 - d. using appropriate referrals if the client is different than you
16. Although it is not bound by prescribed techniques, this theoretical perspective focuses on developing social interest, providing encouragement, and facilitating insight into client's mistaken ideas and their personal assets.
 - a. feminist therapy
 - b. behavioral therapy
 - c. Gestalt therapy
 - d. cognitive behavioral therapy
 - e. Adlerian therapy
17. _____ have as main assumptions that people: are competent and healthy, have the capacity to find their own solutions to the difficulties they face; and that the client is the expert on his or her own life.
 - a. Psychoanalytic approaches
 - b. Behavior therapy
 - c. Gestalt therapy
 - d. Postmodern approaches
 - e. Rational emotive behavior therapy
18. Which theoretical perspective is active, directive and didactic, assisting clients in making plans to change specific behaviors that they determine are not working for them?
 - a. psychoanalytic therapy
 - b. reality therapy

- c. existential therapy
 - d. person-centered therapy
 - e. Adlerian therapy
19. Which theoretical perspective is most likely to use techniques such as reframing and relabeling, bibliotherapy, advocacy, power intervention, social action, and gender-role analysis and intervention?
- a. cognitive behavioral therapy
 - b. family systems therapy
 - c. Gestalt therapy
 - d. feminist therapy
 - e. Adlerian therapy
20. Which theoretical perspective places primary emphasis on the client/therapist relationship and uses few techniques other than active listening, reflection, and clarification?
- a. psychoanalytic therapy
 - b. reality therapy
 - c. existential therapy
 - d. person-centered therapy
 - e. Adlerian therapy
21. According to the *DSM-IV-TR*, the category that accounts for a client's psychosocial and environmental problems is:
- a. Axis I
 - b. Axis II
 - c. Axis III
 - d. Axis IV
 - e. Axis V

Chapter 2- Case Approach to Psychoanalytic Therapy

22. What fundamental interest is a critical distinction between analytic therapy and other approaches?
- a. the individual client's thinking
 - b. an interest in the client's childhood and family experiences
 - c. the "whys" of an individual client's experience and behavior
 - d. how the client's behavior is helping or preventing them from getting what they want
23. Assessment of an individual client's need for analytic therapy would include:
- a. development of behaviors that express an unconscious desire.
 - b. determining whether he/she wants and needs to understand the unconscious roots of his/her neurosis.
 - c. identifying an early childhood trauma that resulted in becoming fixated at an early developmental stage.
 - d. the client's ability to recall his/her dreams so that they may be analyzed.
24. From a psychoanalytic perspective, if the focus of treatment is limited to individual symptoms, it is likely that:
- a. therapy will be successful.
 - b. symptom substitution may occur.
 - c. the analyst will feel less overwhelmed and will be more effective in his or her role.
 - d. the client will be extremely grateful.
 - e. an analysis of transference can be avoided.
25. A headache might serve to keep a client sexually distant from her husband while also providing a pretext for avoiding social contacts that might threaten her marriage. This is an example of:
- a. double bind.
 - b. multifaceted distinction.
 - c. overt and covert behavior.
 - d. secondary gain.

e. an outcome of a triangulation.

26. Insight in analytic therapy typically requires the client to experience therapeutic regression and the “working through” of distortions in the context of the therapeutic relationship. These processes:
- require an immense amount of commitment from the client and are only for the strong willed.
 - cannot be terminated prematurely without danger of psychological harm to the client.
 - suggest the client has to be psychologically “reborn”.
 - are well-understood by managed care institutions and are usually financially supported.
 - are resigned to the unconscious and will happen no matter what the client or therapist does.
27. Treatment techniques of psychoanalytic psychotherapy include all except:
- dreams, jokes, slips and symptoms.
 - interpretations of resistance and content.
 - transference and countertransference.
 - paradoxical intention.
 - the therapeutic contract.
28. Which of the following statements about the psychodynamic approaches is **not** true?
- Practitioners can learn to think psychoanalytically even if they do not practice psychoanalytically.
 - The goal of brief psychodynamic therapy is to cure clients.
 - Brief dynamic therapy focuses more on the here and now of the client’s life than on the there and then of childhood experiences.
 - Contemporary psychoanalytic practice emphasizes the origins and transformations of the self.
 - Psychodynamic therapy is aimed at promoting integration and ego development.
29. Repeating interpretations of a client’s behavior and overcoming his/her resistance, allowing the client to resolve his/her neurotic patterns is called:
- redundant interpretation.
 - wearing down.
 - working through.
 - transference absorption.
 - projective identification.