

1. In Chapter 1, Raymond Corsini illustrates a change in an inmate's life after learning he had a high IQ. This story demonstrates that psychotherapy can be broadly defined as any

- a. interaction between a therapist and a patient.
- b. technique that teaches a patient a new skill.
- c. self-concept-altering experience.
- d. interpretation provided to a patient.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Negotiating Fault Lines in the EBT Terrain

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.05 - Explore the fault lines in empirically based therapy: art vis-à-vis science.

NATIONAL STANDARDS: United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making
United States - CSHSE.1a - The historical roots of human services.
United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies.

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2. Hellenist physicians believed that the organ contributing to mental illness was the

- a. heart.
- b. liver.
- c. brain.
- d. blood.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists.

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3. Gottfried Wilhelm Leibniz is credited with the

- a. first scientific study of the unconscious.
- b. development of systematic psychotherapy.
- c. creation of the nature versus nurture debate.
- d. identification of defense mechanisms.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

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HAS VARIABLES: False

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4. The psychotherapeutic term *dynamic* was first used by

- a. Sigmund Freud.
- b. Gottfried Wilhelm Leibniz.
- c. Hippocrates.
- d. Franz Anton Mesmer.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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5. The idea that similar ideas attract and strengthen one another's ability to be conscious is the result of the work of

- a. Alfred Adler.
- b. Hippocrates.
- c. Thomas Mann.
- d. Johann Friedrich Herbart.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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6. Franz Anton Mesmer is often viewed as the pioneer of

- a. manualized therapy.
- b. free association.
- c. hypnotherapy.
- d. behavioral intervention.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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7. Herman von Helmholtz described the unconscious reconstruction of what our past taught us about an object as

- a. restructuring objects.
- b. psychic stimulation.
- c. cognitive discovery.
- d. unconscious inference.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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8. Which type of psychotherapy views the process of helping others as a form of teaching?

- a. Humanistic therapy
- b. Behavior therapy
- c. Psychoanalytic therapy
- d. Client-centered therapy

ANSWER: b
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Sources of Hope
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.06.01 - Describe how behavior therapy is similar and different from other related types of psychotherapy.
NATIONAL STANDARDS: United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making
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9. Emil Kraepelin's work focused heavily on
- multicultural variants of illness.
 - classifications of diseases.
 - surgical approaches to mental illness.
 - use of hypnosis.

ANSWER: b
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Evolution of This Science and Profession
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: WEDD.CURR.19.06.01 - Describe how behavior therapy is similar and different from other related types of psychotherapy.
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10. The idea that nonlinear messages are systematically sent between the unconscious and the conscious in human interactions was developed by
- Hippocrates.
 - Carl Gustav Carus.

- c. Franz Anton Mesmer.
- d. Gottfried Wilhelm Leibniz.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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11. Arthur Schopenhauer's principle argument was that
- a. unconscious material could easily be made conscious.
 - b. the unconscious did not exist at all.
 - c. free will prevailed over determinism.
 - d. we are largely driven by blind, irrational forces.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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12. Jungian therapy, based on the work of Moritz Benedikt, underscores the importance of

- a. rewarding positive behavior.
- b. unconditional positive regard.
- c. purging pathogenic secrets.
- d. cognitive distortions.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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13. Neurosciences suggest that elective psychotherapy leads to changes at the

- a. cognitive level.
- b. behavioral level.
- c. neuronal level.
- d. interpersonal level.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: The Impact of the Biological Sciences on Psychotherapy

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.02 - Examine the impact of emergent biological sciences on mentalistic approaches to mental health.

NATIONAL STANDARDS: United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making
United States - CSHSE.1a - The historical roots of human services.
United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-

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14. The expression of certain genes that result from their activation by specific but common environmental events is referred to as

- a. neuronal decay.
- b. somatiker.
- c. psychiker.
- d. epigenetics.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Epigenetics: Neuroscience's Novel Contributions to Psychotherapy

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.03 - Learn how controlling environmental events can therapeutically alter our genome and explore the impact of neuroscience on psychotherapy in the future.

NATIONAL STANDARDS: United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making
United States - CSHSE.1a - The historical roots of human services.
United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies.

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15. Pope and Wedding would argue that in deciding to use psychotropic medications

- a. preset clinical objectives need to be determined.
- b. immediate early genes are irrelevant.
- c. psychotherapy's common factors are undermined.
- d. psychotherapy has occurred if patient's suffering has been alleviated.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Epigenetics: Neuroscience's Novel Contributions to Psychotherapy

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

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16. Due to multicultural differences, segments of the population would likely benefit from

- a. indigenized psychotherapies.
- b. exporting Euro-American psychotherapists.
- c. abandoning cultural philosophies.
- d. accepting a universal approach to psychotherapy.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Cultural Factors and Psychotherapy

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.04 - Appreciate changing views of globalization, indigenizing psychology, and cross-cultural counseling.

NATIONAL STANDARDS: United States - CACREP.2A - Social and Cultural Diversity – Multicultural and pluralistic characteristics within and among diverse groups nationally and internationally
United States - CSHSE.1a - The historical roots of human services.
United States - EPAS.2A - Engage Diversity and Difference in Practice – Apply and communicate understanding of the importance of diversity and difference in shaping life experiences in practice at the micro, mezzo, and macro levels.

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17. Positive psychology has considerable momentum and is most commonly linked with the work of

- a. Aaron Beck.
- b. Sigmund Freud.
- c. Martin Seligman.
- d. Albert Ellis.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Who Can Do Psychotherapy?

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.08 - Examine who can do therapy and what constraints, personal and institutional, are imposed.

NATIONAL STANDARDS: United States - CACREP.1A - Career Development – Theories and models of career

ARDS: development, counseling, and decision making
United States - CSHSE.1a - The historical roots of human services.
United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies.

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18. Research suggests that interpersonal psychotherapy is effective in treating _____.
- a. schizophrenia
 - b. bipolar disorder
 - c. phobias
 - d. depression

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Historical Foundations of Psychotherapy

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.06.01 - Describe how behavior therapy is similar and different from other related types of psychotherapy.

NATIONAL STANDARDS: United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making

United States - CSHSE.3c - The major models used to conceptualize and integrate prevention, maintenance, intervention, rehabilitation, and healthy functioning.
United States - EPAS.6A - Engage with Individuals, Families, Groups, Organizations, and Communities – Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies.

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19. Raymond Corsini describes how a prisoner's life changed when he was told that he had a high IQ. Why does Dr. Corsini consider this psychotherapy?

ANSWER: Answers will vary.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Negotiating Fault Lines in the EBT Terrain

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.05 - Explore the fault lines in empirically based therapy: art vis-à-vis science.

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20. Although Sigmund Freud is generally called the “father of psychotherapy,” describe the contributions of his key predecessors and contemporaries.

ANSWER: Answers will vary.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Essay

HAS VARIABLES: False

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21. What does epigenetic change mean? How can a therapist affect epigenetic change in a client?

ANSWER: Answers will vary.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Epigenetics: Neuroscience’s Novel Contributions to Psychotherapy

QUESTION TYPE: Essay

HAS VARIABLES: False

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22. Many attempts have been made historically to categorize or classify mental illnesses. Discuss the evolution of these attempts from beginning to current.

ANSWER: Answers will vary.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Evolution of This Science and Profession

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.01 - Learn how psychotherapies evolved since Leibniz into the science and professions of the 21st century: studies of the subliminal mind, lab-based organic research, psychologist clinicians, the clash of organic and school-based approaches, and rise of the empiricists.

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23. What is a manualized psychotherapy? Discuss three practical advantages to manualized psychotherapies.

ANSWER: Answers will vary.

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Manualization of Treatment

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: WEDD.CURR.19.01.06 - Examine manualization of psychotherapy and its limitations.

NATIONAL STANDARDS: United States - CACREP.1A - Career Development – Theories and models of career development, counseling, and decision making
United States - CSHSE.1a - The historical roots of human services.
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