7. Slavson reported that group activity sessions were as effective as _____ for stimulating change.
    a. classroom activities
    b. individual counseling
    c. family counseling
    d. None of the above.

8. During the 1930's which of the first major self-help groups in America was founded?
    a. T-groups
    b. Domestic Violence Victim Assistance
    c. Alcoholics Anonymous
    d. All of the above.

9. _____ increased interest and innovation in the use of groups due to a shortage of therapists and a need to treat large numbers of people.
    a. Domestic violence
    b. A rise in addiction
    c. The Great Depression
    d. World War II

10. Field theory emphasized the interaction between
    a. individuals and their environment.
    b. individuals and their family constellations.
    c. context and decision making skills.
    d. drives and consequences.

11. During the late 1940s, Wilfred Bion found that group dynamics
    a. depend greatly on the individuals involved.
    b. can vary from session to session.
    c. are similar to the dynamics of a family unit.
    d. differ greatly from the dynamics of a family unit.

12. During the 1950s, _____ grew considerably.
    a. family counseling settings
    b. school counseling settings
    c. AD/HD counseling sessions
    d. marriage counseling settings

13. Another hallmark of the 1950's was greater application of _____ in school settings.
    a. Adlerian therapy
    b. group work
    c. systems theory
    d. parental involvement

14. Advances in group therapy from _____ were made between the 1960s and 1970s.
    a. existentialism and systems theory
    b. cognitive behaviorism and rational emotive behavior therapy
    c. object relations theory and psychoanalytic theory
    d. Adlerian theory and psychoanalytic theory

15. Carl Rogers initiated _____ to encourage and assist with the pursuit of individual growth and development.
    a. marathon groups
    b. self-help groups
    c. T-groups
    d. encounter groups

16. One side effect of the popularity of the newly found types of groups during the 1960s was the increase in
    a. incidences of misuse by untrained practitioners.
    b. the use of Rogerian techniques.
    c. practical application of group work.
    d. the use of Adlerian theory.

17. Group settings can often enhance
    a. members' motivation to follow through with commitments.
    b. feelings of security.
    c. ideas about the future.
    d. comfort among peers.

18. Disadvantages of group counseling include all of the following, EXCEPT
    a. pressure to conform.
    b. reality distortion.
    c. avoidance.
    d. transference of the problem.

19. _____ is a therapeutic factor that enhances the member's overall condition.
    a. Universality
    b. Altruism
    c. Catharsis
    d. All of the above.

20. The development of socialization techniques are important because
    a. they enhance the therapeutic experience.
    b. social skills are necessary to function in our everyday lives.
    c. Both of the above.
    d. None of the above.

21. _____ cause(s) members to learn new ways of being while feeling safe and supported.
    a. Confidentiality
    b. Interpersonal learning
    c. Group cohesiveness
    d. Existential factors

22. Which of the following is NOT true about counseling groups?
    a. The development is based on leadership and transitions.
    b. When group members defy the leader, they should be asked to leave the group.
    c. Counseling groups may be easier for children and young adults to access than adults.
    d. Counseling groups may be more effective than individual counseling when dealing with certain issues.

23 . Counseling groups are typically
    a. goal oriented.
    b. problem oriented.
    c. people oriented.
    d. All of the above.

24. Counseling groups are designed to help individuals work on
    a. personal problems.
    b. academic problems.
    c. interpersonal problems.
    d. family problems.

25. When working with young children, groups of _____ individuals are recommended.
    a. 2 to 4
    b. 4 to 6
    c. 6 to 8
    d. 8 to 10

26. Group members spend time getting acquainted and sharing information about themselves in the
    a. second phase.
    b. beginning phase.
    c. middle phase.
    d. ending phase.

27. The ending stage usually lasts
    a. one session.
    b. one to two sessions.
    c. three to four sessions.
    d. six sessions.

28. Psychotherapy groups are designed to treat individuals with _____ problems in their lives.
    a. severe or chronic
    b. situational
    c. academic
    d. social

29. The goal of psychotherapy is to
    a. help clients become self-aware and more sensitive to others.
    b. change people on a deeper level.
    c. accomplish a specific goal.
    d. help members change their perceptions.

30. Psychotherapy groups tend to be similar in size to _____ groups.
    a. psychoeducational
    b. task
    c. counseling
    d. All of the above

31. _____ should drive the length of treatment in psychotherapy groups.
    a. The number of group members
    b. The group topic
    c. The goals of individual members
    d. The process and dynamic of the group

32. Which of the following statements is NOT true about psychotherapy groups?
    a. Psychotherapy groups are only homogeneous in nature.
    b. Stages of psychotherapy groups depend on the theoretical orientation of the group leader.
    c. Psychotherapy groups are for more chronic, or serious, issues.
    d. All of the above are true statements.

33. Participants in _____ groups typically carry a DSM diagnosis.
    a. psychotherapy
    b. psychoeducational
    c. self-help
    d. counseling

34. Psychoeducational groups were originally developed for use in
    a. mental health agencies.
    b. hospitals.
    c. schools.
    d. All of the above.

35. _____ groups may also be called guidance groups.
   a. Training
   b. Task
   c. Psychotherapy
   d. Psychoeducational

36. _____ group members are more homogeneous in terms of the presenting problem.
   a. Psychoeducational
   b. Psychotherapy
   c. Counseling
   d. All of the above are homogeneous in nature.

37. The leader of psychoeducational groups
   a. must be indirective and allow the members to explore their inner thoughts.
   b. needs to have expertise in the content area.
   c. acts as a group member and uses self-disclosure as a technique.
   d. None of the above.

38. The optimal number of group members in psychoeducational groups is
   a. 2-5.
   b. 4-6.
   c. 6-8.
   d. 6-50.

39. Well defined goals, addressing and processing conflicts between members, blending content and process, and encouraging members to give and receive feedback are elements of _____ groups.
   a. psychotherapy
   b. task
   c. self-help
   d. counseling

40. Task groups can vary greatly in size, but are most effective if there are fewer than _____ members.
   a. 6
   b. 10
   c. 12
   d. 20

41. The task group leader's role of process consultant is best completed when there is a balance between
   a. process and content.
   b. details and big picture.
   c. conflict and self-disclosure.
   d. goals and mediation.