

Name _____ Class _____ Date _____
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Chapter 02: The Group Counselor

1. Those who are just beginning to lead groups are typically overwhelmed by:
- the problems they face.
 - providing a safe, nurturing and open environment.
 - getting members to establish relationships with each other.
 - maintaining adequate control, authority and leadership.

ANSWER:

a

2. The self-assessment of group leadership skills will help a beginning leader identify:
- recent educational aspects of training that are less likely to be forgotten.
 - which will make them less likely to experience burnout.
 - their areas of strengths and weaknesses as a group leader.
 - less preconceived notions and biases.

ANSWER:

c

3. Jasmine is leading her first group. Things are not going according to plan. As prolonged periods of silence follow, one after another, she must learn:
- Ways in which to eliminate these uncomfortable moments
 - Measures to take to keep conversation going
 - That silence, though uncomfortable, is to be expected
 - That she must speak when silence prevails

ANSWER:

c

4. Those new to group work often ask themselves questions. Which of the following would **NOT** be one of them?
- What should I do if my parents attend?
 - What if I don't like one of the group members?
 - What should I do if a group member is not participating at all?
 - Will I be able to address cultural issues and be sensitive to diversity in my group?

ANSWER:

a

5. In training group workers using a co-leadership model, the authors find it is useful to _____ so they can discuss what the trainees are actually doing as they facilitate a group.
- record the trainees to point out their flaws and
 - observe the trainees as they co-lead
 - continually interrupt
 - ignore any issues

ANSWER:

b

6. A behavior in which a group counselor addresses issues by setting an example of himself or herself is known as:
- Exemplary leadership

Chapter 02: The Group Counselor

- b. Patterning
- c. Leading by example
- d. Modeling

ANSWER:

d

7. The chance of _____ can be reduced by working with a coleader.

- a. summarizing
- b. confrontation
- c. transference
- d. burnout

ANSWER:

d

8. Self-revelation on the part of the counselor should be used with group members:

- a. Sparingly
- b. Often, as it is a particularly effective tool for getting clients to open up
- c. Spontaneously and only as the situation calls for it
- d. Never; it detracts from the clients' issues that should remain the paramount focus of therapeutic sessions

ANSWER:

c

9. "You always take Jenny's side. You're a racist! I can't believe somebody as dumb as you could become a therapist!" As the group leader, it's time for you to respond; all eyes are on you. Which describes the best way to respond?

- a. The situation calls for you to respond forcefully
- b. Only with a firm response can you maintain authority
- c. The situation demands a non-defensive response
- d. A warning should be issued, whereby a repeated outburst will result in removal from the group

ANSWER:

c

10. By means of cultural influences, asking an African-American to "tone things down" can often be construed by the party as all of the following **EXCEPT**:

- a. Racist
- b. Offensive
- c. Insulting
- d. Appropriate only if the counselor is of the same race

ANSWER:

d

11. Ideally, _____ informs your practice, and practice refines your approach to group work.

- a. theory
- b. countertransference
- c. transference

Chapter 02: The Group Counselor

- d. burnout

ANSWER:

a

12. When utilizing _____ in groups, it is particularly important to gauge the members' non-verbal reactions.

- a. Humor
- b. Role-play
- c. Modeling
- d. Suggestiveness

ANSWER:

a

13. The verbal reiteration of what a second individual has stated — for purposes of clarification and so the other person can see that both of you understand the point — is known as:

- a. Therapeutic repetition
- b. Rehashing
- c. Reflecting
- d. Interpreting

ANSWER:

c

14. Anthony states: "Since the accident left me paralyzed, I'm unable to walk. Imagine what it's like being a productive worker one day and being at home confined to a wheelchair now!" Which of the following is an appropriate reaction of the counselor utilizing the principle of clarifying?

- a. "Anthony, you really sound as if you are at wit's end."
- b. "You seem to sound angry and frustrated at not being able to work anymore. This is a normal reaction to someone in your situation."
- c. "A lot has changed Anthony. You've been injured and can no longer work. We'll help you get better."
- d. "Anthony, not only have you been severely injured. You are now left paralyzed. Your life has been altered in many ways, and I sense the frustration which you are feeling."

ANSWER:

d

15. Alan and Arturo, members of a counseling group, have expressed similar feelings of inadequacy following divorce. Sensing this, the leader attempts to foster a line of communication regarding the commonality of the issue between these members. This attempt to build cohesiveness and interaction is known as:

- a. Bridging
- b. Linking
- c. Mutuality
- d. Mutual support

ANSWER:

b

16. Isabella continually refers to "Kyle" in what often proves to be lengthy tangents regarding her college years. The name itself evokes a high degree of passion. The group leader can/should:

Chapter 02: The Group Counselor

- a. Cut off the conversation as being irrelevant
- b. Ask the counselee politely to return to the “here and now”
- c. Ask the counselee how this person relates to present issues
- d. Ask the counselee to break confidentiality in order to discuss personal aspects of Kyle

ANSWER:

c

17. A factor to be aware of when terminating a group is the leaders’ own history with _____.

- a. Relapse
- b. Decompensation
- c. Loss
- d. Repression

ANSWER:

c

18. A stated disadvantage of the co-leadership model is:

- a. Differences in power and privilege among leaders
- b. Increased burnout
- c. Counter-transference
- d. Competition

ANSWER:

d

19. Studies have determined that group therapy is:

- a. Equally or, in some cases more, effective than individual therapy
- b. Less effective than individual therapy, though more financially feasible
- c. Less effective than individual therapy though more popular
- d. Equal in effectiveness when compared to group therapy

ANSWER:

a

20. _____ of a co-leader and time devoted to meeting together are essential.

- a. Continuing education
- b. Careful selection
- c. Different theoretical perspectives
- d. Clinical training

ANSWER:

b

21. After each group session, it’s a good idea to reflect on the experience by:

- a. writing down the things you were thinking but chose not to say or some of the feelings you had throughout the group.
- b. thinking about how the group went without writing anything down.
- c. relying on the group members to remember what happened.
- d. video recording every session to be able to watch them again.

ANSWER:

a

Chapter 02: The Group Counselor

22. _____ is appropriate when people are facing a crisis, when they are facing frightening experiences, when they attempt constructive changes and yet feel uncertain about these changes, and when they are struggling to overcome old patterns that are limiting.

- a. Humor
- b. Forcing a group member to share
- c. Journaling
- d. Support

ANSWER:

d

23. Because the practice of group counseling is growing rapidly, it is essential that group leaders be:

- a. older adults.
- b. new in the profession.
- c. both competent and ethical.
- d. Extremely experienced.

ANSWER:

c

24. During research, the theoretical model for group therapy most often investigated by international researchers was:

- a. cognitive behavior therapy.
- b. reality therapy.
- c. psychoanalytic therapy.
- d. Adlerian therapy.

ANSWER:

a

25. Abundant research indicates the centrality of _____ as a primary factor in successful therapy, and this is inextricably intertwined with the outcome of psychotherapy.

- a. the person of the member
- b. the supervision
- c. the members' family history
- d. the *person* of the therapist

ANSWER:

d

26. Which of the following countries emphasizes inpatient group therapy?

- a. Norway
- b. Sweden
- c. Germany
- d. Canada

ANSWER:

c

27. Some students have shared that when leaders are _____ it can help to make them more

Chapter 02: The Group Counselor

approachable and less intimidating.

- a. strict
- b. playful
- c. direct
- d. critical

ANSWER:

b

28. The importance of the _____ is a well-established critical component of effective therapy.

- a. therapeutic alliance
- b. therapist education
- c. leader manipulation
- d. member storytelling

ANSWER:

a

29. It is important to maintain a sense of respect for group members when using _____; avoid language that diminishes their suffering or devalues them as people.

- a. listening skills
- b. journaling
- c. supervision
- d. humor

ANSWER:

d

30.

_____ in the emerging field of interpersonal neurobiology confirms that healing changes can occur in the brain when clients experience a warm, nonjudgmental, empathic relationship with a caring counselor.

- a. Computer technology
- b. Medical technology
- c. Brain-imaging technology
- d. Cancer technology

ANSWER:

c

31. It is useful to systematically gather and use formal client feedback to do all of the following

EXCEPT:

- a. inform treatment
- b. guide treatment
- c. evaluate treatment
- d. prove treatment

ANSWER:

d

32.

A sincere interest in the welfare of others is essential in a group leader. Your main job in the

Chapter 02: The Group Counselor

group is to help members get what they are coming for, not to get in their way. This describes:

- a. Presence
- b. Willingness to model
- c. Goodwill, genuineness, and caring
- d. Openness

ANSWER:

c

33.

_____ means that you reveal enough of yourself to give the participants a sense of who you are as a person

- a. Active listening
- b. Openness
- c. Goodwill genuineness, and caring
- d. Willingness to interrupt

ANSWER:

b

34. The feedback between coleaders can be both _____; exchanging perceptions can enhance their ability to function effectively as coleaders.

- a. supportive and challenging
- b. appreciated and non-challenging
- c. non-supportive and non-challenging
- d. unappreciated and unneeded

ANSWER:

a

35. _____ does not entail domination of members or manipulation of them toward the leader's end.

- a. Openness
- b. Willingness to model
- c. Presence
- d. Personal power

ANSWER:

d

36. Some mistakes students often make as they begin their co-leadership duties include all of the following **EXCEPT**:

- a. Having a plan or goal for the group but not communicating that to their co-leader.
- b. Sitting across from one another and making continuous eye contact with their co-leader.
- c. Taking turns leading rather than co-facilitating.
- d. Remaining quiet and letting the coleader do most of the work.

ANSWER:

b

37. Courage is demonstrated through your willingness to do all of the following **EXCEPT**:

Chapter 02: The Group Counselor

- a. to be vulnerable at times, admitting mistakes and imperfections and taking the same risks you expect group members to take.
- b. to confront others but to stay present with them as you work out conflicts.
- c. to not act on your beliefs and hunches.
- d. to be emotionally affected by others and to draw on your experiences to identify with them.

ANSWER:

c

38. _____ involves being affected by others' pain, struggles, and joys.

- a. Willingness to model
- b. Courage
- c. Listening
- d. Presence

ANSWER:

d

39. Creating a group climate that fosters interpersonal norms that will lead to therapeutic interactions among members, such as all of the following **EXCEPT**:

- a. Openness
- b. Directness
- c. Unconcern
- d. Respect

ANSWER:

c

40. Collecting data directly from members about their group experience is a significant part of developing:

- a. empirically-based research.
- b. practice-based evidence.
- c. empirically-based evidence.
- d. practice-based research.

ANSWER:

b