

Theoretical Models of Counseling and Psychotherapy, 2nd Edition

Chapter 2: Classical Psychoanalysis

1. Freud's friends referred to him as
 - A. **professor.**
 - B. teacher.
 - C. instructor.
 - D. doctor.
 - E. none of the above
2. Freud was
 - A. addicted to nicotine.
 - B. the eldest child in his family.
 - C. a devout Catholic.
 - D. **A and B only**
 - E. all of the above
3. Freud's topographical model of personality included the psychological structures of
 - A. id, ego, and superego.
 - B. **unconscious, preconscious, and conscious.**
 - C. organismic self, self, and ideal self.
 - D. all of the above
 - E. A and B only
4. According to the text authors, Sigmund Freud
 - A. was born into an era of anti-Semitism and sexual freedom.
 - B. was influenced by the lack of love and pride shown to him by his mother.
 - C. **considered caretakers and authority figures in a child's life a template for that child's later identifications.**
 - D. believed that human personality was influenced only by innate disposition and not by environmental circumstances.
 - E. used hypnosis as the primary tool to reveal the unconscious.
5. According to the chapter, Sigmund Freud
 - A. credited the development of psychoanalysis to Ernst Brucke.
 - B. was influenced by Jean-Martin Charcot to look at psychological explanations of psychopathology.
 - C. was influenced by military commanders, writers, and philosophers.
 - D. all of the above
 - E. **B and C only**

6. Freud has been criticized and/or questioned for
 - A. his writings concerning cocaine.
 - B. reducing the understanding of human nature to its biological forces.
 - C. modifying his seduction theory to assert that the source of neurotic symptoms was fantasies of seduction rather than actual sexual abuse.
 - D. all of the above**
 - E. A and B only
7. Which of the following concepts was **not** an influence on Freud's development of psychoanalytic theory?
 - A. Relativism**
 - B. Conservation of energy
 - C. Scientific method
 - D. Positivism
 - E. Deterministic cause and effect
8. Which of the following statements is **not** true concerning energy from a psychoanalytic perspective?
 - A. Before birth, the infant's source of energy is from nutrients received through the placenta; after birth, the source of energy comes from food nutrients.
 - B. Energy can be expended through growth, metabolism, sensing, and movement.
 - C. Energy can be expended through physical and psychological functioning.
 - D. Physical and psychological energy is present in varied amounts that change throughout the life process.**
 - E. Energy is expended while one is awake and asleep.
9. According to the text authors, a drive
 - A. has a source, an aim, an object, and an impetus.
 - B. is experienced as a disturbing, unpleasant tension.
 - C. is activated when a need arises.
 - D. all of the above**
 - E. A and B only
10. Which of the following statements are true concerning libido?
 - A. Libido is the energy of the death drive.
 - B. During childhood and adolescence, it resides sequentially in areas of the body called erogenous zones.
 - C. Libido can be mobile or can be fixated.
 - D. A and B only
 - E. B and C only**

11. Which of the following statements is true concerning the drive-related process?
 - A. In primary process, a person perceives mental images as reality.
 - B. Predicate thinking occurs in secondary process.
 - C. The pleasure principle motivates all drives.**
 - D. Secondary process can be observed in dreams.
 - E. Secondary process involves only cathexis.
12. The investment of energy in objects of gratification is called
 - A. identification.
 - B. cathexis.**
 - C. catharsis.
 - D. external frustration.
 - E. internal frustration.
13. Most infant experiences reside in the unconscious because
 - A. the experiences are too painful to remember.
 - B. language has not yet developed.**
 - C. the infants are incapable of metacognition.
 - D. the unconscious is exceedingly more vast than the preconscious.
 - E. infants are incapable of knowing who they really are.
14. A word that describes the id is
 - A. narcissistic.
 - B. atemporal.
 - C. irrational.
 - D. all of the above**
 - E. A and C only
15. According to Freud's structural model,
 - A. the ego begins to develop when a child acquires the ability to speak.
 - B. the ego employs secondary process.**
 - C. the ego differentiates from the id by creating cathexes.
 - D. all of the above
 - E. B and C only
16. The superego is
 - A. socially oriented.
 - B. influenced by authority figures.
 - C. irrational.
 - D. all of the above**
 - E. A and B only

17. Concerning dreams, Freud believed
- A. in dreams, two elements might be connected that the dreamer would not have connected in conscious waking life.
 - B. dreams can bring up repressed memories.
 - C. the real meaning of a dream is self-evident to the dreamer.
 - D. all of the above
 - E. **A and B only**
18. In psychoanalytic theory,
- A. the environment plays a negligible role in personality development.
 - B. the father is the most important influence.
 - C. **the mother is the most important influence.**
 - D. the child's id is formed through interaction with others.
 - E. the ability to displace energy from one object to another plays a minor role in personality development.
19. Freud's psychosexual stages in order are:
- A. anal, genital, latent, oral, phallic.
 - B. latent, phallic, oral, anal, genital.
 - C. oral, latent, phallic, anal, genital.
 - D. **oral, anal, phallic, latent, genital.**
 - E. oral, anal, latent, phallic, genital.
20. Freud saw individuals
- A. as healthy if there had been moderate gratification and moderate frustration in their lives.
 - B. as unhealthy if the ego could not manage the demands of the id and superego.
 - C. as unhealthy if the ego had been excessively indulged and/or not provided with opportunities to develop into superego.
 - D. **all of the above**
 - E. A and C only
21. Personality change in psychoanalysis occurs
- A. **by becoming more conscious of conflicts underlying one's distressing feelings and self-defeating behaviors.**
 - B. when one is able to resolve all unconscious conflicts.
 - C. rapidly.
 - D. with the natural progression of time in the normal course of life.
 - E. through what Freud called self-awareness.

22. According to the text authors, the appropriately trained psychoanalyst
- A. has both studied and undergone psychoanalysis.
 - B. has empathy, intuition, and introspection.
 - C. cares for and prizes the client while remaining objective.
 - D. all of the above
 - E. **A and B only**
23. According to the text authors, transference
- A. **occurs when the client has excessive, unwarranted, and inappropriate feelings toward and expectations of the analyst.**
 - B. surprises the analyst.
 - C. is a deterrent to therapeutic change in the client.
 - D. occurs when the client focuses all attention on himself or herself.
 - E. usually emerges in the first 3 to 6 sessions.
24. Freud thought the sexual drive was the most influential in personality development because
- A. he was personally preoccupied with sex.
 - B. his patients reported memories of seduction.
 - C. he was rebelling against the Victorian era.
 - D. **he thought sexual impulses were the least socially tolerated.**
 - E. all of the above
25. Avoiding guilt by generating a reasonable explanation for something that actually arose from an unacceptable motive describes the defense mechanism
- A. repression.
 - B. fantasy.
 - C. **rationalization.**
 - D. identification.
 - E. projection.
26. When a person's ego avoids pain by relegating extremely painful mental material to the unconsciousness, a person is using the defense mechanism
- A. **repression.**
 - B. fantasy.
 - C. rationalization.
 - D. identification.
 - E. projection.
27. When a person attributes the source of inner anxiety to the outside world, the person is using the defense mechanism
- A. repression.
 - B. fantasy.
 - C. rationalization.
 - D. identification.

E. projection.

28. A person substituting a less desirable but available object for a desired but unavailable object is
- A. fixating.
 - B. regressing.
 - C. displacing.**
 - D. compensating.
 - E. sublimating.
29. Which of the following activities, according to Freud, is/are example(s) of sublimation?
- A. having sex
 - B. painting a mural**
 - C. fighting in a gang
 - D. dreaming
 - E. all of the above
30. The Oedipus complex occurs during what stage of psychosexual development?
- A. anal
 - B. genital
 - C. latent
 - D. oral
 - E. phallic**
31. Penis envy occurs during what stage of psychosexual development?
- A. anal
 - B. genital
 - C. latent
 - D. oral
 - E. phallic**
32. What is longest stage of psychosexual development?
- A. anal
 - B. genital**
 - C. latent
 - D. oral
 - E. phallic
33. Freud
- A. believed in God.
 - B. believed people were born bisexual.**
 - C. believed homosexuality to be a normal variation of sexuality.
 - D. denounced chauvinism.
 - E. none of the above

34. Match the characteristics in the items below to the appropriate psychoanalytic key concept in the lettered items. A lettered item may be the correct answer more than once or not at all.

A. Cathexis
B. Ego
C. Id
D. Libido
E. Superego

Invests itself in erogenous zones. **D**

Comprises the entire personality at birth. **C**

Includes the component of the conscience. **E**

Operates by the perfection principle. **E**

Utilizes defense mechanisms. **B**

35. The ability to recall your last meal is an example of experiencing your
A. unconscious.
B. preconscious.
C. conscious.
D. subconscious.
E. none of the above
36. The parent who abuses a child “for the child’s own good” is an example of the defense mechanism known as
A. projection.
B. reaction formation.
C. identification.
D. rationalization.
E. repression.
37. Avoiding the frustration and/or guilt of inadequacy by not progressing to the next development level of functioning is also known by the term
A. regression.
B. fixation.
C. reaction formation.
D. projection.
E. compensation.

38. Freud believed that a client who disbelieves a therapist's interpretation is demonstrating
A. denial.
B. resistance.
C. regression.
D. repression.
E. none of the above
39. Match a lettered concept to each of the items below. A lettered item may be the correct answer more than once or not at all.
A. Termination
B. Opening phase
C. Resolution
D. Transference
E. Working through

Client employs predicate thinking. **D**

Client expresses disappointment that a conflict-free existence has not been achieved. **C**

Client repeatedly revisits the identified theme in all its manifestation. **E**

Analyst anticipates the client will distort the therapeutic relationship. **D**

Analyst addresses possible setbacks for the client to avoid relapse. **C**

Analyst continually elaborates and amplifies the client's identified theme. **E**

40. You wake up from a dream and remember being chased by a police officer. According to Freud, this memory represents your dream's
A. manifest content.
B. latent content.
C. preconscious content.
D. displaced content.
E. fantasy content.
41. Your dream of being chased represents your wish to escape pain in your life. According to Freud, this wish is your dream's
A. manifest content.
B. latent content.
C. preconscious content.
D. displaced content.
E. fantasy content.

42. If you feel “in love” with your analyst, you are experiencing
- A. resistance.
 - B. manifestation.
 - C. sublimation.
 - D. resolution.
 - E. **transference.**
43. The primary techniques of psychoanalysis are
- A. dreamwork and introspection.
 - B. **free association and interpretation.**
 - C. introspection and free association.
 - D. interpretation and dreamwork.
 - E. introspection and interpretation.