1

A paradoxical intervention is safe to use when a therapist is trying to understand a client's perspective.

(A) True

(B) False

Answer:
(B)False

2

When is it important or beneficial to implement the use of a Neutralizer paradoxical intervention in therapy?

(A) When clients make inflammatory, or disparaging remarks directed at the therapy or clinician

(B) When clients become emotionally overwhelmed by their struggle

(C) When clients make aggrandizing, elevating comments that put the therapist on a pedestal

(D) A & C

(E) B & C

Answer:
(D)A & C

3

When a therapist advocates (benignly) for the status quo, they suggest or instruct a client to _____, but for benevolent reasons.

(A) terminate therapy early

(B) engage in different symptoms or behaviors

(C) continue with certain symptoms or behaviors

(D) maintain double-bind based relationships

Answer:
(C) continue with certain symptoms or behaviors

4

One way to determine an appropriate reframe intervention is to look for what _____ can be derived from a client's symptom.

(A) new meaning

(B) context

(C) truths

Answer:
(A) new meaning

(D) false-logic

5 _____ is the process of contrasting a thing with its opposite in order to create new meaning, and is inherent to effective reframing.

(A) Diapractics

(B) Diaphragmatics

Answer:
(D)Dialectics

(C) Diagnostics

(D) Dialectics

6 _____ are paradoxical interventions consisting of a simple, unexpected, ironic therapist response to certain disagreeable client verbalizations or behaviors.

(A) Neutralizers

(B) Reframers

Answer:
(C) Energizers

(C) Energizers

(D) Challengers

7 Which paradoxical intervention provides new meaning or perspective for a problematic concern?

(A) Neutralizing

(B) Reframing

Answer:
(B) Reframing

(C) Energizing

(D) Challenging

8 A paradoxical intervention, in its _____, allows clients to _____.

Answer:

(A) seeming absurdity, relieve

emotional tension

(B) poignancy, think more deeply about change

(C) inherent challenge, confront previous values

(D) seeming absurdity, broaden their perspective regarding the problem.

9

A therapist must endeavor to see a client's point of view in order to uncover the _____ in their perspective.

(A) fallacy

(B) emotional context

Answer:
(C) element of truth

(C) element of truth

(D) quality of narrative

(D) seeming absurdity, broaden their perspective regarding the problem.

10

A paradox is defined as, "a statement or proposition seemingly _____, and yet explicable as _____."

(A) contradictory or absurd, expressing a truth

(B) unintelligible, simultaneously meaningful

Answer:
(A) contradictory or absurd, expressing a truth

(C) simple, poignant

(D) lofty or unreachable, appealing to the lowest denominator

11

Accepting praise or elevation from a client can place the therapist on a pedestal, and can result in the therapist being blamed responsible for treatment failure or a client's sabotage of the therapy.

(A) True

Answer:
(A) True

(B) False

12

Allowing a client to make negativistic, inflammatory comments about the therapist or the therapy can help to maintain a sense of equality in the therapeutic relationship, thereby preventing the therapist from being elevated above the client.

(A) True

(B) False

Answer:
(B)False

13

When a therapist is engaging in a reframing intervention, it is important for him/her to "sell" the perspective to a client, telling them what they have done right/wrong, and fighting/confronting them when necessary.

(A) True

(B) False

Answer:
(B)False

14

Reframing a client's narrative helps them to see their struggle or situation from a different and positive, but equally valid, perspective .

(A) True

(B) False

Answer:
(A)True

15

One effective way to neutralize a sincere complement from a client is to:

(A) express humble gratitude but give the client credit for progress made

(B) not respond to them

(C) paradoxically claim more praise than is offered

(D) use Socratic questioning to help them understand their role in progress made

Answer:
(A) express humble gratitude but give the client credit for progress made