Chapter 13

Therapies

OBJECTIVE 13.1 — Define psychotherapy; describe the following dimensions of therapy: a. insight therapy, b. action therapy, c. directive therapy, d. nondirective therapy, e. individual therapy, f. group therapy, g. open-ended, and h. time-limited therapy; discuss what a person can expect the outcomes of therapy to be; describe positive psychology therapy; and list the elements of positive mental health.

1. A psychological technique used to facilitate positive changes in a person’s personality, behavior, or adjustment defines
   a. pharmacotherapy.
   b. somatotherapy.
   c. psychotherapy.
   d. psychosurgery.

2. Which of the following is usually based on a dialogue between therapists and their clients, although learning principles can also be used to directly alter troublesome behaviors?
   a. pharmacotherapy
   b. somatotherapy
   c. psychotherapy
   d. psychosurgery

3. Reality therapy, client-centered therapy, psychoanalysis, and behavioral therapies are all forms of
   a. psychotherapy.
   b. meta-analysis.
   c. pharmacotherapy.
   d. somatic therapy.

4. Psychotherapy includes all of the following EXCEPT
   a. the use of pharmacotherapy.
   b. verbal interactions between therapists and clients.
   c. the use of learning principles to directly alter troublesome behaviors.
   d. the use of different concepts and methods with different clients.

5. Psychotherapy, as it is most often used, implies the use of
   a. drugs.
   b. somatic therapy.
   c. verbal interactions.
   d. all of these.

6. The goal of which type of therapy is to lead clients to a deeper understanding of the origins of their thoughts, emotions, and behaviors?
   a. directive
   b. nondirective
   c. action
   d. insight
7. Since psychoanalysis and the humanistic therapies both seek to lead clients to a deeper understanding of their thoughts, emotions, and behaviors, they would both be considered ________ therapy.
   a. directive
   b. nondirective
   c. action
   d. insight

8. Leading clients to a deeper understanding of the origins of their thoughts, emotions, and behaviors is the goal of ________ therapy, while bringing about changes in troublesome thoughts and behaviors without seeking an understanding of their origins is the goal of ________ therapy.
   a. supportive; time-limited
   b. directive; nondirective
   c. action; insight
   d. insight; action

9. Which type of therapy is designed to bring about direct changes in troublesome thoughts and behavior, without seeking an understanding into the origins of these thoughts and behaviors?
   a. directive
   b. nondirective
   c. action
   d. insight

10. Since cognitive and behavioral therapies are designed to change troublesome thoughts and behaviors, respectively, without looking for the origins of these thoughts and behaviors, these therapies would both be considered ________ therapy.
    a. directive
    b. nondirective
    c. action
    d. insight

11. In the therapeutic approach known as reality therapy, clients sign contracts in which they agree to make constructive changes in their behavior and relationships. Therefore, reality therapy would best be described as a(n) ________ therapy.
    a. action
    b. insight
    c. nondirective
    d. supportive

12. Gaining understanding is to making direct changes as
    a. directive therapy is to nondirective therapy.
    b. action therapy is to insight therapy.
    c. nondirective therapy is to direct therapy.
    d. insight therapy is to action therapy.

13. A therapist guides a client by giving instructions, interpretations, or solutions, and by making decisions. The therapist’s approach can be described as ________ therapy.
    a. directive
    b. supportive
    c. nondirective
    d. time-limited
### Answer: d (p. 510)  
**Obj. 13.1**  
**Application**  
**Moderate**  

14. Brian is a psychologist. He has his clients sign contracts and gives them “homework,” which they must complete, and then report the results of these actions to him at the next session. Brian’s type of therapy would best be described as  
   a. supportive therapy.  
   b. somatic therapy.  
   c. insight therapy.  
   d. directive therapy.

### Answer: b (p. 510)  
**Obj. 13.1**  
**Fact**  
**Moderate**  

15. In which therapy do the clients assume responsibility for solving their own problems, while the therapist assists but does not guide or give advice?  
   a. action  
   b. nondirective  
   c. directive  
   d. somatic

### Answer: d (p. 510)  
**Obj. 13.1**  
**Fact**  
**Moderate**  

16. Which form of therapy places responsibility for the course of therapy on the client?  
   a. insight therapy  
   b. action therapy  
   c. directive therapy  
   d. nondirective therapy

### Answer: c (p. 510)  
**Obj. 13.1**  
**Application**  
**Moderate**  

17. Elizabeth is a psychologist who facilitates her clients in discovering insight into their condition by providing a psychological safe environment and by acting as a psychological “mirror” to reflect their thoughts and feelings. However, Elizabeth does not give advice or provide strong guidance during this process. Therefore, Elizabeth would be considered a(n)  
   a. action therapist.  
   b. somatic therapist.  
   c. nondirective therapist.  
   d. desensitization therapist.

### Answer: d (p. 510)  
**Obj. 13.1**  
**Fact**  
**Easy**  

18. A verbal interaction between a trained mental health professional and several clients at the same time is called  
   a. meta-analysis.  
   b. individual therapy.  
   c. insight therapy.  
   d. group therapy.

### Answer: b (p. 510)  
**Obj. 13.1**  
**Fact**  
**Easy**  

19. Therapy that involves only one client and one therapist is called ________ therapy, while therapy that involves several clients participating at the same time is called ________ therapy.  
   a. insight; action  
   b. individual; group  
   c. nondirective; directive  
   d. supportive; time-limited

### Answer: a (p. 510)  
**Obj. 13.1**  
**Application**  
**Moderate**  

20. Connie has signed up to participate in a divorce recovery group that will also include eight sessions of individual therapy. This individual therapy would best be described as  
   a. time-limited therapy.  
   b. open-ended therapy.  
   c. action therapy.  
   d. nondirective therapy.
1. After initial consultation, a psychotherapist agrees to see the client for no more than five additional sessions. This type of therapy is referred to as ________ therapy.
   a. time-limited
   b. action
   c. open-ended
   d. nondirective

Answer: a  (p. 510)

2. After initial consultation, a psychotherapist agrees to conduct marriage counseling, although she states that the number of sessions will be determined by how much progress the couple makes each week toward the goals they have set and the homework exercises they complete. This type of therapy would be considered
   a. time-limited.
   b. open-ended.
   c. insight.
   d. nondirective.

Answer: b  (p. 510)

3. Mr. Barlow is seeking a therapist to help him cope with his son’s drug abuse. He wants to see someone who will give him clear, direct advice about his problems and will help him accomplish goals in a few sessions. Mr. Barlow would probably be most satisfied with a therapist who uses the ________ and ________ approaches.
   a. insight; time-limited
   b. directive; time-limited
   c. action; supportive
   d. individual; supportive

Answer: d  (p. 510)

4. Regarding psychotherapy, which of the following statements is FALSE?
   a. Some therapies are conducted in a group setting.
   b. Therapy is sometimes undertaken to resolve deep psychological problems.
   c. Some therapies encourage personal growth for people who are functioning effectively.
   d. Therapy provides an individual with a complete personal transformation.

Answer: c  (p. 510)

5. Psychotherapy is best viewed as
   a. the most effective way to undo the past in order to correct severe problems.
   b. a major overhaul of the psyche.
   c. a way to make constructive changes.
   d. applicable only to those with psychological problems.

Answer: d  (p. 510)

6. Which of the following is NOT considered a possible outcome of psychotherapy?
   a. providing comfort and support
   b. learning new coping skills
   c. promoting personal growth
   d. undoing a person’s past history

Answer: d  (p. 510)

7. Which of the following is the MOST likely outcome for psychotherapy?
   a. a complete personal transformation
   b. a renewal of intellectual and creative abilities
   c. overcoming the effects of early psychologically damaging experiences
   d. learning skills to better cope with stress

Answer: d  (p. 510)
28. Regarding psychotherapy, which of the following statements is FALSE?
   a. Psychotherapy can be hard work for both clients and therapists.
   b. Chances for improvement through psychotherapy are good for phobias, low self-esteem, and marital conflicts.
   c. Positive psychology therapy is used to fix a person’s weaknesses so that he/she can attain personal goals.
   d. Even when problems are severe, therapy may help a person gain a new perspective or learn behaviors to better cope with life.

29. A therapy does not always have to be used for problems and crises; it can also be used for
   a. personal growth.
   b. “fixing weaknesses” that cause “roadblocks” in one’s life.
   c. symptom reduction of minor problems, like mild phobias.
   d. completing an “overhaul” of the psyche and undoing the past.

30. Therapists in which movement utilize techniques designed to enhance personal strengths rather than “fix” weaknesses?
   a. social learning
   b. validation
   c. positive psychology
   d. ethological

31. Therapists in the positive psychology movement utilize techniques designed to
   a. fix a person’s weaknesses and reduce vulnerability.
   b. enhance personal strengths.
   c. help people with similar problems to cope through mutual interdependence.
   d. reduce depression and rebuild self-esteem.

32. Which of the following promotes mental health?
   a. sense of identity
   b. personal autonomy
   c. self-control
   d. all of these

33. Which of the following is an element of positive mental health?
   a. insensitivity to the demands of others
   b. high expectations
   c. capacity to forgive
   d. extroversion

34. Which of the following is NOT an element of positive mental health?
   a. increased sensitivity and trust
   b. increased self-awareness and self-control
   c. increased dependence on other people
   d. increased fulfillment and satisfaction in work

35. A sense of identity, a purpose in life, and adaptive coping strategies are cited in your
textbook as the
   a. elements of positive mental health.
   b. goals of somatic therapy.
   c. results of deinstitutionalization.
   d. goals of encounter groups.
Answer: d  (p. 510, Table 13.1)  
_Obj. 13.1
_Case Concept
_Easy

36. Therapists seek to restore or promote
   a. the capacity to forgive oneself for mistakes.
   b. adaptive coping skills.
   c. interpersonal communication skills.
   d. all of these.

Answer: d  (p. 510, Table 13.1)  
_Obj. 13.1
_Application Easy

37. Miranda wants to begin therapy because she has frequent conflicts with her boyfriend, and she has been feeling very stuck in her current job situation. Miranda is most likely to benefit from a therapist who tries to facilitate _______ and _______ in his or her clients.
   a. feelings of personal worth; better personal relationships
   b. autonomy; honesty in one’s professional career
   c. autonomy; nurturance of one’s identity
   d. better personal relationships; fulfillment and satisfaction at work

Answer: a  (p. 510, Table 13.1)  
_Obj. 13.1
_Application Easy

*New Question

38. Michelle has gained a great deal of weight since her divorce. Although she left an abusive relationship, she still feels that she is not worthy to enter into another relationship. Michelle would most likely benefit from a therapist who tries to facilitate _______ and _______ in his or her clients.
   a. good habits of physical health; feelings of personal worth
   b. autonomy; honesty in personal relationships
   c. self-awareness; nurturance
   d. self-control and personal responsibility; better personal relationships

OBJECTIVE 13.2 — Briefly describe the history of the treatment of psychological problems, including trepanning, demonology, exorcism, ergotism, and the work of Philippe Pinel.

Answer: c  (p. 511)  
_Obj. 13.2
_Fact Moderate

*New Question

39. Regarding ancient approaches for treating mental illness, which of the following statements is FALSE?
   a. Archaeological findings dating to the Stone Age suggest that most primitive approaches were marked by fear and superstitious beliefs in witchcraft and magic.
   b. During the Middle Ages when mental illness focused on demonology, physical torture was used to make the body an inhospitable place for the devil to reside.
   c. In ancient times, when holes were drilled into the skull to release evil spirits, no person ever survived this procedure.
   d. Exorcism, which was used to “cast out evil spirits,” was a religious ritual.

Answer: a  (p. 511)  
_Obj. 13.2
_Fact Moderate

40. As a primitive procedure, trepanning involving boring a hole into the skull, and was used to
   a. release “evil spirits.”
   b. shock patients into a remission of symptoms.
   c. coerce and control disruptive patients.
   d. punish those who had committed crimes.

Answer: b  (p. 511)  
_Obj. 13.2
_Fact Moderate

41. Which of the following was a primitive procedure that was used to “release evil spirits” and consisted of boring, chipping, or bashing holes in the patients’ heads?
   a. ergotism
   b. trepanning
   c. ECT
   d. REBT
42. As a modern procedure, trepanning, also called trephining, involves
   a. the use of computer-generated images to present fear stimuli in the desensitization
      process.
   b. the suppression of an undesirable response by associating it with aversive stimuli.
   c. passing an electric shock directly through the brain to induce a convulsion.
   d. any surgical procedure in which a hole is bored into the skull.

43. Regarding trepanning, which of the following statements is FALSE?
   a. As a primitive technique, trepanning was done to relieve pressure or release evil
      spirits.
   b. Some “patients” actually survived the primitive treatment of trepanning.
   c. The procedure of trepanning is also spelled trephining.
   d. Trepanning has not been used as a treatment since the early 1800s.

44. During the Middle Ages, abnormal behavior was blamed on supernatural forces, such as
    possession by the devil and curses from witches and wizards. Thus, treatments for
    mental illness in Europe during this time period focused on what is known as
    a. demonology.
    b. asceticism.
    c. Gestaltism.
    d. ergotism.

45. During the Middle Ages, the treatment for abnormal behavior often involved physical
    torture in order to “cast out the evil spirits,” which was part of a procedure known as
    a. psychodrama.
    b. exorcism.
    c. ergotism.
    d. asceticism.

46. In Europe, exorcism was used as a treatment at a time when medieval “therapists”
    focused on ________ as the cause of abnormal behavior.
    a. trepanning
    b. humanism
    c. demonology
    d. Gestaltism

47. Regarding exorcism, which of the following statements is/are TRUE?
    a. Exorcism was a religious ritual.
    b. Exorcism was used to “cast out” evil spirits.
    c. Exorcism often involved physical torture.
    d. Exorcism involved all of these.

48. Trepanning and exorcism are similar in that both were used
    a. to cause ergotism.
    b. by Pinel in the Bicêtre Asylum.
    c. to remove evil spirits.
    d. to treat cases of hysteria.

49. Modern analyses of “demonic possession” suggest that many victims were suffering
    from which of the following conditions?
    a. epilepsy
    b. schizophrenia or depression
    c. dissociative disorders
    d. any one of these
50. Ergotism refers to
   a. a primitive form of drug therapy.
   b. a form of demonic possession that was treated by trepanning.
   c. reactions to LSD chemicals found in a fungus.
   d. a treatment designed to expand sensory experience.

51. Regarding ergot, which of the following statements is TRUE?
   a. Ergot was used to treat patients after trepanning.
   b. Ergot can cause muscle twitches, delirium, and hallucinations.
   c. Ergot is a lethal bacteria discovered by Pinel.
   d. Ergot was the term applied to the ravings of lunatics.

52. During the Middle Ages, if people ate rye bread tainted by a grain fungus, they would develop a psychotic-like condition, which was attributed to demon possession then, but which we now know as
   a. anxiolytics.
   b. psychotropics.
   c. ergotism.
   d. trepanning.

53. Humane treatment for the mentally ill was brought about by the work of ________, who literally unchained the “patients” in European asylums in 1793.
   a. Frankl
   b. Pinel
   c. Perls
   d. Wolpe

54. In 1793, a French doctor changed the Bicêtre Asylum in Paris from a squalid “madhouse” into a mental hospital by unchaining the patients and treating them humanely and compassionately. This French doctor was
   a. Victor Frankl
   b. Phillippe Pinel
   c. Fritz Perls
   d. Joseph Wolpe

55. For what is Philippe Pinel most famous?
   a. changing an asylum in Paris into a mental hospital
   b. discovering that the grain fungus ergot caused a psychotic-like condition
   c. developing the technique of trepanning to alleviate pressure in the brain
   d. developing the psychotherapy known as existentialism

Objective 13.3 — Discuss the development of psychoanalysis and its four basic techniques: a. free association; b. dream analysis, including the terms latent content, manifest content, and dream symbols; c. analysis of resistance; and d. transference; and discuss the brief psychodynamic therapies used today, including interpersonal psychotherapy (IPT), and why it took the place of traditional psychoanalysis, including the concept of spontaneous remissions.

56. The first true psychotherapy was developed by ________ about 110 years ago to treat cases of ________.
   a. Freud; hysteria
   b. Pinel; psychosis
   c. Eysenck; neurosis
   d. Bicêtre; hysteria
57. The psychiatrist that viewed emotional problems like “hysteria” as originating from unconscious conflict was ________, and he developed the psychotherapy known as ________.
   a. Victor Frankl; logotherapy
   b. Fritz Perls; Gestalt psychotherapy
   c. Carl Rogers; client-centered therapy
   d. Sigmund Freud; psychoanalysis

58. Sigmund Freud became convinced that the “hysteria” his patients were suffering from was caused by
   a. a faulty self-image.
   b. unconscious conflicts.
   c. bizarre dreams.
   d. transference.

59. Many of Freud’s first patients had physical symptoms, such as paralysis or numbness, for which no physical cause could be found. Freud called this condition
   a. schizophrenia.
   b. an organic psychosis.
   c. hysteria.
   d. ergotism.

60. The first true psychotherapy was developed to help people suffering from what was then called hysteria, a condition which is now known as
   a. dissociative disorders.
   b. schizophrenia.
   c. bipolar disorders.
   d. somatoform disorders.

61. A psychoanalyst who believes in the theories of Freud would see psychopathology as caused by
   a. birth trauma.
   b. deeply hidden unconscious conflicts.
   c. bizarre dreams.
   d. immature personal relationships.

62. Freud’s form of psychotherapy is called ________ and would be considered a(n) ________ therapy.
   a. logotherapy; individual nondirective
   b. somatotherapy; group insight
   c. psychoanalysis; individual directive
   d. transference therapy; group nondirective

63. Freud’s patients usually reclined on a couch during therapy. Regarding this couch arrangement, which of the following statements is FALSE?
   a. This couch arrangement also included Freud sitting out of sight, taking notes, and offering interpretations.
   b. This couch arrangement was supposed to encourage a free flow of thoughts and images from the unconscious.
   c. This couch arrangement was the least important feature of psychoanalysis, with many modern analysts having abandoned it.
   d. This couch arrangement is used by most modern psychoanalysts, as well as a majority of therapists who adhere to other schools of thought.
64. Freud’s theory was based on the belief that neuroses were caused by
   a. repressed memories, motives, and conflicts.
   b. learned maladaptive behaviors.
   c. negative self-regard.
   d. destructive interpersonal relationships.

65. Which of the following theorists stressed that “neurosis” and “hysteria” are caused by
   repressed memories, motives, and conflicts, particularly those stemming from instinctual
   drives for sex and aggression, with these hidden forces remaining active in the personality
   and causing some people to develop rigid ego-defenses and compulsive, self-defeating
   behavior?
   a. Fritz Perls
   b. Joseph Wolpe
   c. Carl Rogers
   d. Sigmund Freud

66. Freud’s theory stressed that “neurosis” and “hysteria” are caused by repressed
   memories, motives, and conflicts with these hidden forces remaining active in
   the personality and causing some people to develop
   a. learned helplessness.
   b. rigid ego-defenses and compulsive, self-defeating behavior.
   c. incongruence between the real self and ideal self.
   d. a loss of meaning in their lives, so their self-awareness becomes disjointed.

67. The main goal of psychoanalysis is to
   a. bring an end to irrational internal dialogue.
   b. provide the client with unconditional positive regard and empathy.
   c. reduce internal conflicts that lead to emotional suffering.
   d. apply learning principles to change maladaptive behaviors.

68. The purpose of free association and dream analysis is to
   a. confront patients’ irrational beliefs.
   b. uncover the unconscious roots of neurosis.
   c. discover the patient’s ideal self.
   d. increase the use of ego defense mechanisms.

69. Free association, dream analysis, analysis of resistance, and analysis of transference are
   aspects of which psychotherapy?
   a. Gestalt psychotherapy
   b. psychoanalysis
   c. existential therapy
   d. rational-emotive behavioral therapy

70. Analysis of resistance and transference are standard techniques within
   a. client-centered therapy.
   b. Gestalt therapy.
   c. REBT.
   d. psychoanalysis.

71. Freud’s method of psychotherapy involved
   a. bringing to an end the patient’s irrational and self-defeating internal dialogue.
   b. unconditional positive regard and empathy.
   c. free association, dream analysis, and transference.
   d. drugs and psychosurgery.
72. The purpose of free association is to
   a. create a psychological safe environment for the client.
   b. reflect the client’s thoughts and feelings so the client can see them more clearly.
   c. lower defenses so that unconscious thoughts and feelings will emerge.
   d. challenge irrational beliefs of the patient so that constructive changes can be made.

73. Saying whatever comes to mind, even if it seems senseless, painful, or embarrassing, is part of the Freudian technique known as
   a. dream analysis.
   b. analysis of transference.
   c. free association.
   d. analysis of resistance.

74. Aaron is asked by his therapist to relax and talk about any thoughts that come into his head, letting his thoughts move freely from one idea to the next. Aaron’s therapist is using which psychoanalytic technique?
   a. analysis of transference
   b. reciprocal inhibition
   c. reflection
   d. free association

75. Freud called which of the following the “royal road to the unconscious” because forbidden desires and unconscious feelings are freely expressed?
   a. transference
   b. resistance
   c. dreams
   d. free association

76. Who stated that dreams provide a “royal road to the unconscious” because forbidden desires and unconscious feelings were freely expressed?
   a. Maslow
   b. Ellis
   c. Beck
   d. Freud

77. Freud considered the distinction between manifest content and latent content essential for
   a. free association.
   b. dream analysis.
   c. resistance.
   d. transference.

78. The obvious parts of a dream that is visible and remembered by the dreamer is referred to as the ________ content.
   a. manifest
   b. lucid
   c. conscious core
   d. latent

79. The obvious part of a dream that is visible and remembered by the dreamer is called the ________ content; while the part of the dream that is hidden and symbolic and must be interpreted to be understood is called the ________ content.
   a. manifest; latent
   b. latent; manifest
   c. lucid; manifest
   d. archetypal; lucid
80. When utilizing dream analysis, Freud would interpret symbols to uncover the _______ content of the dream.
   a. embarrassing
   b. manifest
   c. conscious
   d. latent

Answer: d (p. 512)
Obj. 13.3
Fact
Moderate

81. According to Freud’s theory of dream analysis, the true meaning of a dream is found in its _______ content.
   a. latent
   b. manifest
   c. NREM
   d. lucid

Answer: a (p. 512)
Obj. 13.3
Fact
Moderate

82. According to Freud, the job of the psychoanalyst is to help the patient work past the obvious, visible meaning of the _______ content of his or her dreams and uncover and interpret the hidden, symbolic _______ content of the dream.
   a. latent; manifest
   b. manifest; latent
   c. lucid; manifest
   d. latent; lucid

Answer: b (p. 512)
Obj. 13.3
Fact
Moderate

83. According to Freud, the unconscious message of a dream is revealed by interpreting _______.
   a. transference references.
   b. dream symbols.
   c. resistance figures.
   d. manifest meanings.

Answer: b (p. 512)
Obj. 13.3
Fact
Moderate

84. The images that have personal or emotional meanings within a dream were referred to as _______ by Freud.
   a. transference references
   b. dream symbols
   c. resistance figures
   d. manifest meanings

Answer: b (p. 512)
Obj. 13.3
Fact
Moderate

85. Rhonda remembers that she had a dream last night about walking on a beach and picking up shells, while the sun was bright and warm. These remembered parts of the dream are known as the _______ content.
   a. NREM
   b. REM
   c. manifest
   d. latent

Answer: c (p. 512)
Obj. 13.3
Application
Difficult

86. In Rhonda’s dream, she was picking up sea shells on a beach. Rhonda’s therapist interprets this dream as meaning that Rhonda is feeling a strong need to be protected and sheltered. This therapist’s interpretation would be considered the _______ content of Rhonda’s dream.
   a. NREM
   b. lucid
   c. manifest
   d. latent

Answer: d (p. 512)
Obj. 13.3
Application
Difficult
87. A young man dreams of pulling a pistol from his waistband and aiming at a target, while his wife watches. The pistol repeatedly fails to discharge, and the man’s wife laughs at him. According to Freud, these aspects of the dream that the patient tells the therapist constitute the ________ of a dream.
   a.  NREM
   b.  lucid
   c.  manifest
   d.  latent

88. A young man dreams of pulling a pistol from his waistband and aiming at a target, while his wife watches. The pistol repeatedly fails to discharge, and the man’s wife laughs at him. A Freudian psychoanalyst might see the symbolic, or ________, content of this dream to mean that young man is suffering from repressed feelings of sexual impotence.
   a.  NREM
   b.  lucid
   c.  manifest
   d.  latent

89. In psychoanalysis or dream analysis, patients may avoid talking about certain subjects. This is called ________.
   a.  avoidance.
   b.  transference.
   c.  repression.
   d.  resistance.

90. When a patient stops talking about an idea during free association, psychologists are taught to analyze this ________, because it often reveals particularly important unconscious conflicts.
   a.  resistance
   b.  transference
   c.  covert sensitization
   d.  reciprocal inhibition

91. When Mark was describing his dream, he stopped at one point, seemed a bit upset, and then told the therapist that he could not remember any more and said, “Besides, this dream analysis is really silly anyway.” Mark was exhibiting ________, and it will be up to the psychologist to help Mark deal with these thoughts he is not willing to discuss.
   a.  transference
   b.  resistance
   c.  covert sensitization
   d.  reciprocal inhibition

92. Leonard becomes silent when his therapist asks him about his relationship with his mother. As the therapist continues to explore this area of Leonard’s life, Leonard either skips sessions or arrives late. In psychodynamic terms, Leonard is exhibiting ________.
   a.  resistance.
   b.  transference.
   c.  covert sensitization.
   d.  reciprocal inhibition.
93. In psychoanalysis, resistance was thought by Freud to be important because it
   a. revealed important unconscious conflicts.
   b. indicated learned helplessness.
   c. aided in transference.
   d. helped to reveal the patient’s illogical thoughts and irrational beliefs.

94. In psychoanalysis, resistance should be regarded as a(n)
   a. indication of learned helplessness and dependence on the therapist.
   b. indication of the confusion a patient feels due to his or her distorted logic.
   c. challenge and a guide to a patient’s unconscious conflicts.
   d. roadblock in therapy.

95. Isabelle acts as if her therapist is an important person from her past, which will help
   Isabelle to re-experience her repressed emotions. Isabelle’s therapist can then help her to
   recognize and understand these emotions. Freud called this process
   a. therapeutic attachment.
   b. reciprocal inhibition.
   c. systematic desensitization.
   d. transference.

96. In psychoanalysis, an emotional attachment to the therapist that symbolically represents
   other important relationships in the patient’s life is an example of
   a. resistance.
   b. transference.
   c. identification.
   d. empathy.

97. Through transference, the patient re-experiences ________, which the therapist can then
   help the patient to recognize and understand.
   a. repressed emotions
   b. conditions of worth
   c. vicarious desensitization
   d. selective perception

98. Tim tries to argue with his therapist like he used to argue with his late father, who
   rejected and ridiculed him. Tim even tells the therapist, “You are just like him.”
   According to psychoanalytical theory, Tim is exhibiting
   a. reciprocal inhibition.
   b. a therapeutic attachment.
   c. transference.
   d. resistance.

99. When transference occurs, effective therapists learn to
   a. avoid reacting as others do and playing the patient’s habitual “games.”
   b. reinforce this transference and ask the patient to use role playing to recreate the
      feelings.
   c. punish this transference in order to eliminate it occurring again in the therapeutic
      session.
   d. ignore this transference and follow therapeutic guidelines.
100. Traditional psychoanalysis can be objectively criticized as
   a. requiring large amounts of time and money.
   b. effective only in treating psychosis.
   c. being ineffective for a majority of its patients.
   d. placing too much responsibility on the client.

101. Today, psychodynamic therapy involves
   a. more direct questioning to reveal unconscious conflicts.
   b. actively provoking emotional reactions that will lower defenses and provide insights.
   c. a much shorter therapy than it was originally.
   d. all of these.

102. Regarding a comparison of traditional psychoanalysis and the brief psychodynamic therapy used today, which of the following statements is FALSE?
   a. Traditional psychoanalysis required three to five therapy sessions a week, with sessions today occurring only once or twice a week.
   b. Because of the huge amounts of time and money that traditional psychoanalysis requires, psychoanalysts have become relatively rare.
   c. Brief therapy appears to accelerate recovery because patients seem to realize that they need to get to the heart of their problems quickly.
   d. One example of a brief psychodynamic therapy used today is existential, or logotherapy.

103. Many psychoanalysts have switched to brief psychodynamic therapy, which uses _____ to reveal unconscious conflicts.
   a. reciprocal inhibition
   b. direct questioning
   c. aversion therapy
   d. psychodrama

104. Brief psychodynamic therapy is to traditional psychoanalysis as _____ is to _____.
   a. transference; dream analysis
   b. direct questioning; free association
   c. resistance; dream analysis
   d. latent content; manifest content

105. When contemporary psychodynamic therapists actively provoke emotional reactions, their patients tend to
   a. lower their defenses and gain insight.
   b. actively begin the process toward self-actualization.
   c. make courageous choices and find the meaning they have lost in their lives.
   d. become aware of their incongruence and strive toward becoming “whole.”

106. Which of the following is a brief psychodynamic therapy that was first developed to help people with depression by improving their relationships with others?
   a. interpersonal psychotherapy (IPT)
   b. rational-emotive behavioral therapy (REBT)
   c. existential therapy
   d. Gestalt psychotherapy
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<th>Question Number</th>
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<tr>
<td>Answer: c (p. 513)</td>
<td>107. Interpersonal therapy (IPT) is most closely related to which of the following?</td>
</tr>
<tr>
<td>Obj. 13.3</td>
<td>Fact</td>
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<tr>
<td>a. client-centered therapy</td>
<td>b. Gestalt therapy</td>
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<tr>
<td>Answer: d (p. 513)</td>
<td>108. Extensive empirical research has confirmed that interpersonal psychotherapy is effective in treating</td>
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<tr>
<td>Obj. 13.3</td>
<td>Fact</td>
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<tr>
<td>a. depressive disorders.</td>
<td>b. eating disorders and substance abuse disorders.</td>
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<tr>
<td>Answer: a (p. 513)</td>
<td>109. Which of the following is a brief psychodynamic therapy that has been shown through extensive empirical research to be effective in treating depressive disorders, social phobias, personality disorders, eating disorders, and substance abuse disorders?</td>
</tr>
<tr>
<td>Obj. 13.3</td>
<td>Fact</td>
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<tr>
<td>a. interpersonal psychotherapy (IPT)</td>
<td>b. rational-emotive behavioral therapy (REBT)</td>
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<tr>
<td>Answer: a (p. 513)</td>
<td>110. Liona was suffering from depression, which her therapist traced to a conflict with her parents and the different roles that she had to play within the family due to her father’s frequent absences. By working with Liona and helping her to clarify her family role, the therapist was able to help alleviate Liona’s depression and improve her relationships with family members. Liona’s therapist most likely uses which type of therapy?</td>
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<tr>
<td>Obj. 13.3</td>
<td>Application</td>
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<tr>
<td>a. interpersonal psychotherapy (IPT)</td>
<td>b. rational-emotive behavioral therapy (REBT)</td>
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<tr>
<td>Answer: c (p. 513)</td>
<td>111. Brief psychodynamic therapy developed in part because some critics, such as Hans Eysenck suggested that traditional psychoanalysis takes so long that patients experience</td>
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<td>Obj. 13.3</td>
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<td>a. a relapse of their symptoms.</td>
<td>b. reciprocal inhibition.</td>
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<td>Answer: a (p. 513)</td>
<td>112. The disappearance of symptoms due to the mere passage of time is called</td>
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<td>Obj. 13.3</td>
<td>Fact</td>
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<td>a. spontaneous remission.</td>
<td>b. catharsis.</td>
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<td>Answer: b (p. 513)</td>
<td>113. Regarding the effectiveness of psychoanalysis and the development of briefer therapies, which of the following statements is FALSE?</td>
</tr>
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<td>Obj. 13.3</td>
<td>Fact</td>
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<td>a. Research has shown that some problems, such as hyperactivity and anxiety, do improve with the passage of time, even when not treated with therapy.</td>
<td>b. Research has shown that psychoanalysis produces improvement in only a small minority of patients.</td>
</tr>
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</table>
114. Research has shown which of the following statements to be TRUE?
   a. Spontaneous remission was the main reason that traditional psychoanalysis worked.
   b. Problems such as hyperactivity and anxiety require extensive treatment and do not improve because of a passage of time.
   c. Psychoanalysis has been shown to produce improvement in a majority of patients.
   d. Brief psychodynamic therapies, such as interpersonal psychotherapy (IPT), have been shown to be effective with children and adolescents, but not with adults.

**OBJECTIVE 13.4** — Explain how the insight therapy of humanistic approaches differs from insight gained through traditional psychoanalysis; and describe the core features of the following humanistic approaches and compare them to each other: a. Rogers’ client-centered therapy; b. existential therapy; and c. Perls’ Gestalt therapy.

115. The goal of traditional psychoanalysis is ________, while the goal of humanistic therapies is ________.
   a. better self-knowledge; unconscious revelation
   b. a cure; to help people to use their potentials fully.
   c. unconscious revelation; free association
   d. better self-knowledge; to help people to use their potentials fully

116. Unlike the traditional psychoanalysts, humanistic therapists tend
   a. to take a position of authority and are more directive in their approach.
   b. to be more optimistic and assume that is it possible for people to use their potentials to have a happy life.
   c. toward an action-oriented therapy rather than an insight therapy like psychoanalysis.
   d. to be characterized by all of these statements.

117. Humanistic therapies generally emphasize
   a. making full use of one’s potential.
   b. an in-depth analysis of unconscious forces within the personality.
   c. alteration of long-established habits.
   d. the value of spontaneous remissions.

118. Traditional psychoanalysts tend to focus on ________, while humanistic therapists tend to focus on ________.
   a. transference; resistance
   b. resistance; transference
   c. unconscious conflicts; conscious thoughts and feelings
   d. conscious thoughts and feelings; unconscious conflicts

119. Regarding the differences in traditional psychoanalysis and Rogers’ humanistic therapy, which of the following statements is FALSE?
   a. Psychoanalysts explore conscious thoughts and feelings, while client-centered therapists delve into the unconscious.
   b. Psychoanalysts tend to take a position of authority within the session, while the client determines what will be discussed during each humanistic therapy session.
   c. Psychoanalysts tend to be more optimistic than the humanists regarding the possibility of their clients leading full, rich, rewarding lives.
   d. All of these statements are true.
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<th>Question</th>
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<th>Explanation</th>
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| 120. Which of the following is NOT a humanistic therapy? | d | a. client-centered  
b. Gestalt  
c. existential  
d. cognitive |
| 121. In which type of therapy must the client actively seek to solve his or her own problems, with the therapist’s job being to create a safe “atmosphere of growth” by providing opportunities for change? | c | a. psychoanalysis  
b. rational-emotive behavioral therapy (REBT)  
c. client-centered therapy  
d. interpersonal psychotherapy (IPT) |
| 122. Which of the following statements regarding client-centered therapy is FALSE? | d | a. The client is encouraged to actively seek to solve his or her own problems.  
b. The client determines what will be discussed during each session.  
c. The therapist uses a directive approach to delve into the client’s unconscious conflicts.  
d. The therapist’s job is to create an “atmosphere of growth” and not to “fix” the client. |
| 123. In client-centered therapy, the therapist | d | a. assumes a role of leadership to direct the efforts of the client.  
b. explores the client’s unconscious thoughts and feelings.  
c. helps the client to form new, more productive habit patterns.  
d. creates a non-directive “atmosphere of growth.” |
| 124. Psychoanalysis would be considered a _______ therapy, while client-centered therapy would be considered a(n) _______ therapy. | a | a. directive insight; nondirective insight  
b. nondirective action; directive action  
c. time-limited action; open-ended action  
d. time-limited nondirective; time-limited directive |
| 125. Unlike psychoanalysis, client or person-centered therapy is considered a(n) _______ therapy and is based on insights from conscious thoughts and feelings. | c | a. nondirective  
b. directive  
c. action-oriented  
d. analytical |
| 126. In client-centered therapy, the troubled individual is | d | a. asked to free associate to bring hidden conflicts into awareness.  
b. stripped of ego-defenses and unrealistic beliefs.  
c. engaged in awareness training through use of the “hot seat,” “empty chair,” and related techniques.  
d. encouraged to explore conscious thoughts and feelings. |
| 127. Client-centered therapy is based on the work of | b | a. Albert Ellis.  
b. Carl Rogers.  
c. Sigmund Freud.  
d. B. F. Skinner. |
Carl Rogers established
- Gestalt therapy.
- brief psychodynamic therapy.
- existential therapy.
- person-centered therapy.

Which of the following would be described as a non-directive therapy based on insights gained from conscious thoughts and feelings and that emphasizes accepting one’s true self?
- psychoanalysis
- rational-emotive behavior therapy
- cognitive therapy
- client-centered therapy

Which therapy focuses on the therapist being authentic, showing empathy, and reflecting the client’s thoughts and feelings?
- psychoanalysis
- client-centered therapy
- cognitive therapy
- Gestalt therapy

Which of the following is identified with client-centered therapy?
- providing advice, confrontation, and giving interpretations
- conditional positive regard, analysis of the unconscious, and directive techniques
- providing advice, setting goals, and directive techniques
- reflection, unconditional positive regard, and empathy

Total and uncritical acceptance of a client’s thoughts and feelings is called
- empathic understanding.
- unconditional positive regard.
- reflection.
- transference.

Peter’s therapist refuses to react with shock or disapproval to anything Peter relates to him about his thoughts and feelings. Peter’s therapist is providing
- self-actualization.
- unconditional positive regard.
- transference.
- reflection.

Unconditional positive regard is part of what therapy?
- REBT
- psychoanalysis
- client-centered therapy
- Gestalt therapy

According to Rogers, when a therapist attempts to see the world through the client’s eyes and to feel some part of what he or she is feeling, the therapist is exhibiting
- authenticity.
- empathy.
- reflection.
- transference.
| Answer: d (p. 515) | 136. Rogers states that the good therapist should be able to see and feel what the client is experiencing, a quality called  
   a. unconditional positive regard.  
   b. conditional positive regard.  
   c. authenticity.  
   d. empathy. |
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<td>Obj. 13.4</td>
<td>Concept Moderate</td>
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| Answer: d (p. 515) | 137. As Janice relates to her therapist the stress she is feeling as a single parent, her therapist tries to look at the world through Janice’s eyes and tries to feel the worry and emotional exhaustion that Janice is presently experiencing. Janice’s therapist is exhibiting  
   a. authenticity.  
   b. reflection.  
   c. transference.  
   d. empathy. |
| Obj. 13.4         | Application Difficult                                          |
| Answer: a (p. 515) | 138. Aaron is a therapist who always tries to be honest and genuine in his dealings with his clients and strives to not hide behind the “phony front” of his professional role. According to Rogers, Aaron is  
   a. authentic.  
   b. reflecting.  
   c. empathic.  
   d. displaying transference. |
| Obj. 13.4         | Application Difficult                                          |
| Answer: a (p. 515) | 139. A client-centered therapist avoids hiding behind his or her professional role and strives to be honest and genuine. This condition essential to therapy is referred to as  
   a. authenticity.  
   b. unconditional positive regard.  
   c. empathy.  
   d. reflection. |
| Obj. 13.4         | Concept Moderate                                               |
| Answer: d (p. 515) | 140. In client-centered therapy, the process of rephrasing or repeating thoughts and feelings expressed by clients so they can become aware of what they are saying is known as  
   a. transference.  
   b. vicarious desensitization.  
   c. unconditional positive regard.  
   d. reflection. |
| Obj. 13.4         | Fact Moderate                                                  |
| Answer: a (p. 515) | 141. Which of the following psychotherapeutic techniques is most likely to be used by a client-centered therapist?  
   a. reflection of feelings  
   b. interpretation of unconscious resistance  
   c. challenging the client to make major life choices  
   d. probing experiences of early childhood |
| Obj. 13.4         | Fact Moderate                                                  |
| Answer: b (p. 515) | 142. Penelope’s therapist rephrases, summarizes, and repeats the thoughts and feelings that Penelope has just expressed, acting much like a psychological “mirror” so that Penelope can see herself more clearly. Penelope’s therapist is exhibiting  
   a. vicarious desensitization.  
   b. reflection.  
   c. transference.  
   d. free association. |
143. In conducting therapy, Ralph attempts to achieve genuine empathy and strives to be authentic while offering the persons he counsels unconditional positive regard and a reflection of their thoughts and feelings rather than making interpretations or giving advice. Ralph is most likely a(n)
   a. psychoanalyst.
   b. REBT therapist.
   c. client-centered therapist.
   d. cognitive therapist.

144. Sharon describes to her therapist how she becomes so angry and impatient with her co-workers that she would just like to throw them out the window. Her therapist nods, and says calmly, “Sometimes you feel so overwhelmed with anger.” This therapist is most likely a ________ type of therapist.
   a. psychoanalytic
   b. client-centered
   c. cognitive
   d. behavior

145. In which technique does the therapist act as a “psychological mirror” to clarify the client’s feelings and emotions?
   a. empathy
   b. reflection
   c. authenticity
   d. transference

146. Rogers theorized that a person will gradually discover solutions to life’s problems if they are armed with
   a. adequate defense mechanisms.
   b. the ability to confront illogical thought pattern.
   c. a realistic self-image and greater self-acceptance.
   d. an understanding of their unconscious drives and motives.

147. The therapy that seeks to uncover a “true self” hidden behind a screen of defenses is ________ therapy, while you must make courageous choices to become the person you want to be, according to ________ therapy.
   a. client-centered; existential
   b. Gestalt; client-centered
   c. existential; client-centered
   d. existential; Gestalt

148. Both client-centered therapy and existential therapy
   a. focus on problems of death, freedom, isolation, and meaninglessness.
   b. promote self-knowledge.
   c. believe that one must make courageous choices to become the person you want to become.
   d. seek to uncover a “true self” hidden behind a screen of defenses.

149. Each person creates his or her private world by making choices in order to confront and overcome feelings of meaninglessness and isolation, according to
   a. existential therapists.
   b. Gestalt therapists.
   c. psychoanalysts.
   d. client-centered therapists.
150. If your therapist tends to focus on issues of death, freedom, isolation, and meaninglessness, he or she would probably be classified as a(n) _______ therapist.
   a. psychoanalytic
   b. existential
   c. Gestalt
   d. client-centered

151. According to existential therapy, the universal human challenges include which of the following?
   a. an awareness of one’s mortality
   b. being alone in one’s own private world
   c. the need to create meaning in one’s life
   d. all of these

152. An awareness of one’s mortality, the responsibility that comes with freedom to choose, being alone in your own private world, and the need to create meaning in your life are the _______, according to _______ therapy.
   a. psychosexual conflicts; psychoanalytic
   b. components of the ideal self; client-centered
   c. universal human challenges; existential
   d. unrealistic beliefs; rational-emotive behavioral

153. Which of the following therapies emphasizes that people must make the courageous choices to become the persons they want to be?
   a. existential therapy
   b. behavioral therapy
   c. somatic therapy
   d. psychoanalysis

154. Existential therapy tends to emphasize which of the following?
   a. unconscious forces
   b. acting in connected wholes
   c. making courageous choices
   d. challenging irrational beliefs

155. An existential therapist helps people
   a. to develop adequate defense mechanisms.
   b. uncover a “true self” hidden behind a screen of defenses.
   c. discover self-imposed limitations to personal identity.
   d. confront irrational beliefs that make their thinking maladaptive.

156. The Buddhists’ state of “radical acceptance” is similar to the _______ view that the client must fully accept the challenge of changing his or her life.
   a. psychoanalytic
   b. existential
   c. cognitive
   d. behavioral

157. Confrontation in which clients are challenged to examine their values and choices and to take responsibility for the quality of their existence is a key aspect of
   a. psychoanalysis.
   b. existential therapy.
   c. client-centered therapy.
   d. systematic desensitization.
158. A key aspect of existential therapy involves the therapist challenging clients to examine their values and choices and to take responsibility for the quality of their existence. This aspect is called
   a. transference.
   b. reflection.
   c. confrontation.
   d. resistance.

159. The major goal of therapy, according to existential therapists, is to be able to
   a. focus and resolve unconscious conflicts.
   b. uncover the client’s true self.
   c. act in connected wholes, thereby resolving one’s anxiety.
   d. make choices that will change one’s self.

160. An important part of which technique used in existential therapy involves an intense, here-and-now encounter between the client and therapist, which often brings about an emotional rebirth in which the client discovers the things that are really important in his or her life?
   a. transference
   b. resistance
   c. reflection
   d. confrontation

161. Eli’s therapist uses confrontation to challenge Eli to examine his values and choices and to take responsibility to become the person that he wants to become. For Eli, these therapy sessions have brought about a renewed sense of purpose and a reappraisal of what’s important in life. Eli’s therapist is most likely a(n)
   a. existential therapist.
   b. psychoanalyst.
   c. client-centered therapist.
   d. behavioral therapist.

162. Through her therapist’s use of confrontation, Simone experienced an emotional rebirth, as if she had survived a close brush with death and now realizes the things that are truly important in her life. Simone’s therapist is most likely a(n)
   a. traditional psychoanalyst.
   b. existential therapist.
   c. client-centered therapist.
   d. cognitive behavioral therapist.

163. Erich Fromm’s book entitled Escape from Freedom stresses the responsibility of choices. This belief would classify him most closely as a(n)
   a. traditional psychoanalyst.
   b. behavioral therapist.
   c. existential therapist.
   d. cognitive behavioral therapist.

164. Which of the following types of therapists helps people rebuild thinking, feeling, and acting in connected wholes by expanding their personal awareness and by helping them to fill in gaps in experiences?
   a. psychodynamic therapists
   b. Gestalt therapists
   c. cognitive therapists
   d. client-centered therapists
165. Which group of therapists believes that perception (awareness) becomes disjointed and incomplete in a maladjusted person?
   a. behaviorists  
   b. existentialists  
   c. Gestalt therapists  
   d. psychoanalysts

166. Following the death of a family member, Gestalt therapists would urge family members to maintain their mental health by
   a. find meaning in the person’s death.  
   b. repressing the strongest of their feelings.  
   c. expressing their feelings no matter how unpleasant they are.  
   d. considering carefully what cultural norms prescribe in this situation.

167. A form of therapy that encourages one to become aware of emotions in the “here and now” and to rebuild thinking, feeling, and acting into connected wholes is
   a. existential therapy.  
   b. Gestalt therapy.  
   c. transactional analysis.  
   d. non-directive therapy.

168. The main emphasis of Gestalt therapy is
   a. unconditional positive regard.  
   b. immediate awareness of thoughts and feelings.  
   c. challenging irrational beliefs.  
   d. uncovering the unconscious.

169. Gestalt therapy differs from both existential and client-centered therapy because Gestalt therapy
   a. is the most directive.  
   b. is least directive.  
   c. places greater emphasis on past experiences.  
   d. places more emphasis on unconscious motives.

170. The most directive of the humanistic therapies is _________ therapy.
   a. person-centered  
   b. existential  
   c. Rogerian  
   d. Gestalt

171. Which of the following approaches emphasizes immediate experience and encourages clients to become more aware of their moment-to-moment thoughts, perceptions, and emotions, as well as to accept responsibility for these thoughts, feelings, and actions?
   a. Gestalt therapy  
   b. client-centered therapy  
   c. psychoanalysis  
   d. behavioral therapy

172. Hannah’s therapist uses a directive approach in which the therapist draws attention to Hannah’s posture, voice, and gestures in order to help her become more aware of her perceptions and feelings in the “here and now.” Hannah’s therapist appears to be a
   a. behavioral therapist.  
   b. cognitive therapist.  
   c. client-centered therapist.  
   d. Gestalt therapist.
173. An intense awareness of present experiences and breaking through emotional impasses is the heart of
   a. action therapy.
   b. Gestalt therapy.
   c. time-limited therapy.
   d. REBT.

174. Laura’s therapist asks her to exaggerate vague feelings she has until they become clear. By expressing such feelings, Laura’s therapist believes that this will allow Laura to “take care of unfinished business” and break through emotional impasses. Laura’s therapist is most likely a(n)
   a. existential therapist.
   b. Gestalt therapist.
   c. psychoanalyst.
   d. client-centered therapist.

175. John is still resentful and angry at his father, who “ran out” on him and his mother when John was 13. Since John’s therapist follows the Gestalt approach, she is likely to emphasize all of the following EXCEPT having John
   a. take responsibility for his own feelings and actions.
   b. talk about the reasons for his feelings.
   c. focus on his real person, who he really is.
   d. become aware of his distorted perceptions.

176. Who is most often associated with the development of Gestalt therapy?
   a. Fritz Perls
   b. Carl Rogers
   c. Abraham Maslow
   d. Victor Frankl

177. Which therapist emphasized that emotional health comes from knowing what you want to do, and not dwelling on what you should do, ought to do, or should want to do?
   a. Sigmund Freud
   b. Victor Frankl
   c. Fritz Perls
   d. Abraham Maslow

178. Regarding Gestalt therapy, which of the following statements is FALSE?
   a. Gestalt therapists believe the best way to change is to become who you really are.
   b. Gestalt therapists have their clients exaggerate vague feelings until they become clear.
   c. Gestalt therapists urge clients to intellectualize and talk about past experiences.
   d. Gestalt therapists are more directive than client-centered or existential therapists.

OBJECTIVE 13.5 — Discuss the advantages and disadvantages of media (TV and talk-radio) psychologists, telephone therapists, and Internet therapy; describe the APA recommendation regarding these therapies; and explain how new technologies, such as Skype, can solve some of the problems of these long-distance therapies.

179. Currently, psychological services are available through
   a. radio and telephone.
   b. e-mail and Internet chat rooms.
   c. two-way audio-video links, such as Skype.
   d. all of these.
180. Which of the following is NOT a “distance therapy”?
   a. REBT
   b. telephone therapy
   c. Internet therapy
   d. audio-video links, such as Skype

181. Media psychologists are most likely to view their programs as
   a. therapeutic.
   b. educational.
   c. client-centered.
   d. psychoanalytic.

182. Regarding media psychologists, which of the following statements is FALSE?
   a. Listeners and viewers of media psychologists may learn solutions to their
      problems by hearing others talk.
   b. Most media psychologists view their work as being as therapeutic as individual
      counseling sessions.
   c. The well-known media psychologist Dr. Phil McGraw has been recognized with
      an award from the APA for his work in publicizing mental health issues.
   d. The APA urges media psychologists to discuss problems in a general way, instead
      of actually counseling anyone.

183. It is wise to remember when listening to phone-in radio psychologists that
   a. adequate counseling, whatever the problem, can be done very briefly by a talented
      therapist.
   b. the solutions given one listener apply to all others who have similar concerns or
      problems.
   c. therapy offered on the phone is the same as one receives when talking with any
      counselor.
   d. the listener, like any consumer, must beware.

184. The APA recommends that media psychologists limit their interactions to
   a. counseling.
   b. psychotherapy.
   c. general educational information.
   d. personalized advice.

185. The American Psychological Association urges media psychologists to
   a. provide their services for free.
   b. obtain more personal information from the caller before diagnosing the problem.
   c. discuss problems in a general manner, instead of counseling.
   d. stop conducting any kind of call-in shows.

186. Disadvantages of telephone or Internet therapists include which of the following?
   a. Distance therapists may or may not be trained professionals.
   b. The therapy is undermined by a lack of facial expressions and body language.
   c. The therapy is undermined by lack of a continuing relationship between therapist
      and client.
   d. All of these are disadvantages.

187. Objections to Internet therapy include which of the following?
   a. Brief emails are no way to make a diagnosis.
   b. Emotional icons are a poor substitute for real human interactions.
   c. Internet therapists may or may not be trained professionals.
   d. All of these are objections to Internet therapy.
188. Which of the following is a key feature of successful face-to-face therapy that is not a part of media counseling?
   a. a therapeutic dialogue between therapist and client
   b. a continuing relationship between therapist and client
   c. the occurrence of spontaneous remissions
   d. transference

Answer: b  (p. 517)
Obj. 13.5
Concept
Moderate
*New Question

189. Regarding commercial telephone and Internet therapy, which of the following statements is FALSE?
   a. Psychologists licensed in one state can legally do therapy in any other state via the telephone or the Internet.
   b. Compared with traditional office visits, distance therapies are less expensive.
   c. Skype creates two-way audio-video links that allow a client and therapist to see one another on computer monitors and to talk via speakerphones.
   d. Clients can more easily remain anonymous using Internet therapies, although emails may not be completely confidential, since it is possible for emails to be intercepted and misused.

Answer: d  (p. 517)
Obj. 13.5
Fact
Moderate
*New Question

190. Regarding commercial telephone and Internet therapy, which of the following statements is FALSE?
   a. Email counseling may not be completely confidential, since e-mails can be intercepted and misused.
   b. Research has shown telephone counseling helped improve the success rates for smokers, as well as benefiting depressed people.
   c. Telephone therapy is seriously undermined by the lack of the close personal contact of face-to-face interactions.
   d. Commercial telephone therapists have to be credentialed and licensed just like face-to-face therapists.

Answer: c  (p. 517)
Obj. 13.5
Fact
Moderate
*New Question

191. Regarding Internet therapy, which of the following statements is TRUE?
   a. Some Internet therapists may not be trained professionals.
   b. Therapists licensed in one state can legally conduct therapy in other states, including online.
   c. Internet therapy is quite expensive compared with traditional office visits.
   d. Internet therapy clients can be completely assured of the confidentiality of their emails.

Answer: b  (p. 517)
Obj. 13.5
Fact
Moderate
*New Question

192. Which of the following is NOT an advantage of Internet therapy?
   a. Clients can remain anonymous.
   b. The Internet can link people who live in rural areas with psychologists who live in large cities.
   c. Psychologists will not be distracted by the client’s facial expressions or body language.
   d. Internet therapy is less expensive than traditional office visits.

Answer: c  (p. 517)
Obj. 13.5
Fact
Moderate
*New Question

193. Which of the following allows the client and therapist to see one another on computer monitors and to talk via speakerphones, although it still lacks the close personal contact of face-to-face interaction?
   a. REBT
   b. person-centered therapy
   c. Skype
   d. EMDR

Answer: c  (p. 517)
Obj. 13.5
Fact
Moderate
*New Question
194. Timon lives in a rural area that does not have ready access to mental health specialists, nor is he able to travel long distances. So, his home health service provides him and his family with an audio-video link through computer monitors and speakerphones to a therapist once a week. Timon and his family are most likely receiving help through a technology known as
   a. REBT.
   b. Skype.
   c. IPT.
   d. EMDR.

195. Regarding technologies such as Skype in conducting counseling using two-way audio-video links, which of the following statements is FALSE?
   a. Skype provides more information about body language and other visual cues than the other “distance therapies.”
   b. Skype is a helpful resource when clients live far away from therapists.
   c. Skype has been shown to provide the close personal contact of face-to-face interactions.
   d. Distance services utilizing technologies such as Skype will become a major source of mental health care in coming years.

OBJECTIVE 13.6 — Describe behavior therapy and contrast the goal of behavior therapy with the goal of insight therapies; define behavior modification; discuss how classical conditioning affects behavior and how it is used in aversion therapy, including rapid smoking and the response-contingent shocks used in Vogler’s treatment of alcoholism; and explain the justification for using aversion therapy.

196. The man described in the text who was attempting to control his kleptomania by repeatedly and vividly imagining himself being arrested, handcuffed, taken to jail, and facing his wife’s anger and his son’s disappointment was using ________, which is a form of ________.
   a. covert sensitization; behavior therapy
   b. avoidance therapy; REBT
   c. overt sensitization; existential therapy
   d. escape therapy; insight therapy

197. Which of the following is a type of action therapy that uses learning principles to make constructive changes in behavior?
   a. existential therapy
   b. person-centered therapy
   c. behavior therapy
   d. brief psychodynamic therapy

198. Behavior therapy involves applying
   a. non-directive techniques such as somatic therapy to help clients.
   b. a directive approach to change specific problematic behaviors.
   c. non-directive principles such as insight therapy to change clients’ behaviors.
   d. directive techniques such as reflection to help clients.
200. Which of the following would NOT be considered a behavior therapy?
   a. aversion therapy
   b. somatic therapy
   c. desensitization
   d. applied behavior analysis

201. Aversion therapy, desensitization, and token economies are part of _______ therapy.
   a. existential
   b. somatic
   c. behavior
   d. psychodynamic

202. The goal of behavior therapy is to ________, while the goal of insight therapy is to ________.
   a. change problematic patterns of behavior; unlearn troublesome behaviors
   b. understand the causes of problems; change problematic thoughts and actions
   c. change and control patterns of behavior; understand the causes of problems
   d. learn about underlying reasons for problems; learn about the effects of behavior

203. Learning principles are used to make constructive changes in behavior in ________ therapy, while people are led to a deeper understanding of the origins and meanings of their behaviors in ________ therapy.
   a. insight; behavioral
   b. behavioral; cognitive
   c. cognitive; behavioral
   d. behavioral; insight

204. Michael’s therapist is helping Michael to discover what led to his fear of closed spaces so that by understanding his condition he can decrease his fear of small spaces. Abby’s therapist is trying to help Abby to alleviate her fear of small spaces by gradually exposing her to smaller and smaller spaces. Michael’s therapist is most likely a(n) ________, while Abby’s therapist is most likely a(n) ________.
   a. behavior therapist; insight therapist
   b. insight therapist; behavior therapist
   c. humanistic therapist; psychoanalyst
   d. psychoanalyst; humanistic therapist

205. The principal assumption of behavior therapy is that
   a. all types of therapy are ultimately based on classical conditioning.
   b. unconscious conflicts can be uncovered and unlearned.
   c. problems in behavior are learned and can be changed.
   d. symptoms cannot be alleviated until the causes are determined.

206. Basic assumptions of behavior therapy include which of the following?
   a. Gaining insight into one’s problems brings relief from symptoms and ultimately changes one’s behavior.
   b. Emotional disturbances are the result of past experiences that must be understood and resolved before personal growth can be achieved.
   c. Learned responses cause problems; therefore, behavior can be changed by relearning.
   d. Emotional disturbances are caused by a loss of meaning in one’s life.
207. Any use of classical or operant conditioning to directly alter human behavior is called
   a. behavior modification.
   b. somatic therapy.
   c. insight therapy.
   d. Gestalt psychotherapy.

208. Behavior modification refers to any use of _______ or _______ to directly alter human behavior.
   a. selective perception; reflection
   b. REBT; EMDR
   c. classical conditioning; operant conditioning
   d. brief psychodynamic therapy; token economies

209. Classical and operant conditioning are used in
   a. psychoanalysis.
   b. behavior therapy.
   c. humanistic therapy.
   d. Gestalt therapy.

210. Psychologists using which type of therapy assume that if people have learned responses that cause problems, they can relearn more appropriate responses?
   a. psychoanalysis
   b. applied behavior analysis
   c. client-centered therapy
   d. existential therapy

211. Behavior modification involves
   a. applying nondirective techniques such as unconditional positive regard to clients.
   b. psychoanalytic approaches to specific behavior disturbances.
   c. the use of learning principles such as classical and operant conditioning to change behavior.
   d. the use of insight therapy to change upsetting thoughts and beliefs.

212. Therapists using applied behavior analysis would view mental disorders as
   a. biochemical imbalances that can be balanced using somatic approaches.
   b. maladaptive behaviors that were learned and can be unlearned.
   c. an expression of repressed impulses that can be freed through catharsis.
   d. the result of only temporary blockages to a natural tendency for growth.

213. Carena has a bad habit of biting her fingernails and pulling at her cuticles until her fingers bleed and have sores. Her therapist is teaching her how to not bite and pick at her fingernails using various learning principles. Her therapist is using
   a. behavior modification.
   b. humanistic therapy.
   c. psychoanalysis.
   d. existential therapy.

214. A form of learning in which simple responses (especially reflexes) are associated with new stimuli is called
   a. operant conditioning.
   b. social learning.
   c. classical conditioning.
   d. rational-emotive behavior therapy.
1250

CHAPTER 13

Answer: a  (p. 519)
Obj. 13.6
Concept
Moderate

215. When a neutral stimulus is followed by an unconditioned stimulus that consistently produces an unlearned reaction, or unconditioned response, the previously neutral stimulus will eventually begin to produce this response directly. This process is called
   a. classical conditioning.
   b. operant conditioning.
   c. social learning.
   d. observational learning.

Answer: a  (p. 519)
Obj. 13.6
Application
Moderate

216. For a child the sight of a needle (CS) is followed by an injection (US), which causes fear (UR). Eventually the sight of the needle (CS) may produce a learned fear of the needle (CR). This illustrates
   a. classical conditioning.
   b. operant conditioning.
   c. social learning.
   d. observational learning.

Answer: b  (p. 519)
Obj. 13.6
Fact
Moderate
*New Question

217. Which of the following is being used to associate discomfort with an undesirable habit during aversion therapy?
   a. operant conditioning
   b. classical conditioning
   c. social learning
   d. insight learning

Answer: c  (p. 519)
Obj. 13.6
Fact
Moderate
*New Question

218. A learned dislike or negative emotional response to some stimulus is called a(n)
   a. desensitization.
   b. spontaneous recovery.
   c. conditioned aversion.
   d. extinction.

Answer: c  (p. 519)
Obj. 13.6
Application
Moderate
*New Question

219. If you are eating an apple and bite a large green worm in half, you may not be able to look at any apple for several months without feeling ill because you have developed a(n)
   a. desensitization.
   b. spontaneous recovery.
   c. conditioned aversion.
   d. extinction.

Answer: a  (p. 519)
Obj. 13.6
Fact
Moderate

220. Which of the following utilizes classical conditioning in helping an individual to suppress an undesirable response by associating it with uncomfortable stimuli?
   a. aversion therapy
   b. desensitization
   c. somatic therapy
   d. brief psychodynamic therapy

Answer: c  (p. 519)
Obj. 13.6
Fact
Moderate

221. During which of the following does a person learn to associate a negative emotional response with some undesirable habit?
   a. operant conditioning
   b. escape training
   c. aversion therapy
   d. conditioned helplessness

Answer: d  (p. 519)
Obj. 13.6
Concept
Easy
*New Question

222. Aversion therapy has been used to successfully treat which of the following?
   a. smoking, gambling, and alcoholism
   b. hiccups, sneezing, and vomiting
   c. stuttering, nail-biting, and bed-wetting
   d. all of these
Aversion therapy has been used to successfully treat all but which of the following?

- smoking
- phobias
- sneezing
- compulsive hair-pulling

The process of suppressing an undesirable habit, such as smoking or drinking, by associating it with a painful or uncomfortable stimulus is known as

- resistance.
- systematic desensitization.
- transference.
- aversion therapy.

The owner of a chicken ranch ends a pet dog’s habit of stealing and eating eggs by allowing the dog to “find” and eat several eggs laced with Tabasco sauce. The ranch owner’s approach is similar to

- covert sensitization.
- aversion therapy.
- operant conditioning.
- desensitization techniques.

Helga paints her fingernails with a bitter-tasting substance so that every time she begins to bite her fingernails, she will experience a bitter taste. This method to alleviate nail biting would be considered

- aversion therapy.
- systematic desensitization.
- transference.
- somatic therapy.

To alleviate bed wetting, special sheets connected to an alarm are placed on the child’s bed. When the child’s full bladder releases the first droplets of urine onto the special sheet, the alarm will sound and awaken the child. Through this pairing of a loud alarm with a full bladder, the child will learn to awaken to the full bladder. This illustrates the use of _________ in alleviating a problem behavior.

- transference
- classical conditioning
- operant conditioning
- observational learning

Not many emergency room doctors drive without using their seatbelts. This observation helps explain the effectiveness of

- systematic desensitization.
- aversion therapy.
- covert reinforcement.
- the mirror technique.

Not many physicians who treat lung cancer patients are smokers. This observation helps explain the effectiveness of

- aversion therapy.
- systematic desensitization.
- covert reinforcement.
- the mirror technique.
230. Snipping a rubber band around your wrist every time you have a negative thought would be a form of
a. existential therapy.
b. desensitization.
c. aversion therapy.
d. Gestalt therapy.

231. The most widely used aversion therapy for smoking is
a. Antabuse.
b. response-contingent shocks.
c. rapid smoking.
d. covert sensitization.

232. An aversive stimulus commonly used to break the smoking habit is
a. a nauseating drug called Antabuse.
b. electroconvulsive shock.
c. imaginal rehearsal.
d. rapid smoking.

233. Clients are told to smoke continuously, taking a puff every six to eight seconds until they cannot stand it anymore, during the aversion technique known as
a. Antabuse.
b. EMDR.
c. rapid smoking.
d. covert sensitization.

234. Regarding aversion therapy for smoking, which of the following statements is FALSE?
a. Behaviorists have found that electric shock and nauseating drugs are not required to make smokers uncomfortable.
b. Without the help of a therapist, most people quit too soon for rapid smoking to succeed.
c. A trained therapist should be present during the rapid smoking procedure because it can be dangerous due to the toxic nature of nicotine.
d. Rapid smoking is an example of the use of operant conditioning in creating a conditioned aversion.

235. Aversion therapy for smoking involves rapid smoking, which seems to work because
a. of the added expense of purchasing so many cigarettes.
b. excessive smoking is unpleasant.
c. the smoker feels smelly and dirty.
d. the process is based on supportive reinforcement.

236. Which of the following pioneered a type of aversive therapy in which clients receive painful electric shocks while they are drinking alcoholic beverages?
a. Francine Shapiro
b. Fritz Perls
c. Roger Vogler
d. Joseph Wolpe

237. When electric shock is used to make the sight and smell of alcohol a conditioned stimuli for an aversion response, the electric shock serves as the
a. conditioned response.
b. unconditioned stimulus.
c. conditioned response.
d. unconditioned response.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>238. Part of Roger Vogler’s aversion therapy with alcoholics involves</td>
<td>b. the use of nauseating drugs.</td>
<td>(p. 519)</td>
</tr>
<tr>
<td>239. Roger Vogler and his associates helped alcoholics to stop drinking by linking the alcohol with immediate discomfort by using</td>
<td>a. covert sensitization.</td>
<td>(p. 519)</td>
</tr>
<tr>
<td>240. Aversion conditioning for the control of alcoholism makes use of</td>
<td>a. response-contingent shocks.</td>
<td>(p. 519)</td>
</tr>
<tr>
<td>241. Using the aversive therapy for alcohol abuse pioneered by Roger Vogler and associates, the shocks would be administered</td>
<td>b. as the person orders the alcoholic beverage.</td>
<td>(p. 519)</td>
</tr>
<tr>
<td>242. In behavior modification, the term “response-contingent” means</td>
<td>a. containing the response.</td>
<td>(p. 519)</td>
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<tr>
<td>243. Response-contingent shock paired with an undesirable habit would most likely be used in which technique?</td>
<td>a. desensitization</td>
<td>(p. 519)</td>
</tr>
<tr>
<td>244. Regarding aversion therapy, which of the following statements is FALSE?</td>
<td>a. Although its use is legal, aversive therapy for alcoholism is considered unethical by the APA.</td>
<td>(p. 519-520)</td>
</tr>
<tr>
<td>245. Both aversion therapy and desensitization are based on _______ conditioning.</td>
<td>a. classical</td>
<td>(pp. 519-520, 523)</td>
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</tbody>
</table>
OBJECTIVE 13.7 — Discuss the behavioral approach of desensitization, including a. the hierarchy; b. reciprocal inhibition; c. the problems desensitization is used to treat; d. how systematic desensitization is performed; e. how to achieve relaxation using the tension-release method; and f. the techniques of vicarious desensitization, virtual reality exposure, and eye movement desensitization and reprocessing (EMDR).

Answer: b (p. 520)

Obj. 13.7 Application Moderate

246. Your text describes a scenario involving Janice, a child who is afraid of the high diving board. Janice’s fear is treated through desensitization, using a rank ordered series of steps. This series of steps is known as
   a. the adaptation sequence.
   b. a hierarchy.
   c. reciprocal inhibition.
   d. aversion therapy.

Answer: d (p. 520)

Obj. 13.7 Fact Moderate

247. Fears can be unlearned by approaching feared situations in a series of ordered steps called
   a. the aversion series.
   b. adaptation steps.
   c. inhibition states.
   d. a hierarchy.

Answer: a (p. 520)

Obj. 13.7 Application Moderate

248. According to your book, as Janice goes through the series of steps for treatment of her fear of the high diving board, she will experience
   a. adaptation.
   b. role reversal.
   c. disinhibition.
   d. aversion.

Answer: c (p. 520)

Obj. 13.7 Application Moderate

249. Janice has gone through a series of steps that helped her gradually adapt and overcome her fear of the high diving board. When she has conquered her fear, we say that ______ has occurred.
   a. catharsis
   b. role reversal
   c. desensitization
   d. adaptive extinction

Answer: b (p. 520)

Obj. 13.7 Fact Difficult

250. Which of the following involves using one emotional state to block another; in other words, it is impossible to be anxious and relaxed at the same time?
   a. stimulus control
   b. reciprocal inhibition
   c. role reversal
   d. vicarious opposition

Answer: b (p. 520)

Obj. 13.7 Concept Difficult

251. The concept of reciprocal inhibition refers to the fact that
   a. fears can be gradually adapted to new situations.
   b. the occurrence of one emotional state can prevent the occurrence of another.
   c. disinhibition works even when a patient vividly imagines steps of the hierarchy.
   d. punishment inhibits undesirable responses.
252. Learning exercises that produce total relaxation while experiencing disturbing items in a hierarchy of fear-provoking situations is based on
   a. reciprocal inhibition.
   b. aversion conditioning.
   c. vicarious conditioning.
   d. cognitive therapy.

253. In desensitization, relaxation is induced to block fear, a process known as
   a. systematic adaptation.
   b. vicarious opposition.
   c. stimulus control.
   d. reciprocal inhibition.

254. Gradually approaching a feared stimulus while maintaining relaxation describes the therapy technique known as
   a. aversive conditioning.
   b. systematic desensitization.
   c. confrontation.
   d. transference.

255. Systematic desensitization is described as
   a. a guided reduction in fear, anxiety, or aversion attained by gradually approaching a feared stimulus while maintaining relaxation.
   b. the removal of the individual from a situation in which reinforcement occurs.
   c. the process of rephrasing or repeating thoughts and feelings expressed by clients so they can become aware of what they are saying.
   d. the technique of having a client say anything that comes to mind, regardless of how embarrassing or unimportant it may seem.

256. Systematic desensitization involves
   a. transference and resistance.
   b. reflection and empathy.
   c. a hierarchy and relaxation.
   d. confrontation and rational thinking.

257. Katie is very afraid of deep water. According to behavior therapists, the best way to cure Katie’s fear is to
   a. throw her into the deep end of the pool.
   b. help her relax while gradually becoming accustomed to deeper water.
   c. explore how she originally became afraid of water.
   d. substitute more rational thoughts for her distorted obsessive thoughts about drowning.

258. Harriet, a student nurse, was at first extremely uncomfortable at the sight of blood. After a month of experience working in the emergency room, she is no longer upset when confronted with serious injuries. Harriet has undergone
   a. time out.
   b. shaping.
   c. desensitization.
   d. trial-and-error learning.
259. According to the behavior therapists, the best way to cure Ken’s fear of snakes is to
   a. try desensitization.
   b. hold a nonpoisonous snake up to his face.
   c. use aversion therapy.
   d. find out the cause of his fear.

260. George is extremely afraid to ride elevators. His therapist treats George’s fear by
gradually getting him accustomed to riding in elevators. The therapist begins by
teaching George to relax. He then learns to relax while standing close to the elevator
and then to relax while standing in an elevator with the doors open, and so on. The two
techniques being used by George’s therapist are best described as
   a. desensitization and reciprocal inhibition.
   b. desensitization and reflection.
   c. adaptation and aversion therapy.
   d. reciprocal inhibition and EMDR.

261. Desensitization is primarily used to
   a. alleviate phobias and anxieties.
   b. overcome destructive habits.
   c. get people accustomed to experiencing anxiety.
   d. decrease free-floating anxiety.

262. Of the following, which is usually treated by desensitization?
   a. phobias
   b. bipolar disorder
   c. paranoia
   d. paraphilias

263. A child who has an intense fear of a dog as a result of some traumatic experience in the
dog’s presence would be a candidate for
   a. aversive therapy.
   b. systematic desensitization.
   c. inhibition training.
   d. operant conditioning.

264. For which of the following conditions would desensitization be helpful?
   a. a teacher with stage fright
   b. a student with test anxiety
   c. a newlywed with an aversion to sexual intimacy
   d. all of these

265. A behavioral therapist would treat acrophobia with
   a. desensitization.
   b. aversion therapy.
   c. covert sensitization.
   d. cybertherapy.

266. Juan has claustrophobia; so Juan’s therapist gradually exposes Juan to smaller and
     smaller places, while Juan relaxes to each step in the hierarchy, beginning with the
     lowest fear-producing item. Juan’s phobia is being treated with
     a. aversive conditioning.
     b. confrontation.
     c. rational-emotive behavior therapy.
     d. systematic desensitization.
267. The first step in overcoming a phobia is to construct a hierarchy which involves
   a. an ordered list of fear-provoking stimuli.
   b. covert sensitization.
   c. a list of possible causes of the phobia.
   d. making a list of situations that produce pleasure or relaxation.

268. In desensitization, a person
   a. constructs a hierarchy, is taught exercises that produce deep relaxation, and then
      tries to perform the least disturbing item on the list.
   b. is taught exercises that produce deep relaxation and then is exposed to the highest
      fear-producing stimulus.
   c. attempts to discover the reasons why he or she is fearful of a particular stimuli and
      then to face these fears one by one.
   d. is exposed to response-contingent shocks whenever they try to engage in a bad
      habit, such as smoking or drinking alcohol.

269. Lamont’s therapist helps him construct a list of fear-producing situations involving
     heights. His therapist then teaches Lamont exercises that produce deep relaxation. Once
     Lamont is relaxed, he attempts the first item on the list, which is “standing on a chair.”
     The first item is repeated until Lamont feels no anxiety. He then proceeds to the second
     item, “climbing a small stepladder.” During the next six weeks, this procedure continues
     until Lamont performs the last item of “flying in an airplane.” Lamont and his therapist
     are using
     a. aversion therapy.
     b. systematic desensitization.
     c. rational-emotive behavior therapy.
     d. rational confrontation.

270. Regarding systematic desensitization, which of the following statements is FALSE?
     a. The effectiveness of desensitization is caused not by the actual process of therapy
        but by a client’s expectation that therapy will help.
     b. For most phobias, desensitization works best when people are directly exposed to
        the stimuli and situations they fear.
     c. Desensitization can be completed in one session for some fears, such as riding in an
        elevator.
     d. For a simple phobia, like a spider phobia, the procedure can be successfully
        done in groups.

271. Desensitization is considered a(n) ________ therapy.
     a. existential
     b. exposure
     c. cognitive
     d. rational-emotive

272. The key to desensitization is
     a. relaxation.
     b. reflection.
     c. transference.
     d. rational confrontation.

273. A procedure for systematically achieving deep relaxation of the body is known as
     a. EMDR.
     b. REBT.
     c. covert sensitization.
     d. the tension-release method.
274. The tension-release method is a procedure
   a. that involves the cathartic release of emotion through physical exercise.
   b. utilized during REBT to change distortions in thought and emotion.
   c. for systematically achieving deep relaxation of the body.
   d. that uses aversive stimuli to interrupt or prevent upsetting thoughts.

275. In order to achieve deep-muscle relaxation, Gayle tenses the muscles in her right arm until they tremble, holds them tight as she slowly counts to ten, and then lets go. She allows her hand and arm to go limp and to relax completely. She repeats this procedure three times for her right arm, then proceeds to do the same sequence with her left arm, then her right leg, left leg, abdomen, chest, shoulders, chin, neck, and face. Gayle is using a procedure known as
   a. EMDR.
   b. REBT.
   c. covert sensitization.
   d. the tension-release method.

276. A reduction in fear or anxiety that takes place when a client watches models perform the feared behavior is called
   a. the tension-release method.
   b. vicarious desensitization.
   c. covert sensitization.
   d. EMDR.

277. Vicarious desensitization occurs when the client
   a. observes a model performing the feared behavior.
   b. is coached into performing feared behavior in front of the therapist.
   c. engages in behaviors similar to the feared behavior.
   d. uses selective perception in coping with a feared object.

278. A program offered by an airline for people who fear flying includes the presentation of a series of photographic slides of people boarding an airplane, getting settled in their seats, enjoying the flight, and arriving comfortably at their destination. The airline has made casual use of
   a. covert desensitization.
   b. transference.
   c. EMDR.
   d. vicarious desensitization.

279. In order to help a young boy to overcome his fear of dogs, he is shown films of friendly dogs, and later he is exposed to another child playing and petting a friendly dog. This type of therapy is called
   a. vicarious desensitization.
   b. EMDR.
   c. transference.
   d. rational-emotive behavior therapy.

280. An effective alternative to vicarious desensitization is to have the client
   a. observe a model exhibiting fear to the phobic stimulus.
   b. avoid the fear-producing stimulus.
   c. vividly imagine the feared stimulus.
   d. increase the fear-producing stimulus.
Answer: d (p. 521)
Obj. 13.7
Concept
Moderate

281. In cases where it may be impractical for the client to act out or observe models performing a feared behavior, desensitization works well if the
   a. therapist uses aversive conditioning.
   b. therapist films the client.
   c. client understands the causes of the feared behavior.
   d. client vividly imagines each step in the hierarchy.

Answer: b (p. 521)
Obj. 13.7
Fact
Moderate
*New Question

282. The most common way of conducting desensitization involves
   a. virtual reality exposure.
   b. imagining the feared stimuli.
   c. directly performing the steps in the hierarchy.
   d. EMDR.

Answer: a (p. 521)
Obj. 13.7
Application
Moderate

283. Jan has a fear of riding across bridges. In order to get her over her phobia, she is asked to imagine a series of increasingly distressing images involving her riding in a car across increasingly longer bridges, the most distressing being imagining herself driving across the Lake Pontchartrain Bridge to her cousin’s house. This procedure is referred to as
   a. desensitization.
   b. virtual reality exposure.
   c. in-vivo exposure.
   d. reciprocal disinhibition exposure.

Answer: c (p. 521)
Obj. 13.7
Fact
Moderate

284. Virtual reality exposure refers to
   a. a technique used to treat phobias by having the client observe models.
   b. having the client vividly imagine distressing or anxiety-provoking situations.
   c. the presentation of feared stimuli in a three-dimensional, computer generated world.
   d. none of these.

Answer: d (p. 521)
Obj. 13.7 / SG
Fact
Moderate

285. Virtual reality exposure is a type of
   a. psychodrama.
   b. ECT therapy.
   c. cognitive therapy.
   d. desensitization.

Answer: d (p. 521)
Obj. 13.7
Fact
Moderate
*New Question

286. Regarding virtual reality exposure, which of the following statements is FALSE?
   a. Virtual reality exposure involves entering a computer-generated world to treat phobias and anxieties.
   b. In virtual reality exposure, anxiety-provoking stimuli are presented to clients in a controlled way.
   c. Virtual reality exposure has been used to treat fear of heights, fear of spiders, and fear of public speaking.
   d. Virtual reality exposure is a type of aversion therapy.

Answer: b (p. 521)
Obj. 13.7
Application
Easy

287. Sarento’s fear of flying is treated by exposing him to a three-dimensional, computer-generated “world” in which he can experience walking onto a plane, being seated, and taking off. This computerized environment that responds to a viewer’s head movements and other inputs is part of a behavioral therapy known as
   a. EMDR.
   b. virtual reality exposure.
   c. covert sensitization.
   d. aversive conditioning.
Answer: b (p. 522, Fig. 13.3)
Obj. 13.7
Application
Easy
*New Question

288. Tommy’s therapist has him put on a head-mounted video display. Through this procedure, Tommy can re-experience the trauma of his Humvee being destroyed by an improvised explosive device complete with all the sights, sounds, vibrations, and even smells. Successive presentations such as this will help reduce Tommy’s posttraumatic stress disorder symptoms. Tommy is undergoing
   a. EMDR.
   b. virtual reality exposure.
   c. covert sensitization.
   d. aversive conditioning.

Answer: c (p. 522)
Obj. 13.7
Application
Moderate

289. A patient is asked to concentrate on the thoughts that most upset her. At the same time, she is asked to watch a moving pencil. The patient is probably being treated with
   a. insight therapy.
   b. aversion therapy.
   c. eye movement desensitization and reprocessing.
   d. encounter group therapy.

Answer: b (p. 522)
Obj. 13.7
Fact
Moderate

290. Dr. Francine Shapiro’s technique for treating traumatic memories and post-traumatic stress is called
   a. vicarious desensitization.
   b. eye movement desensitization and reprocessing.
   c. reciprocal inhibition.
   d. shaping.

Answer: c (p. 522)
Obj. 13.7
Fact
Moderate

291. Which of the following is a technique for reducing fear or anxiety that is based on holding upsetting thoughts in mind while rapidly moving the eyes from side to side?
   a. the tension-release method
   b. REBT
   c. EMDR
   d. covert sensitization

Answer: b (p. 522)
Obj. 13.7
Fact
Moderate

292. The eye movement desensitization and reprocessing technique was developed by
   b. Francine Shapiro.
   c. Victor Frankl.
   d. Fritz Perls.

Answer: c (p. 522)
Obj. 13.7
Application
Difficult

293. In order to treat his posttraumatic stress disorder, Tony is undergoing a treatment in which he is asked to visualize the images that most upset him, while the therapist moves a pencil rapidly from side to side in front of his eyes. Tony is undergoing
   a. insight therapy.
   b. therapeutic hypnosis.
   c. eye-movement desensitization and reprocessing.
   d. virtual reality exposure.

Answer: d (p. 522)
Obj. 13.7
Application
Difficult

294. Kira has experienced anxiety-provoking flashbacks from her tour of duty in the Middle East. The therapist has Kira think about these upsetting thoughts, while the therapist moves a pencil back and forth rapidly in front of her eyes. This technique is known as
   a. therapeutic hypnosis.
   b. covert sensitization.
   c. ECT.
   d. EMDR.
295. Regarding EMDR, which of the following statements is FALSE?
   a. EMDR involves having clients visualize upsetting images while watching a moving pencil.
   b. Some studies have found that EMDR lowers the anxiety and pain associated with traumatic memories, such as those found in posttraumatic stress disorder.
   c. EMDR involves a modified version of therapeutic hypnosis.
   d. Some studies have shown that the success of EMDR may be the gradual exposure to upsetting stimuli, with the eye movements adding nothing to the treatment.

**OBJECTIVE 13.8 — List and briefly describe the seven operant principles most frequently used by behavior therapists; explain how nonreinforcement and time-out can be used to bring about extinction of a maladaptive behavior; and describe a token economy.**

296. Learning based on the consequences of making a response is called
   a. operant conditioning.
   b. classical conditioning.
   c. systematic desensitization.
   d. reciprocal inhibition.

297. Shaping, time out, and extinction are three principles of
   a. classical conditioning.
   b. operant conditioning.
   c. existential therapy.
   d. Gestalt therapy.

298. Which of the following is NOT an operant conditioning procedure used in behavior modification?
   a. extinction
   b. adaptation
   c. shaping
   d. time-out

299. In reference to operant conditioning, which term does NOT belong with the others?
   a. extinction
   b. counterconditioning
   c. stimulus control
   d. reinforcement

300. When a response is followed by a reward, this response will occur more often. This illustrates
   a. stimulus control.
   b. time out.
   c. reciprocal inhibition.
   d. positive reinforcement.

301. If a child whines and gets his parents’ attention, he will tend to whine more frequently in the future because he has experienced which principle of operant conditioning?
   a. shaping
   b. nonreinforcement
   c. positive reinforcement
   d. punishment
302. If you get praised by your parents for making “A”s in your college courses, the praise is
a. an example of stimulus control.
b. an example of time out.
c. an example of positive reinforcement.
d. situationally controlled.

Answer: c (p. 523)  
Obj. 13.8  
Application  
Easy

303. If a response is not followed by a reward, it will occur less frequently, according to which principle of operant conditioning?
 a. shaping
 b. nonreinforcement
 c. positive reinforcement
 d. punishment

Answer: b (p. 523)  
Obj. 13.8  
Fact  
Moderate  
*New Question

304. When Susie wore her new pink outfit, she got several compliments. However, when she wore her new green outfit, she did not receive any compliments. Consequently, Susie wears her green outfit less frequently because of the ________ toward this particular outfit.
 a. nonreinforcement
 b. negative reinforcement
 c. punishment
 d. aversive conditioning

Answer: a (p. 523)  
Obj. 13.8  
Application  
Difficult

305. When children are in the babbling stage of language development, they tend to repeat the particular speech sounds that attract the attention of their caretakers, while rarely repeating those speech sounds that do not receive attention from their caretakers. The fact that some speech sounds are repeated less frequently is due to the behavioral effect known as
 a. punishment.
b. negative reinforcement.
c. aversive conditioning.
d. nonreinforcement.

Answer: d (p. 523)  
Obj. 13.8  
Application  
Difficult

306. If a response is not followed by a reward after it has been repeated many times, it will go away. This describes the operant conditioning term of
 a. negative reinforcement.
b. extinction.
c. punishment.
d. time-out.

Answer: b (p. 523)  
Obj. 13.8  
Fact  
Moderate

307. You have been reinforcing your child’s temper tantrums. If you ignore them for several days, your child’s temper-tantrums will stop. A psychologist would call this effect
 a. aversive conditioning.
b. shaping.
c. negative reinforcement.
d. extinction.

Answer: d (p. 523)  
Obj. 13.8  
Application  
Difficult

308. After winning three times, you pull the handle on a slot machine 30 times more without a payoff. You leave this slot machine because your response of handle pulling (for that particular machine) has undergone
 a. aversive conditioning.
b. extinction.
c. negative reinforcement.
d. shaping.
309. Mrs. Parker’s first grade has been used to just calling out Mrs. Parker’s name to get her attention. Mrs. Parker has decided that she will only call on the students who quietly raise their hands to get her attention, while she will not attend to those students who loudly call out her name. Eventually, the students will stop loudly calling out her name because of the behavioral principle of
   a. shaping.
   b. extinction.
   c. aversive conditioning.
   d. desensitization.

310. If a response is followed by an unpleasant effect or discomfort, the response behavior will be suppressed. This is an example of
   a. nonreinforcement.
   b. time-out.
   c. extinction.
   d. punishment.

311. Which of the following is the MOST likely consequence of punishment?
   a. the elimination of the punished response
   b. an increase in the frequency of the response
   c. a suppression of the punished response
   d. no change in the immediate or long-term frequency of the response

312. Marian is very late coming in from her date. Her parents scold her and then “ground” her (take away her dating privilege) for two weeks. Marian is experiencing
   a. punishment.
   b. negative reinforcement.
   c. nonreinforcement.
   d. stimulus control.

313. Rewarding actions that are closer and closer approximations to a desired response is called
   a. reciprocal inhibition.
   b. shaping.
   c. desensitization.
   d. negative reinforcement.

314. If you are helping a person relearn how to walk after a stroke, you begin by reinforcing the person for being able to stand with a walker, then taking a step, then taking another step, then moving the walker and taking another step, and so on. You are using the behavioral procedure known as
   a. reciprocal inhibition.
   b. shaping.
   c. stimulus control.
   d. classical conditioning.

315. A behavior therapist wants to reward an intellectually delayed child for saying a word, but settles at first for getting her to say its first letter sound and then another letter sound, and so on. The therapist is using
   a. shaping.
   b. stimulus control.
   c. a hierarchy.
   d. nonreinforcement.
Stimulus control is an operant conditioning procedure in which
a. a response is followed by discomfort or an undesirable effect.
b. close approximations to a desired response are rewarded.
c. a person is removed from a situation to prevent reward.
d. responses come under the influence of the situation in which they occur.

If you set your clock ten minutes fast, it may be easier to leave the house on time in the morning. Even though you know that the clock is fast, your departure is under the ______ of the clock situation.

It is Halloween night. The trick-or-treaters know that if the porch light is on at a house, they will get candy if they knock on the door and say “Trick-or-Treat.” If the light is off, they know that there will be no reward waiting for them. The trick-or-treaters’ behavior is determined by the date (Halloween night) and if a light is on or off. This illustrates the operant principle of

An athletic team almost always wins the game when they play at “home,” but they seldom win a game played “on the road.” Their winning appears to be influenced by where the game is played. This illustrates the operant principle of

Which of the following procedures is a variation of response cost and involves removing the individual from a situation in which reinforcement occurs?

Two-year-old Dennis is outside with his mother when he begins pulling the dog’s ears. When he refuses to stop, his mother picks Dennis up and carries him back into the house and away from their dog. Dennis is experiencing

Time-out, which involves removing a person from a situation in which reinforcement occurs, is a variation of
<table>
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<th>Question</th>
<th>Answer</th>
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<th>Level</th>
<th>Type</th>
<th>Question Text</th>
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</thead>
</table>
| 323. Which of the following prevents a reward from following an undesirable response by removing the individual from the situation where he or she could be reinforced? | d | 13.8 | Moderate | Concept | a. shaping.  
  b. desensitization.  
  c. reciprocal inhibition.  
  d. time-out. |
| 324. A parent copes with quarreling among young children by placing them in separate rooms and allowed them out only when they are able to behave more calmly. This is an example of the use of | c | 13.8 | Moderate | Application | a. desensitization.  
  b. reciprocal inhibition.  
  c. time-out.  
  d. shaping. |
| 325. Nonreward and time-out are typically used to bring about the | a | 13.8 | Moderate | Fact | a. extinction of maladaptive responses.  
  b. aversive conditioning of undesirable behaviors.  
  c. positive reinforcement of target behaviors.  
  d. negative reinforcers of specific behaviors. |
| 326. Mattie, an extremely overweight patient at the mental hospital, had a persistent and disturbing habit of stealing food from other patients. The behavior therapist assigned Mattie to a special table in the dining room. If Mattie approached any other table, she was immediately removed from the dining room. This therapist used ________ to produce extinction of Mattie’s food stealing. | c | 13.8 | Moderate | Application | a. aversive conditioning  
  b. nonreinforcement  
  c. covert desensitization  
  d. classical conditioning |
| 327. The most frequently occurring human behaviors lead to some form of | b | 13.8 | Moderate | Concept | a. extinction.  
  b. aversion.  
  c. reward.  
  d. punishment. |
| 328. Identifying and removing rewards is a behavioral technique designed to bring about | d | 13.8 / SG | Moderate | Fact | a. operant shaping.  
  b. extinction.  
  c. respondent aversion.  
  d. token inhibition. |
| 329. Attention, approval, and concern | d | 13.8 | Easy | Concept | a. are common reinforcing for humans.  
  b. may increase misbehavior if they follow it.  
  c. are often removed during extinction training.  
  d. are characterized by all of these. |
| 330. Scolding misbehaving children in a classroom may actually increase misbehavior because of the | d | 13.8 | Moderate | Concept | a. effectiveness of time-out procedures.  
  b. need for more severe punishment.  
  c. effects of stimulus control.  
  d. reinforcing effects of attention. |
331. A staff psychologist who recommends the use of a “time-out” procedure for treating disruptive behavior is referring to time-out from
a. attention and other rewards for disruptive behavior.
b. an overly stimulating environment.
c. threats of physical punishment.
d. the negative reinforcement associated with extinction.

332. When two autistic boys were ignored after instances of self-destructive behavior, their tendency to injure themselves disappeared. The operant principle employed was _______ and will lead to ______ occurring.
   a. reinforcement; shaping
   b. reinforcement; stimulus control
   c. nonreinforcement; extinction
   d. negative reinforcement; reciprocal inhibition

333. Jeremy and Lance are brothers who are fighting over a new toy. Their mother sends them to separate rooms until they can calm down and agree to share the toy and play “nicely.” Mother is using the operant conditioning technique known as
   a. shaping.
   b. stimulus control.
   c. reciprocal inhibition.
   d. time-out.

334. Patti throws a temper tantrum in order to gain her mother’s attention. However, her mother does not pay any attention and leaves the room. Patti stops her tantrum and follows her mother into the next room. Patti’s mother has used ________ to eliminate Patti’s tantrum.
   a. reciprocal inhibition
   b. shaping
   c. aversive conditioning
   d. time-out

335. Toby likes to play with his sister’s cat, but he often plays “too rough” with the cat. So, every time Toby begins to terrorize his sister’s cat, his mother takes the cat and puts it in another room, away from Toby. Toby’s rough treatment of his sister’s cat will
   a. be shaped using stimulus control.
   b. be extinguished by nonreinforcement.
   c. develop into a phobia through classical conditioning.
   d. be eliminated through aversive conditioning.

336. Which of the following are symbolic rewards, such as plastic chips, that can be exchanged for real rewards and are used to encourage positive changes in behavior?
   a. operants
   b. tokens
   c. stimuli
   d. positive reinforcers

337. Which of the following are secondary reinforcers that can be exchanged for candy, food, watching TV, or privileges?
   a. operants
   b. tokens
   c. reinforcing stimuli
   d. positive reinforcers
<table>
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<th>Question Number</th>
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<th>Answer</th>
<th>Page Reference</th>
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<tbody>
<tr>
<td>338</td>
<td>Which of the following is NOT a typical example of tokens?</td>
<td>c</td>
<td>p. 525</td>
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<tr>
<td></td>
<td>a. check marks</td>
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<td>b. poker chips</td>
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<td></td>
<td>c. food or privileges</td>
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<td>d. gold stars</td>
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<td>339</td>
<td>Since tokens gain their reinforcing value because they can be exchanged for candy, food, watching TV, or other privileges, tokens are considered ________ reinforcers.</td>
<td>b</td>
<td>p. 525</td>
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<tr>
<td></td>
<td>a. primary</td>
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<td>b. secondary</td>
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<td>c. latent</td>
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<td>d. manifest</td>
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<td>340</td>
<td>By using tokens, a therapist can</td>
<td>a</td>
<td>p. 525</td>
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<td>a. immediately reward positive responses.</td>
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<td>b. vicariously desensitize a person to feared stimulus.</td>
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<td>c. classically condition desirable behaviors.</td>
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<td>d. extinguish anxieties and phobias.</td>
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<td>341</td>
<td>Tokens have the advantage of ________ reinforcement.</td>
<td>d</td>
<td>p. 525</td>
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<tr>
<td></td>
<td>a. immediate</td>
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<td></td>
<td>b. primary</td>
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<td></td>
<td>c. covert</td>
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<td></td>
<td>d. vicarious</td>
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<td>342</td>
<td>Tokens are</td>
<td>d</td>
<td>p. 525</td>
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<td></td>
<td>a. usually candy, food, or cigarettes.</td>
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<td>b. used to apply classical conditioning to human problems.</td>
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<td>c. the basis of reciprocal inhibition.</td>
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<td>d. often exchanged for candy, recreation, or privileges.</td>
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<td>343</td>
<td>The desired behaviors a therapist selects for improvement (which are then reinforced) are called</td>
<td>d</td>
<td>p. 525</td>
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<td></td>
<td>a. adaptive behaviors.</td>
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<td>b. target behaviors.</td>
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<td>c. token behaviors.</td>
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<td>d. contingent behaviors.</td>
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<td>344</td>
<td>When a therapist selects “target behaviors,” he or she means that such behaviors are targeted for</td>
<td>d</td>
<td>p. 525</td>
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<td></td>
<td>a. discrimination.</td>
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<td></td>
<td>b. classical conditioning.</td>
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<td>c. experimentation.</td>
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<td>d. modification.</td>
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<td>345</td>
<td>To maximize the effects of a token economy, the therapist tries to focus on specific</td>
<td>c</td>
<td>p. 525</td>
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<tr>
<td></td>
<td>a. fears and anxieties.</td>
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<td>b. unconditioned responses.</td>
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<td></td>
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<td></td>
<td>c. target behaviors.</td>
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<td>d. response contingent punishments.</td>
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</table>
346. At Mary’s school, the teachers reward the desirable behaviors of the students by giving them “good cards” for each behavior. The students can then exchange the cards at the school “store” on Friday for candy, toys, or special privileges. This school is utilizing a therapeutic program known as
   a. EMDR.
   b. systematic desensitization.
   c. vicarious conditioning.
   d. a token economy.

347. An elementary school teacher practically ends classroom discipline problems by giving students “chances” in a lottery to be held at the end of the week for some small toy. The chances are given for completing assignments, paying attention, and so forth. The chances are considered ________, which are used to reinforce the ________ of completing assignments, paying attention, etc.
   a. tokens; target behaviors
   b. stimulus controls; students’ hierarchy of needs
   c. conditioned stimuli; unconditioned stimuli
   d. unconditioned stimuli; conditioned responses

348. In an institution for delinquent adolescents, a behavioral system has been implemented in which the adolescents earn points for target behaviors like getting up on time, making beds, and attending class. They are allowed to exchange their earned points for privileges, activities, etc. They are also charged points for inappropriate behaviors, such as staying in bed or fighting. This system is called ________ and is based on ________.
   a. systematic desensitization; operant conditioning
   b. positive reinforcement; classical conditioning
   c. a token economy; operant conditioning
   d. negative reinforcement; classical conditioning

349. Token economies have several advantages, including that they
   a. give clients an incentive to change.
   b. hold individuals responsible for maladaptive habits and actions.
   c. have resulted in many “Hopelessly” retarded, mentally ill, and delinquent individuals returning to productive lives.
   d. have done all of these.

350. Regarding token economies, which of the following statements is FALSE?
   a. Token economies involve both payment and exchange of tokens in institutional settings.
   b. Token economies can result in marked changes in patients’ behavior and adjustment.
   c. The most effective token economies are those that gradually switch from tokens to social rewards.
   d. Token economies are often used for latent reinforcement in a delayed manner for desired behaviors.

351. Prior to a patient’s completion of a token economy program, a desirable procedure is to
   a. substitute real-world rewards for tokens.
   b. increase the number of tokens received for desirable behaviors.
   c. withdraw all rewards for desirable behaviors.
   d. rely more heavily on punishment rather than on positive reinforcement.
Answer: b (p. 526)  
Obj. 13.8  
Fact  
Moderate  

352. Social rewards, such as recognition and approval, are used in conjunction with token economies to  
   a. increase the patient’s reliance on the tokens.  
   b. generalize the effect of token economies to “real world” situations.  
   c. reduce the patient’s dependence on reinforcement.  
   d. increase the impact of primary reinforcement.

Answer: b (p. 526)  
Obj. 13.8  
Fact  
Moderate  

353. The most effective token economies are those that gradually switch from tokens to  
   a. time-out.  
   b. social rewards.  
   c. money.  
   d. nonrewards.

OBJECTIVE 13.9 — Explain how cognitive therapies differ from behavioral therapies; describe the three thinking errors which Beck said underlie depression, and what can be done to correct such thinking; discuss Ellis’ rational-emotive behavior therapy (REBT), including the A-B-C of the therapy, the ten most common irrational beliefs, and the three core ideas which Ellis said served as the basis for most of these irrational beliefs; and describe the cognitive distortions that can lead to a gambling addiction, and how cognitive therapy can help restructure the gambler’s thinking.

Answer: c (p. 526)  
Obj. 13.9  
Fact  
Moderate  

354. Cognitive therapists are mainly interested in  
   a. how people develop faulty self-images.  
   b. unconscious thoughts of sex and aggression.  
   c. what people think, believe, and feel.  
   d. only visible behaviors.

Answer: a (p. 526)  
Obj. 13.9  
Concept  
Moderate  

355. Psychologists who try to change troublesome actions are ________ therapists, while psychologists who try to change thinking patterns that lead to troublesome emotions or behaviors are ________ therapists.  
   a. behavioral; cognitive  
   b. cognitive; behavioral  
   c. insight; action  
   d. cognitive; humanistic

Answer: a (p. 526)  
Obj. 13.9  
Fact  
Moderate  

356. A cognitive therapist is concerned primarily with helping clients change their  
   a. thinking patterns.  
   b. behaviors.  
   c. lifestyles.  
   d. habits.

Answer: c (p. 526)  
Obj. 13.9  
Concept  
Moderate  

357. If you seek counseling help from a cognitive therapist, you would expect him or her to  
   a. provide aversive conditioning to produce bad habits.  
   b. provide a non-threatening setting for the expression of unconscious thoughts.  
   c. help you to change inappropriate patterns of thought.  
   d. overcome fixations that occurred at earlier stages of development.

Answer: b (p. 526)  
Obj. 13.9  
Application  
Moderate  

*New Question  

358. A cognitive therapist would try to reduce a client’s compulsive hand-washing by  
   a. prescribing anti-depressant medications.  
   b. changing the client’s thoughts and beliefs about dirt and contamination.  
   c. using systematic desensitization to directly change the client’s behavior.  
   d. helping the client gain insight into the reasons why he or she uses compulsive hand-washing to control anxiety.
359. Cognitive therapy has been used as a remedy for many problems, but it has been especially successful in treating
   a. phobias.
   b. delusional disorders.
   c. schizophrenia.
   d. depression.

360. Cognitive psychotherapy is based on the assumption that psychological problems are essentially caused by
   a. conditions of worth.
   b. repressed anger.
   c. faulty or maladaptive thinking.
   d. avoidance learning.

361. George is going to a therapist who has asked him to keep a journal of his thoughts in order to assess the basis for his negative outlook. He is probably seeing a ________ therapist.
   a. cognitive
   b. psychoanalytic
   c. behavioral
   d. non-directive

362. Which of the following therapists believe that negative, self-defeating thoughts underlie depression?
   a. psychoanalysts
   b. behavioral therapists
   c. non-directive therapists
   d. cognitive therapists

363. Beck’s approach that has been most effective in treating depression is
   a. aversion therapy.
   b. a token economy.
   c. cognitive therapy.
   d. covert sensitization.

364. Which of the following theorists stated people become depressed because of major distortions in thinking, such as selective perception, overgeneralization, and all-or-nothing thinking?
   a. Carl Rogers
   b. Aaron Beck
   c. Fritz Perls
   d. Sigmund Freud

365. According to Aaron Beck, depressed persons see themselves, the world, and the future in negative terms because of
   a. major distortions in thinking.
   b. learned helplessness.
   c. repressed anger.
   d. conditions of worth.

366. According to Aaron Beck, negative, ________ underlie depression.
   a. unconscious motives
   b. unrealistic goals
   c. irrational fears
   d. self-defeating thoughts
367. According to Aaron Beck, the use of selective perception, overgeneralization, and all-or-nothing thinking leads a person to become
   a. self-actualized.
   b. congruent.
   c. depressed.
   d. fixated.

368. Depressed persons see themselves in negative terms due to all of the following EXCEPT
   a. selective perception.
   b. overgeneralization.
   c. all-or-nothing thinking.
   d. a loss of meaningfulness.

369. According to cognitive psychologists, when a person perceives only certain stimuli among a larger array of possibilities, this distortion of thinking is called
   a. selective perception.
   b. overgeneralization.
   c. all-or-nothing thinking.
   d. loss of meaningfulness.

370. Although Michelle passed her psychology test, received a pay raise, and successfully repaired her bike today, she dwells on the rebuff of a friend. A cognitive therapist would refer to this as
   a. obsessive behavior.
   b. selective perception.
   c. all-or-nothing thinking.
   d. overgeneralization.

371. Lisa cooked dinner for her boyfriend’s parents and served strawberry shortcake for dessert. Although her boyfriend’s mother praised Lisa for a wonderful meal, she had to decline the dessert because she is allergic to strawberries. When Lisa was telling her best friend about the dinner party, she focused only on picking the wrong dessert and did not relate to her friend all the compliments she received. A cognitive therapist would say that Lisa is making herself miserable because she is exhibiting
   a. selective perception.
   b. obsessive-compulsive behavior.
   c. all-or-nothing thinking.
   d. overgeneralization.

372. Dana made an A on a test, was asked on a date by a guy in class, and was complimented by several people on her class presentation; but then she cannot find her psychology notes and searches the library and the cafeteria before she remembers that she left them at home. When her mother asks how her day went, Dana wails that it was awful and relates only the part of her day when her psychology notes were lost. According to Aaron Beck, Dana is exhibiting
   a. all-or-nothing thinking.
   b. selective perception.
   c. overgeneralization.
   d. personification.
Answer: d (p. 526)  
Obj. 13.9  
Fact  
Difficult  

373. When a person blows a single unpleasant event out of proportion by extending it to a large number of unrelated situations, the person is exhibiting  
   a. selective perception.  
   b. all-or-nothing thinking.  
   c. personification.  
   d. overgeneralization.

Answer: c (p. 526)  
Obj. 13.9  
Application  
Difficult  

374. Frank considers himself to be a total failure in every aspect of life because he failed one class. Frank’s behavior exemplifies the distortion of thinking behavioral therapists call  
   a. all-or-nothing thinking.  
   b. personification.  
   c. overgeneralization.  
   d. selective perception.

Answer: c (p. 526)  
Obj. 13.9  
Application  
Difficult  

375. Jason has worked very hard for his company; but because of the economy, he is laid off. However, Jason sees this job loss as verification that he is a “complete and total failure” at everything, and that he is “a lousy engineer, a lousy husband, a lousy father, etc.” According to Aaron Beck, Jason is exhibiting  
   a. selective perception.  
   b. incongruence.  
   c. overgeneralization.  
   d. all-or-nothing thinking.

Answer: b (p. 526)  
Obj. 13.9 / www  
Application  
Difficult  
*New Question  

376. Charles was rejected by his long-time girlfriend. He has decided that no other woman will love him, and that his co-workers and the people who say they are his friends must also dislike him, too. Charles has let his rejection by his girlfriend “color” his perception of other areas of his life. Beck referred to this as  
   a. all-or-nothing thinking.  
   b. overgeneralization.  
   c. selective perception.  
   d. personification.

Answer: c (p. 526)  
Obj. 13.9  
Application  
Difficult  

377. Lindsay fails an accounting test. Lindsay now believes that she should probably change to a non-business major, that she should quit her part-time job at the bank, and should resign as the treasurer for the business club, even though she is quite good at all of these activities. Lindsay’s behavior exemplifies the distortion of thinking cognitive therapists call  
   a. all-or-nothing thinking.  
   b. personification.  
   c. overgeneralization.  
   d. selective perception.

Answer: c (p. 526)  
Obj. 13.9  
Fact  
Moderate  

378. Beck labels the tendency of depressed persons to see things as completely good or bad, right or wrong, as  
   a. selective perception.  
   b. overgeneralization.  
   c. all-or-nothing thinking.  
   d. extreme thinking.

Answer: a (p. 526)  
Obj. 13.9  
Application  
Moderate  

379. Sara tends to classify her classmates, her teachers, and information presented in class as absolutely right or wrong, acceptable or unacceptable, or good or bad. Sara is exhibiting  
   a. all-or-nothing thinking.  
   b. selective perception.  
   c. overgeneralization.  
   d. personification.
380. Carla believes that everyone who belongs to “her” political party are “good, trustworthy” people, while anyone who belongs to the other party is “bad and untrustworthy” and should be ostracized by “her” group. According to Aaron Beck, Carla is exhibiting
a. overgeneralization.
b. selective perception.
c. all-or-nothing thinking.
d. personification.

381. Helen was the chairperson for her club’s booth at the springfest event at her college. She spent weeks coordinating the work list and getting the prizes together. On the day of the event, a light rain began and there was not a big turnout, but everyone there seemed to have had a good time. Helen thought the whole event was a “horrible” failure. According to Aaron Beck, Helen is exhibiting
a. selective perception.
b. personification.
c. overgeneralization.
d. all-or-nothing thinking.

382. After the first few lectures, Karen thought that her psychology teacher was the best teacher she had ever had. However, when Karen received a low grade on her first test, she decided that this teacher was totally unfair and a terrible teacher. Karen is exhibiting
a. overgeneralization.
b. selective perception.
c. all-or-nothing thinking.
d. personification.

383. Cognitive therapists help people to change maladaptive thinking patterns by
a. teaching people to recognize and keep track of their own thoughts.
b. having people list all of their activities for a week.
c. teaching people to alter their thoughts to improve mood and behaviors.
d. doing all of these.

384. To help alleviate LaShonda’s depression, her therapist has LaShonda list all of her activities for a week in order to challenge her “all-or-nothing” thoughts, such as “I’m a complete failure” or “I have had a completely horrible week.” LaShonda’s therapist is most likely a(n) _______ therapist.

385. Which of the following psychological approaches has been found to be as effective as drugs for treating many cases of depression?
a. cognitive therapy
b. aversion therapy
c. systematic desensitization
d. EMDR

386. According to research, people are less likely to become depressed again if they
a. undergo antidepressant drug treatment.
b. have electroconvulsive therapy.
c. adopt new thinking patterns.
d. undergo systematic desensitization.
387. In order to help their clients, cognitive therapists look for
   a. the absence of effective coping skills or the presence of self-defeating thoughts.
   b. the underlying causes of depression and the reinforcement that is maintaining them.
   c. conditioned avoidance and escape responding.
   d. unconscious conflicts and efforts to distort reality.

388. To teach clients effective coping skills so that they can cope with anger, depression, shyness, stress, and similar problems is the aim of
   a. EMDR.
   b. client-centered therapy.
   c. cognitive therapy.
   d. aversion therapy.

389. Regarding cognitive therapy, which of the following statements is FALSE?
   a. Cognitive therapy is less beneficial than medication in treating cases of depression.
   b. One example of the use of cognitive therapy is stress inoculation.
   c. In some cases, cognitive therapists focus on the absence of effective coping skills, rather than the presence of self-defeating thoughts.
   d. Cognitive therapy can help clients adopt new patterns of thinking, which reduces future episodes of depression.

390. A good example of how cognitive therapists teach clients how to cope with anger, depression, shyness, and similar problems is
   a. systematic desensitization.
   b. stress inoculation.
   c. reciprocal inhibition.
   d. vicarious exposure.

391. Rational-emotive behavior therapy (REBT) was developed by
   a. Albert Ellis.
   b. Carl Rogers.
   c. Victor Frankl.
   d. Fritz Perls.

392. Rational-emotive behavior therapy attributes negative emotions to
   a. irrational beliefs.
   b. unconscious drives.
   c. a loss of meaningfulness in one’s life.
   d. avoidance learning.

393. Which of the following therapies states that irrational beliefs cause many emotional problems, and that these beliefs must be changed or abandoned?
   a. behavioral therapy
   b. psychodynamic therapy
   c. existential therapy
   d. rational-emotive behavior therapy

394. In the A-B-C analysis of rational-emotive behavior therapy, the letters stand for
   a. anomalous stimuli, maladaptive beliefs, congruent experiences.
   b. activating experience, irrational beliefs, emotional consequences.
   c. action, behavior, catharsis.
   d. anticipated rewards, maladaptive behavior, inappropriate conduct.
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<th>Question Number</th>
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<tr>
<td>395.</td>
<td>Which therapy holds that events do not cause us to have feelings; rather, we feel the way we do because of our beliefs?</td>
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<tr>
<td></td>
<td>a. rational-emotive behavior therapy</td>
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<td></td>
<td>b. psychodynamic therapy</td>
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<td></td>
<td>c. existential therapy</td>
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<td></td>
<td>d. behavioral therapy</td>
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<tr>
<td>Answer: d</td>
<td>(p. 527)</td>
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<td>Obj. 13.9</td>
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<tr>
<td>396.</td>
<td>Which of the following would a rational-emotive behavior therapist consider an irrational assumption?</td>
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<td>a. I must be loved and approved of by almost every significant person in my life.</td>
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<td>b. I should depend on others who are stronger than I am.</td>
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<td>c. I should be completely competent and achieving in all ways to be a worthwhile person.</td>
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<td>d. All of these are irrational assumptions.</td>
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<td>Answer: d</td>
<td>(p. 527)</td>
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<td>Obj. 13.9</td>
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<tr>
<td>397.</td>
<td>Which of the following would a rational-emotive behavior therapist consider an irrational assumption?</td>
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<td>a. Certain people that I must deal with are thoroughly bad, and they should be severely blamed and punished for it.</td>
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<td>b. There is always a perfect solution to human problems, and it is awful if this solution is not found.</td>
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<td>c. It is awful and upsetting when things are not the way I would very much like them to be.</td>
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<td>d. All of these are irrational assumptions.</td>
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<td>Answer: c</td>
<td>(p. 527)</td>
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<td>Obj. 13.9</td>
<td>Application</td>
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<tr>
<td>398.</td>
<td>Jamie is very angry and tells his friend, “I studied for that test. I should have gotten at least a B. That teacher is so unfair. Everything would be great around here if it wasn’t for her.” According to REBT, Jamie’s anger is due to</td>
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<td>a. external events, such as his test grade.</td>
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<td>b. learned helplessness.</td>
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<td>c. his irrational and unrealistic beliefs.</td>
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<td>d. a transference of feelings from his mother to his teacher.</td>
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<td>Answer: b</td>
<td>(p. 527)</td>
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<td>399.</td>
<td>Amy is having a small party in her apartment. Her next door neighbor asks her if she could turn down the music because she has to get up and work tomorrow. Amy tells her friends that “the old woman next door is such a pain that I’m going to turn the music up even louder.” According to REBT, Amy</td>
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<td>a. has a central trait of vindictiveness.</td>
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<td></td>
<td>b. has an irrational belief that her next door neighbor is thoroughly bad and should be punished.</td>
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<td>c. is exhibiting an oral aggressive personality due to “being spoiled” as a child.</td>
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<td>d. is exhibiting a transference of feelings from her overcontrolling mother to her next door neighbor.</td>
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<tr>
<td>400.</td>
<td>Freddy does not know why his wife seems so angry and upset. He decides not to say anything to her. According to REBT, Freddy</td>
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<td>a. is doing the right thing by giving his wife the “space” she needs to work through her problems.</td>
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<td>b. has an irrational belief that it is better to avoid difficulties and responsibilities than to face them.</td>
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<td>c. is exhibiting an antisocial personality disorder that will be difficult to treat.</td>
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<td>d. is exhibiting resistance to the thought that he caused his wife to feel this way.</td>
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<td>Answer: b</td>
<td>(p. 527)</td>
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Chapter 13

401. Ellis believes that most irrational beliefs come from three unrealistic core ideas. Which of the following is NOT one of these ideas?
   a. Conditions must be the way I want them to be.
   b. I must perform well and be approved of by significant others.
   c. My problems are always caused by my own faults and mistakes.
   d. You must treat me fairly.

402. According to Ellis, which of the following develop(s) from the following three core ideas: you must treat me fairly; I must perform well and be approved of by significant others; conditions must be the way I want them to be?
   a. avoidance learning
   b. irrational beliefs
   c. cases of transference
   d. cases of meaninglessness

403. Anna believes that if she does not perform perfectly in all her courses that her family and friends will not love her anymore, while Ricky stays angry because life is not the way he wants it to be and feels that he is constantly being treated unfairly by everyone he meets. These two people are exhibiting the core ideas that underlie
   a. irrational beliefs.
   b. unconscious drives.
   c. the loss of meaningfulness.
   d. learned helplessness.

404. During therapy, Timothy is encouraged to examine the assumption that he must be successful in every domain of life in order to be a person of any worth. This best fits which form of therapy?
   a. person-centered therapy
   b. rational-emotive behavior therapy
   c. psychoanalytic therapy
   d. behavioral therapy

405. Regarding rational-emotive behavior therapy (REBT), which of the following statements is FALSE?
   a. Clients are kept involved in REBT through the use of homework assignments.
   b. The REBT therapist will often confront clients with evidence contrary to their beliefs.
   c. REBT includes attempts to change a client’s negative self-talk.
   d. REBT involves a non-directive approach to therapy.

406. John’s directive and confrontational therapist challenges his belief that he will be a failure in college because he’s the first in his family to attend college. His therapist is most likely a ________ therapist.
   a. person-centered
   b. rational-emotive behavior
   c. psychoanalytic
   d. behavioral

407. In rational-emotive behavior therapy,
   a. clients are encouraged to make courageous choices that will bring meaning to their lives.
   b. clients learn to challenge irrational beliefs.
   c. the therapist seeks to have the client discover rational insights on his or her own.
   d. irrational elements of the unconscious are made to conform to reality.
408. In response to a client’s unrealistic ideas or beliefs, a rational-emotive behavior therapist is likely to use all of the following statements EXCEPT
   a. “What makes you think that life should be fair?”
   b. “It is not rational for you to think that you can do everything well.”
   c. “It is rational that you are angry at people who let you down.”
   d. “You are placing unreasonable expectations on yourself; no one is perfect.”
   Answer: c (p. 528)

409. In rational-emotive behavior therapy, the therapist
   a. uses systematic desensitization to alleviate clients’ anxieties.
   b. is very directive in confronting his or her clients’ unrealistic beliefs and “self-talk.”
   c. reflects his or her client’s ideas and feelings using a non-directive approach.
   d. asks his or her clients to exaggerate vague feelings in order to express feelings and break through emotional impasses.
   Answer: b (p. 528)

410. Covert sensitization, thought stopping, and covert reinforcement are considered _______ approaches.
   a. existential
   b. Gestalt
   c. cognitive-behavioral
   d. somatic
   Answer: d (p. 528)

411. Problem gamblers suffer from several cognitive distortions related to gambling, including which of the following?
   a. selective memory
   b. attribution errors
   c. luck as a trait
   d. all of these
   Answer: a (p. 528)

412. For gamblers, seeing luck as a trait, incorrect beliefs about randomness, and putting too much faith in intuition are
   a. cognitive distortions that create an “illusion of control.”
   b. the characteristics of a successful gambler.
   c. elements of the tension-release method that block rational thought.
   d. aspects of vicarious desensitization that lead to a gambling addiction.
   Answer: a (p. 528)

413. Although George has lost his business and his wife has left him, he still believes that he is an excellent gambler, who is just having “a run of bad luck” that will soon change. Regarding George’s situation, he is exhibiting cognitive distortions known as
   a. a magnified gambling skill and the gambler’s fallacy.
   b. gambling personification and “all-or-nothing” thinking.
   c. luck transference and latent learning.
   d. the algorithmic fallacy and an internal locus of control.
   Answer: a (p. 528)

414. Jenny, a 19-year-old college student, is playing online blackjack and tells her friends that she just “gets a feeling” and bets accordingly, and so far she has won. Since her hunches have really been on target lately, she plans to bet a little more money. Jenny is exhibiting which of the cognitive distortions that lead to a gambling addiction?
   a. luck as a trait
   b. the gambler’s fallacy
   c. overinterpretation of cues
   d. selective memory
   Answer: c (p. 528)
145. Lenny, a 17-year-old college student, is playing online poker and believes that his losses must soon be followed by wins, so he doubles his bet. Lenny is exhibiting the cognitive distortion known as
   a. vicarious reinforcement.
   b. the gambler’s fallacy.
   c. the tension-release error.
   d. selective memory.

146. Paul, an 18-year-old college student, is playing online blackjack and credits his skill for the wins and blames his losses on bad luck. Paul is exhibiting which of the cognitive distortions that lead to a gambling addiction?
   a. attribution error
   b. the gambler’s fallacy
   c. overinterpretation of cues
   d. selective memory

147. John considers himself to be a professional gambler and part-time truck driver. He has “won big” several times, but his wife remembers the times she had to rely on help from her parents to feed their children because of John’s big losses. John keeps gambling because he focuses on his “wins,” which illustrates the cognitive distortion called
   a. luck as a trait.
   b. the gambler’s fallacy.
   c. attribution errors.
   d. selective memory.

148. Gamblers who believe in a “run of luck,” “winning streaks,” and “the dice being hot” are exhibiting which cognitive distortion?
   a. luck as a trait
   b. selective memory
   c. attribution errors
   d. probability biases

149. Lance has a gambling addiction. His therapist helped Lance to restructure his beliefs about gambling, so that he no longer believes that if he keeps working at it hard enough that he can figure out a “sure fire” way to win every time. Lance’s therapist is most likely a(n) _______ psychologist.
   a. existential
   b. Gestalt
   c. cognitive
   d. psychodynamic

OBJECTIVE 13.10 — List the advantages of group therapy; and briefly describe each of the following group therapies: a. psychodrama, including role-playing, role reversal, and the mirror technique; b. family and couples therapy; and c. group awareness training, including sensitivity groups, encounter groups, large group awareness training, and the concept of the therapy placebo effect.

150. Regarding group therapy, which of the following statements is FALSE?
   a. Group therapy has been shown to be significantly less effective than individual therapy for all types of problems.
   b. In group therapy, support is provided by other group members.
   c. Group therapy is especially good for helping people understand their personal relationships.
   d. A person can act out or directly experience problems in group therapy.
421. Regarding group therapy, which of the following statements is FALSE?

a. Group therapy allows individuals to act out or directly experience problems.
b. Group therapy can produce insights that might not occur from merely talking about an issue.
c. Psychologists first tried working with groups because there was a shortage of therapists.
d. Group therapy requires supervision by several therapists at once.

Answer: d (p. 529)

422. John attends *Alcoholics Anonymous* meetings. These sessions

a. do not fit the guidelines to be considered a group therapy.
b. will be less effective than individual therapy for his disorder.
c. will have group members with similar problems who can offer support and useful input.
d. are characterized by all of these.

Answer: c (p. 529)

423. Margo and Aaron are attending *Marriage Encounter* meetings. These sessions

a. do not fit the guidelines to be considered a group therapy.
b. will mostly create a false sense of well-being through a therapy placebo effect.
c. will have group members with similar problems who can offer support and useful input.
d. will not be effective since other members of the family are not involved.

Answer: a (p. 530)

424. Which of following persons developed one of the first group therapies and called this technique psychodrama?

a. Jacob Moreno
b. Fritz Perls
c. Aaron Beck
d. Albert Ellis

Answer: c (p. 529)

425. A therapy in which clients act out personal conflicts and feelings in the presence of others who play supporting roles is referred to as

a. existentialism.
b. logotherapy.
c. psychodrama.
d. somatic therapy.

Answer: a (p. 530)

426. Incidents resembling those that cause problems in real life are frequently enacted in

a. psychodrama.
b. transference groups.
c. logotherapy.
d. directive therapies.

Answer: b (p. 530)

427. Moreno believed that through psychodrama people

a. are able to challenge irrational beliefs.
b. gain insight that will transfer to real-life situations.
c. learn self-reinforcement techniques.
d. try out many different roles to discover their true identities.

Answer: b (p. 530)

428. Psychodrama assumes that

a. people can learn to recognize the parent, adult, and child roles in their personality.
b. insights from acted-out sessions transfer to real-life situations.
c. participants learn to spot insincerity by adopting artificial roles.
d. participants delve deep into their own personalities by watching staged interactions.

Answer: b (p. 530)
429. In group therapy, Don, a disturbed teenager, acts out a typical family fight, with the therapist playing his father and with other clients playing his mother, brothers, and sisters. This type of therapy is known as
   a. psychodrama.
   b. a transference group.
   c. logotherapy.
   d. a sensitivity group.

430. Psychodrama participants engage in all of the following EXCEPT
   a. role reversal.
   b. role-playing.
   c. mirror technique.
   d. role engagement.

431. Which of the following involves taking the role of another person to learn how one’s own behavior appears from the other person’s perspective?
   a. reciprocal determinism
   b. shaping
   c. role reversal
   d. transference

432. To help clients understand the feelings of others, therapists using psychodrama may utilize
   a. role reversal.
   b. reflection.
   c. reciprocal inhibition.
   d. transference.

433. To help Betsy understand how her behavior appears to her husband Charles, their therapist is using psychodrama and has the couple
   a. confront each other’s irrational beliefs.
   b. reflect back each other’s statements.
   c. reverse roles in speaking to each other.
   d. act like children having an argument.

434. In a technique called role reversal, a husband who complained of an uncommunicative wife would
   a. act out the role of his wife in a therapeutic setting.
   b. play his typical role in the therapeutic setting.
   c. take the role of the therapist treating someone like him.
   d. study the actions of his wife after he has failed to communicate with her.

435. Role reversal and the mirror technique are methods of
   a. psychodrama.
   b. person-centered therapy.
   c. family therapy.
   d. brief psychodynamic therapy.

436. In a technique called the mirror technique, a wife who was upset about fights with her husband would
   a. act out the role of her husband in a therapeutic setting.
   b. play her typical role in the therapeutic setting.
   c. re-enact fights with her husband in the presence of other group members.
   d. watch as another group member acted out her role in the fight.
437. Which of the following is a technique that is designed to help a person see him or herself more clearly and involves watching his/her own behavior reenacted by another group member, much like watching a character in a play?
   a. the mirror technique
   b. reciprocal inhibition
   c. transference
   d. the somatic technique

438. In order to help Roger see how his words and gestures appear threatening, the therapist in this psychodrama group has Roger join the audience and two other members of the group play Roger and the person he is talking with. This technique is known as
   a. reciprocal inhibition
   b. role reversal
   c. transference
   d. the mirror technique

439. Which of the following is a technique in which all family members participate, both individually and as a group, to change destructive relationships and communication patterns?
   a. psychodrama
   b. family therapy
   c. sensitivity group
   d. encounter group

440. When children are not involved, family therapy is referred to as
   a. psychodrama
   b. couples therapy
   c. a sensitivity group
   d. an encounter group

441. Regarding family therapy, which of the following statements is FALSE?
   a. Family therapists believe that a problem experienced by one family member is really the whole family’s problem.
   b. Family therapists meet with the entire family at each session.
   c. Family therapy tends to be time-limited and focused on specific problems.
   d. If the entire pattern of behavior in a family doesn’t change, improvements in any single family member may not last.

442. Amy, a high school junior, has been having horrible arguments with her little sister, mother, and stepfather for the last year. She has also missed so much school without her parents’ knowledge that she will have to go to summer school. They also suspect she has been experimenting with drugs and is sexually active. Amy is seeing a counselor, who has requested that Amy’s mother, sister, stepfather, and biological father attend counseling sessions. This counselor most likely believes all of the following EXCEPT
   a. realizing that Amy’s problems are the whole family’s problems.
   b. that the family members need to change destructive patterns.
   c. that the family members will need to reshape distorted perceptions and improve communication with each other.
   d. that family members will have a calming atmosphere in which to state their beliefs regarding who or what is to blame for Amy’s problems.
443. Regarding family therapy, which of the following statements is FALSE?
   a. Family therapists must first determine who is to blame for the dysfunction within
      the family and try to change that person’s behavior first.
   b. Family therapists treat the family as a unit, although they may not meet with the
      entire family at each session.
   c. Family therapy tends to be time-limited and focused on specific problems.
   d. Family members work together to improve communication, to change destructive
      patterns, and to see themselves and each other in new ways.

444. Which of the following is NOT one of the goals of family therapy?
   a. to improve communication among family members
   b. to resolve inner conflicts for each individual family member
   c. to change destructive patterns within the family
   d. to have family members see themselves and each other in new ways

445. Which of the following arose from the human potential movement of the 1960s and
1970s?
   a. therapeutic alliances.
   b. EMDR groups.
   c. transference groups.
   d. group awareness training.

446. Which of the following statements regarding group awareness training is FALSE?
   a. Group awareness training arose from the human potential movement of the 1960s
      and 1970s.
   b. Group awareness training includes the use of sensitivity groups and encounter
      groups.
   c. Group awareness training is no longer applied in large group commercial
      programs.
   d. Group awareness training is sought by people who want personal growth
      experiences.

447. Group awareness training that helps people to seek personal growth experiences occurs
most often in
   a. therapeutic alliance and family therapy groups.
   b. sensitivity and encounter groups.
   c. REBT and EMDR groups.
   d. existential and psychodynamic groups.

448. Techniques designed to build trust and confidence in others would be most likely used
in
   a. Gestalt therapy.
   b. rational therapy.
   c. sensitivity groups.
   d. encounter groups.

449. Jed is participating in an exercise in which he will expand his confidence in others by
allowing himself to be led around while blindfolded. Jed is participating in a
   ________, which occurs most often in ________ groups.
   a. therapeutic alliance; large awareness
   b. trust walk; sensitivity
   c. role reversal; encounter
   d. psychodrama; Gestalt
450. “Trust walks” and other exercises to expand confidence in others are often used in
a. sensitivity groups.
b. encounter groups.
c. role reversals.
d. psychodramas.

451. Regarding the confrontational nature of various groups, ________ groups tend to be less
confrontational than ________ groups.
a. sensitivity; encounter
b. encounter; sensitivity
c. psychodrama; sensitivity
d. encounter groups; psychodrama

452. The goal of sensitivity groups is to
a. reinforce appropriate behavior in other group members.
b. have group members act out current life problems.
c. take part in exercises designed to increase awareness of oneself and others.
d. engage in brutally honest discussions to tear down defenses and false fronts.

453. A person who is shy, withdrawn, and anxious would most likely find success with
a. sensitivity groups.
b. encounter groups.
c. large group awareness training.
d. psychodrama experiences.

454. Regarding group awareness training, participants take part in exercises such as “trust
walks” that gently enlarge self-awareness in ________ groups; while tearing down
defenses and false fronts is emphasized in ________ groups.
a. sensitivity; encounter
b. encounter; sensitivity
c. insight; action
d. humanistic; psychodynamic

455. Which of the following is a type of group awareness training that encourages intensely
honest interchanges among participants regarding feelings and reactions, and
emphasizes the tearing down of defenses and false fronts?
a. sensitivity group
b. encounter group
c. psychodrama
d. family therapy

456. The goal of encounter groups is to
a. reinforce appropriate behavior in other group members.
b. have group members act out current life problems.
c. take part in exercises designed to increase awareness of oneself and others.
d. engage in brutally honest discussions to tear down defenses and false fronts.

457. Regarding encounter groups, which of the following statements is FALSE?
a. Encounter groups are based on honest expressions of feelings.
b. Encounter groups place an emphasis on removing defenses and false fronts.
c. Encounter groups are most effective when conducted by a trained leader.
d. Encounter groups are emotionally safe for all types of participants.
458. Regarding encounter groups, which of the following statements is TRUE?
   a. Encounter groups emphasize tearing down defenses and false fronts.
   b. Encounter groups pose few dangers for participants as long as they don’t hold back.
   c. Encounter groups are an effective method for curing neurosis.
   d. Encounter groups gently lead participants to a greater awareness of others.

459. Because of the danger of hostile confrontation, participation in which of the following is safest when members are carefully screened and a trained leader guides the group?
   a. sensitivity group
   b. encounter group
   c. large-group awareness training
   d. person-centered therapy

460. A depressed individual seeking help would be LEAST likely to find it in
   a. psychoanalysis.
   b. client-centered therapy.
   c. an encounter group.
   d. rational-emotive behavior therapy.

461. Lifespring, the Garden Company, the Forum, and other commercial programs that claim to increase self-awareness and facilitate constructive personal change are examples of
   a. therapeutic encounter groups.
   b. humanistic family therapy.
   c. large-group psychodrama training.
   d. large-group awareness training.

462. Like the smaller groups that preceded them, large-group awareness training uses __________ to promote personal change.
   a. group dynamics
   b. psychological exercises
   c. confrontation
   d. all of these

463. Regarding sensitivity, encounter, and large group awareness training, which of the following statements is FALSE?
   a. Many of the claimed benefits of these groups may result from a therapy placebo effect.
   b. These groups have been shown to be just as effective as other major individual therapeutic approaches.
   c. These groups continue to be widely used in a number of settings due to their versatility.
   d. These groups can be beneficial in helping people reach less ambitious goals, such as learning stress management techniques.

464. According to your textbook, the claimed benefits of large-group awareness training and sensitivity and encounter groups may be due to
   a. the therapeutic alliance.
   b. the therapy placebo effect.
   c. vicarious conditioning.
   d. the mirror effect.
465. Improvement caused not by the actual process of therapy, but by a client’s expectation that therapy will help, is known as  
   a. the therapy placebo effect.  
   b. the therapeutic alliance.  
   c. the all-or-nothing effect.  
   d. covert reinforcement.  

466. When participants receive benefits from sensitivity groups, encounter groups, and awareness groups, which of the following would NOT be a reason for these benefits?  
   a. positive expectations of the participants  
   b. a break in the participant’s regular routine  
   c. therapeutic alliance  
   d. the participant having an excuse to act differently  

467. According to your textbook, the claimed benefits of large-group awareness training and sensitivity and encounter groups may be due to  
   a. positive expectations that accompany attendance.  
   b. a break in daily routine.  
   c. an excuse to act differently.  
   d. all of these.  

OBJECTIVE 13.11 — Discuss how the effectiveness of therapy is determined; the strengths of each type of psychotherapy (Table 13.2); the core features and goals of all psychotherapies; how psychotherapy will likely look in the future; the basic counseling skills and helping behaviors that can be used by anyone to comfort a person in distress; and the skills necessary to be a culturally-skilled therapist.  

468. In a national survey, approximately how many people out of ten who sought mental health care say that their lives improved as a result of the treatment?  
   a. three  
   b. five  
   c. seven  
   d. nine  

469. Regarding the effectiveness of psychotherapy, which of the following statements is FALSE?  
   a. In a national survey, it was found that only five out of ten people who sought mental health care said their lives improved as a result of the treatment.  
   b. Studies have shown that some therapies are more effective for specific disorders.  
   c. When experiments are used to determine the effectiveness of therapies, a waiting-list control group is often used.  
   d. Someone who feels better after six months of therapy may have experienced a spontaneous remission.  

470. When a person says that he/she feels better after six months of therapy, it could be the result of the therapy or the result of  
   a. a spontaneous remission.  
   b. a therapy placebo effect.  
   c. the person receiving help from family, friends, or clergy.  
   d. any of these.
471. In order to determine whether therapy is effective, we could randomly assign a group of clients to an experimental group and a control group. The experimental group would _______ and the control group would _______.
   a. receive therapy; not receive therapy
   b. not receive therapy; receive therapy
   c. experience the therapy placebo effect; experience a spontaneous remission
   d. experience a spontaneous remission; experience the therapy placebo effect

472. When experiments are used to determine whether therapy is effective, the therapy can be deemed effective only if the
   a. control group shows improvement, but the experimental group shows none.
   b. waiting list group shows dramatic improvement over the experimental and control groups.
   c. experimental group shows more improvement than the control group.
   d. the experimental and waiting list groups show improvement and the control group shows no improvement.

473. When experiments are used to determine whether therapy is effective,
   a. it is not unusual for the control group to show some improvement, even without receiving therapy.
   b. the therapy can be deemed effective only if the experimental group shows more improvement than the control group.
   c. a waiting-list control group is used since it would be unethical to withhold treatment from someone who really needs therapy.
   d. all of these can occur.

474. When experiments are used to determine whether therapy is effective, a _______ group is often used.
   a. waiting-list control
   b. therapy placebo
   c. mirror technique
   d. spontaneous remission

475. To show the effectiveness of therapies, which of the following would be used as the control group?
   a. people currently receiving therapy
   b. people recently released from therapy
   c. people on a waiting list to receive therapy
   d. people randomly selected from the population

476. Jerome is in an experiment to determine the effectiveness of therapy. He is in the group that has not seen a therapist but will eventually receive therapy after the experiment is over. Jerome is part of the _______ group.
   a. role reversal
   b. waiting-list control
   c. therapy placebo
   d. spontaneous remission

477. Therapies that have been shown to be particularly helpful in treating obsessive-compulsive disorder include which of the following?
   a. drug therapy
   b. behavioral therapy
   c. cognitive-behavioral
   d. all of these
478. Research on the effectiveness of psychotherapy suggests that
a. for some people, therapy is tremendously helpful.
b. for some people, therapy is unsuccessful.
c. overall, therapy is effective for more people than not.
d. all of these statements are true.

479. Regarding the effectiveness of psychotherapy, which of the following statements is FALSE?
a. There is ample evidence that suggests that therapy is beneficial for most people.
b. Nearly nine out of ten people reported improved lives as a result of therapy.
c. The results of therapy for people with the same problems can be expected to be the same.
d. Therapy is not equally effective for all people.

480. Regarding the effectiveness of therapy, which of the following statements is FALSE?
a. The client-centered approach has been shown to be the most effective treatment for obsessive-compulsive disorder.
b. People often suffer for several years before seeking mental health services.
c. Because of the high costs and limited insurance coverage, the average client receives only five therapy sessions, after which only 20 percent felt better.
d. The majority of clients improve after six months of therapy.

481. About 50 percent of psychotherapy patients say they feel better after ______ one-hour weekly sessions.
   a. 5 to 7
   b. 8 to 10
   c. 13 to 18
   d. 25 to 30

482. Research shows that after 5 therapy sessions, ______ percent of psychotherapy patients feel better, while after 13 to 18 sessions, roughly ______ percent have improved.
   a. 10; 30
   b. 20; 50
   c. 50; 75
   d. 75; 95

483. Because of high costs and limited insurance coverage, the average patient receives only ______ therapy sessions, after which only ______ percent feel better.
   a. 3; 30
   b. 5; 20
   c. 9; 50
   d. 12; 40

484. Which type of individual, insight, directive psychotherapy has as its strength “searching honesty”?
   a. existential
   b. Gestalt
   c. psychoanalytic
   d. client-centered
485. In terms of its approach, which of the following types of psychotherapy is considered a nondirective therapy?

- a. psychoanalysis
- b. client-centered therapy
- c. Gestalt therapy
- d. brief psychodynamic therapy

486. Which of the following is considered an insight therapy?

- a. existential therapy
- b. behavior therapy
- c. cognitive therapy
- d. rational-emotive behavior therapy

487. Which of the following is considered an action therapy?

- a. psychoanalysis
- b. client-centered therapy
- c. existential therapy
- d. cognitive therapy

488. Which type of psychotherapy has, as its strength, “productive use of conflict”?

- a. existential
- b. Gestalt
- c. brief psychodynamic
- d. cognitive

489. Which of the following therapies has, as its strength, “acceptance and empathy”?

- a. behavior therapy
- b. client-centered therapy
- c. family therapy
- d. Gestalt therapy

490. Personal empowerment is the strength of _________ therapy, while a focus on one’s immediate awareness is the strength of _________ therapy.

- a. existential; Gestalt
- b. psychoanalysis; behavior
- c. behavior; cognitive
- d. psychodrama; brief psychodynamic therapy

491. The strength of rational-emotive behavior therapy involves

- a. acceptance and empathy.
- b. shared responsibility for problems.
- c. a clarity of thinking and goals.
- d. its emphasis on the resolution of “unfinished business.”

492. Constructive reenactments are provided by _________, while a shared responsibility for dealing with problems is encouraged by _________.

- a. psychodrama; family therapy
- b. Gestalt therapy; existential therapy
- c. cognitive therapy; client-centered therapy
- d. behavior therapy; brief psychodynamic therapy
493. Jared’s therapist uses an action therapy to help Jared manage his anger. The therapist expects to see observable changes in Jared’s reactions to frustration and disappointments that in the past led to violent outbursts. Jared’s therapist is most likely a
   a. psychoanalyst.
   b. Gestalt therapist.
   c. behavior therapist.
   d. client-centered therapist.

494. Jan’s therapist uses an insight therapy in helping Jan to deal with her fears and anxieties. Her therapist is intent on having Jan focus on her immediate awareness and not indulge in past experiences. Jan’s therapist is most likely a
   a. psychoanalyst.
   b. Gestalt therapist.
   c. behavior therapist.
   d. cognitive therapist.

495. Which of the following is NOT likely to be a goal of psychotherapy?
   a. gaining insight
   b. personality reorganization
   c. resolution of conflicts
   d. change in undesirable behaviors

496. Goals of psychotherapy include
   a. the resolution of conflicts.
   b. changing unacceptable patterns of behavior.
   c. restoring a sense of hope and optimism to clients.
   d. all of these.

497. Which of the following is NOT one of the goals of psychotherapy?
   a. finding purpose
   b. learning to approach problems rationally
   c. learning to repress one’s emotions
   d. restoring hope, courage, and optimism

498. To achieve its eight goals, psychotherapy offers
   a. the therapeutic alliance.
   b. a protected setting in which emotional catharsis can take place.
   c. a rationale for the client’s suffering.
   d. all of these.

499. Which of the following is a caring relationship that unites a therapist and a client in working to solve the client’s problems?
   a. a therapeutic alliance
   b. cathartic bonding
   c. the mirror effect
   d. reciprocal determination

500. Emotional rapport, warmth, friendship, understanding, acceptance, and empathy are the basis for the ________ that unites the client and therapist as they work together to solve the client’s problems.
   a. therapeutic alliance
   b. cathartic bonding
   c. mirror effect
   d. reciprocal determination

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501. Which of the following has been shown by research to have the greatest impact on whether therapy succeeds?
   a. the amount of emotional catharsis that takes place
   b. the strength of the therapeutic alliance
   c. whether an explanation or rationale is found for the client’s suffering
   d. whether the client is given a chance to practice new behaviors in a real-life setting

502. Those who enter formal psychotherapy can expect all of the following EXCEPT
   a. a chance to practice new behaviors.
   b. a setting for the free expression of emotions.
   c. an explanation and rationale for the client’s suffering.
   d. a setting for insightful personality reorganization.

503. Which is NOT a characteristic of all psychotherapies?
   a. Therapy provides a caring relationship between the client and therapist.
   b. The emphasis is placed on past experiences.
   c. A protected setting is offered for working out problems.
   d. A rationale for the client’s suffering and a proposed line of action to end the suffering is offered.

504. According to your textbook, the future of psychotherapy will include an increase in all of the following EXCEPT
   a. the use of computer-guided sessions that identify and help solve problems.
   b. the use of psychiatrists.
   c. telephone and Internet counseling.
   d. more therapy being provided by masters-level practitioners.

505. Regarding the predicted future of psychotherapy, which of the following statements is FALSE?
   a. The use of lower cost Internet services, telephone counseling, and self-help groups will grow.
   b. More therapy will be provided by psychiatrists and Ph.D.-level practitioners.
   c. There will be an increase in the use of short-term therapy and solution-focused, problem-solving approaches.
   d. The use of psychoanalysis will decrease.

506. A group of experts predicted that there would be an increase in therapy provided by master’s level practitioners, paraprofessionals, Internet services, telephone counseling, and self-help groups, and a decrease in the use of psychiatrists and psychoanalysis. These future trends were predicted based on
   a. pressures to reduce the cost of mental health services.
   b. research that shows that paraprofessionals, self-help groups, and Internet counseling provide better care for clients than do psychiatrists.
   c. the decreased attention span and motivational level of today’s clients to participate in long-term therapy.
   d. Internet and telephone services now being able to create the therapeutic alliance as well as long-term therapies did in the past.
507. In a recent study, clients worked through computer-guided sessions to treat relatively minor problems. Which of the following statements is FALSE?
   a. In this study, the participants worked through a total of ten computer-guided sessions.
   b. The computer-guided sessions helped the clients to identify a problem.
   c. The computer-guided sessions helped the clients to form a plan of action and work through carrying out the plan.
   d. A majority of the clients who participated in the computer-guided sessions were dissatisfied with this impersonal help they received.

Answer: d (p. 533)  
Obj. 13.11  
Fact  
Moderate  
*New Question

508. In a recent study, clients worked through ten computer-guided sessions to treat relatively minor problems. Most of the clients
   a. were satisfied with the help they received.
   b. were very dissatisfied with the help they received.
   c. were shocked that the computer-guided sessions cost more than regular therapy sessions.
   d. had symptoms that worsened during these waiting period sessions with the computer.

Answer: a (p. 533)  
Obj. 13.11  
Fact  
Moderate  
*New Question

509. One major development for therapy has been progress in identifying “empirically supported” therapies, which are therapies that are
   a. regarded by renowned experts in psychology as the most effective.
   b. regarded by the public and insurance companies as the most effective.
   c. computer-guided sessions that help individuals to identify problems and form plans of action.
   d. validated through research studies and work in clinics.

Answer: d (p. 533)  
Obj. 13.11  
Fact  
Moderate  
*New Question

510. One major development for therapy has been that psychologists are making progress in identifying ________ therapies that rely on guidelines developed through clinical practice and from research experiments.
   a. intuitive
   b. evidence-based
   c. psychodynamic
   d. existentially supported

Answer: a (p. 533)  
Obj. 13.11  
Concept  
Moderate  
*New Question

511. By relying on “empirically supported” therapies, all of the following will occur EXCEPT for clinicians
   a. relying mainly on intuition in the selection of therapies for specific disorders.
   b. seeking guidance from research experiments.
   c. having a better understanding of which therapies “work” best for specific types of problems.
   d. being able to weed out fringe “therapies” that have little or no value.

Answer: b (p. 533, Table 13.3)  
Obj. 13.11  
Application  
Moderate  
*New Question

512. Which of the following would be a behavior that would help if you were providing support and comfort to a friend in distress?
   a. helping the friend to place blame on the persons who upset him or her
   b. using open-ended questions and supportive statements
   c. probing painful topics to produce catharsis
   d. showing impatience to encourage your friend to stop feeling “sorry” for him or herself

Answer: b (p. 533, Table 13.3)  
Obj. 13.11  
Application  
Moderate  
*New Question
CHAPTER 13

Answer: c (p. 533, Table 13.3)
Obj. 13.11
Fact
Moderate

513. Which of the following is NOT an example of a behavior that would help if you were providing support and counseling to a friend?
   a. supportive statements
   b. use of reflection
   c. probing painful topics
   d. paraphrasing

Answer: b (p. 533, Table 13.3)
Obj. 13.11
Fact
Moderate

514. Which of the following behaviors could you use to help another person with a problem?
   a. judging and moralizing
   b. reflecting feelings
   c. probing painful topics
   d. criticism of conduct

Answer: c (p. 533, Table 13.3)
Obj. 13.11
Fact
Easy
*New Question

515. Which of the following is NOT an example of a behavior that would help if you were providing support and counseling to a friend?
   a. acceptance
   b. respect and genuineness
   c. helping to establish blame
   d. paraphrasing and reflecting

Answer: c (pp. 533-534)
Obj. 13.11
Fact
Moderate

516. Which of the following is NOT an effective counseling skill?
   a. active listening
   b. focusing on feelings
   c. providing advice and several solutions to the problem
   d. accepting the person’s perception of the world

Answer: a (pp. 533-534)
Obj. 13.11
Fact
Moderate

517. Which of the following is NOT an effective counseling skill?
   a. asking closed questions
   b. pausing five seconds or more before responding to the person
   c. accepting the person’s frame of reference
   d. giving feedback by restating what the person has said

Answer: c (pp. 533-534)
Obj. 13.11
Fact
Moderate

518. Which of the following is listed as an effective counseling skill in your text?
   a. Focus on trying to understand the cause of the person’s behavior.
   b. Provide generous advice and multiple solutions for the client’s problems.
   c. Ask open-ended questions to encourage a free expression of the person’s ideas.
   d. Keep the conversation going, with absolutely no silence.

Answer: d (p. 533)
Obj. 13.11
Application
Moderate

519. Your friend Kiki comes to you with a personal problem. The first thing you should do to counsel her is to
   a. give her advice on what she should do.
   b. ask a lot of questions to get her talking.
   c. tell her what you would do in her situation.
   d. actively listen to try to clarify the problem.

Answer: b (pp. 533-534)
Obj. 13.11
Application
Moderate
*New Question

520. Ashley is “counseling” her best friend, who says she is depressed. Ashley asks her friend if she feels depressed just at school or if she feels this way in other situations. Ashley is using which basic counseling skill?
   a. giving advice
   b. clarifying the problem
   c. imposing her view of reality on the problem
   d. keeping the conversation going, with absolutely no silence
521. When you are using the counseling skill known as reflection, you
   a. give feedback by simply restating what was said.
   b. ask open-ended questions.
   c. encourage catharsis by eliciting defensiveness in the person you are counseling.
   d. do all of these.

522. Your friend has just confided in you that she has failed a test. Which of the following statements would be the most helpful?
   a. “If you study a little more, I’m sure you will do better.”
   b. “That teacher gives the hardest tests and is so unfair.”
   c. “I failed a test my first year, too. You’ll get over it.”
   d. “You must be feeling very frustrated.”

523. Darnell’s friend has just broken up with his girlfriend and appears depressed. Which of the following statements should Darnell use to effectively counsel his friend?
   a. “Cheer up, there are plenty of girls at this college. Just go ask another one out.”
   b. “Go buy some flowers and surprise her. She’ll take you back.”
   c. “You’re better off without her. She was a nag, and she was spending all of your money.”
   d. “How are you feeling about this break-up with your girlfriend?”

524. Your friend Linda comes to you with a personal problem. Which of the following behaviors should you AVOID?
   a. pauses longer than a couple of seconds
   b. saying she is really at fault for her own problems
   c. paraphrasing her statements into your words
   d. asking open-ended questions

525. In counseling a friend, which of the following would NOT be one of your goals?
   a. providing advice regarding a solution for your friend’s problem
   b. helping to clarify your friend’s problem
   c. providing support
   d. accepting your friend’s frame of reference

526. The basic counseling skill of accepting the person’s frame of reference involves all of the following EXCEPT
   a. trying to understand the person’s viewpoint.
   b. not imposing your opinions on the person seeking help.
   c. examining the person’s problem through your own experiences.
   d. recognizing that there is no one “correct” perspective.

527. Anna tells her friend Jeffrey that she is thinking about “dropping out of college.” Jeffrey asks her, “Are you having trouble with your science and math courses? Did you talk to your instructors? Are you having trouble with your boyfriend?” Jeffrey’s attempts to help might be more successful if he
   a. asked more specific closed questions.
   b. explained how he studied for his college classes.
   c. told some of Anna’s female friends about her problems so they could help her.
   d. refrained from doing any of these.
Teams of psychologists and counselors are often assembled to provide support to victims of major accidents and natural disasters. Because their work is stressful and often heart wrenching, relief workers also benefit from on-site counseling. Thus, the major elements of disaster counseling involve

- identifying problems and planning solutions.
- expressing emotions and talking about feelings.
- asking open-ended questions and clarifying problems.
- giving advice and maintaining channels for follow-up.

Your text suggests that the two things which are the greatest mental health resources are

- confidentiality and listening.
- friendship and honest communication.
- a good therapist and empathy.
- a public commitment to mental health and well trained professionals.

Adapting traditional theories and techniques to meet the needs of clients from non-European ethnic and racial groups and treating members of racial and ethnic communities as individuals are abilities exhibited by

- sensitivity group therapists.
- encounter group therapists.
- culturally skilled therapists.
- all of these.

A therapist who has the awareness, knowledge, and skills necessary to treat clients from diverse cultural backgrounds is referred to as a(n) therapist.

- existential.
- eclectic
- client-centered
- culturally-skilled

In dealing with clients from different cultures, it is valuable for a therapist to be able to

- treat members of racial or ethnic communities as individuals.
- be aware of a client’s ethnic identity and degree of acculturation to the majority society.
- use existing helping resources within a cultural group to support efforts to resolve problems.
- do all of these.

Which of the following is a skill required of culturally skilled counselors?

- being able to recognize and participate in cultural stereotypes
- understanding the value system of a client’s culture
- treating members of diverse cultures differently, depending on one’s stereotypes
- encouraging the client's acculturation to the majority society’s ideals

In the example in the textbook regarding the Xhosa culture of South Africa, the young man, who was said to have “ifufunyane,” was later diagnosed with schizophrenia by a psychiatrist. The young man

- got much better when he took the antipsychotic drugs.
- got much better when he was treated with traditional herbs.
- got much better when he was treated with a combination of antipsychotic drugs and traditional herbs.
- never got better, since he was shunned by his family.
To be culturally skilled, a therapist must be able to

a. establish rapport with those from different cultural backgrounds.
b. recognize and understand cultural differences.
c. use existing helping resources within the cultural group.
d. do all of these.

**OBJECTIVE 13.12 — Discuss the three types of somatic therapy:** a. pharmacotherapy, including the three major types of drugs and examples of each type (Table 13.4), and the benefits and limitations of drug therapy, such as the risk-benefit ratio; b. electrical stimulation therapy, including electroconvulsive therapy (ECT) and implanted electrodes; and c. psychosurgery, including the prefrontal lobotomy and deep lesioning techniques.

Major mental disorders such as schizophrenia or major depressive disorders are more often treated with __________ rather than with __________.

Which of the following is often used to treat major mental disorders, such as schizophrenia, and is typically administered by psychiatrists?

- a. psychotherapy
- b. psychosurgery
- c. neurobiological therapy
- d. biopsychotherapy

Pharmacotherapy, electrical stimulation therapy, and psychosurgery are all forms of

- a. psychotherapy
- b. phototherapy
- c. somatic therapy
- d. physiotherapy

Any bodily therapy, such as drug therapy, ECT, or psychosurgery, is referred to as

- a. somatic therapy
- b. neurobiological therapy
- c. psychotherapy
- d. biopsychotherapy

Which of the following therapies would NOT be considered a somatic therapy?

- a. pharmacotherapy
- b. electrical stimulation therapy
- c. psychosurgery
- d. psychotherapy

Pharmacotherapy can best be described as the use of

- a. drugs to change a client's personality.
- b. drugs in treating emotional disturbances.
- c. electroconvulsive treatment and psychosurgeries.
- d. medicine and other medical techniques to treat bodily symptoms.
542. The use of drugs to alleviate the symptoms of emotional disturbance is known as
   a. ECT.
   b. psychotherapy.
   c. pharmacotherapy.
   d. lithiotherapy.

543. Which of the following is NOT one of the three major types of drugs used in pharmacotherapy?
   a. anxiolytics
   b. antidepressants
   c. major tranquilizers
   d. narcoleptics

544. The three major types of drugs are
   a. antipsychotics, antidepressants, and anxiolytics.
   b. anxiolytics, antianxiety, and psychotropics.
   c. detoxifying, antidepressants, and antipsychotics.
   d. minor tranquilizers, major tranquilizers, and anti-anxiety.

545. Anxiolytics
   a. produce relaxation.
   b. elevate mood.
   c. reduce hallucinations.
   d. eliminate delusions.

546. Valium is used to produce relaxation or reduce anxiety and would be classified as a(n)
   a. antipsychotic.
   b. major tranquilizer.
   c. antidepressant.
   d. anxiolytic.

547. Which of the following would NOT be classified as an anxiolytic?
   a. Valium
   b. Risperdal
   c. Xanax
   d. Ativan

548. Anxiolytics are generally used to
   a. improve the mood of depressed patients.
   b. calm agitated patients.
   c. prevent hallucinations.
   d. mimic the effects of psychosis for research purposes.

549. The main effect of antidepressants is
   a. relaxation and the reduction of anxiety.
   b. a tranquilizing effect.
   c. a reduction in delusions.
   d. mood-elevation.

550. Which of the following is NOT an example of an antidepressant?
   a. Haldol
   b. Zoloft
   c. Prozac
   d. Elavil
<table>
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<tr>
<th>Question Number</th>
<th>Question</th>
<th>Correct Answer</th>
<th>Page References</th>
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<tbody>
<tr>
<td>551</td>
<td>Major tranquilizers are also referred to as ________ drugs.</td>
<td>c</td>
<td>p. 535</td>
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<tr>
<td></td>
<td>a. anxiolytic</td>
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<td>b. antidepressant</td>
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<td>c. antipsychotic</td>
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<td>d. narcoleptic</td>
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<td>552</td>
<td>Which of the following types of drugs are used to reduce hallucinations and delusions?</td>
<td>c</td>
<td>Table 13.4</td>
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<tr>
<td></td>
<td>a. antidepressants</td>
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<tr>
<td></td>
<td>b. anxiolytics</td>
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<td>c. major tranquilizers</td>
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<td>d. energizers</td>
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<td>553</td>
<td>Which of the following is NOT an example of a major tranquilizer?</td>
<td>b</td>
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<tr>
<td></td>
<td>a. Haldol</td>
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<td></td>
<td>b. Clozaril</td>
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<td></td>
<td>c. Thorazine</td>
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<td></td>
<td>d. Elavil</td>
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<td>554</td>
<td>Regarding pharmacotherapy, which of the following statements is FALSE?</td>
<td>c</td>
<td>pp. 535-536</td>
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<tr>
<td></td>
<td>a. Pharmacotherapy involves the use of drugs to treat behavioral and emotional problems.</td>
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<td>b. Pharmacotherapy involves other medical treatments, such as ECT or EMDR.</td>
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<td>c. Pharmacotherapy is considered a type of somatic therapy.</td>
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<td>d. Pharmacotherapy is most beneficial when used in combination with some form of psychotherapy.</td>
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<td>555</td>
<td>The drugs used in pharmacotherapy</td>
<td>b</td>
<td>p. 536</td>
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<tr>
<td></td>
<td>a. generally cure mental illness.</td>
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<td>b. also help patients benefit from psychotherapy.</td>
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<td></td>
<td>c. chemically remove a patient’s underlying problems.</td>
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<td></td>
<td>d. tend to be under-utilized in most treatment settings.</td>
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<td>556</td>
<td>Regarding the use of drugs to treat emotional disturbances, which of the following statements is FALSE?</td>
<td>c</td>
<td>pp. 535-536</td>
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<tr>
<td></td>
<td>a. The use of drugs has radically changed the atmosphere in psychiatric wards.</td>
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<td>b. Hospital stays have become longer in order to regulate the patient’s medication.</td>
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<td></td>
<td>c. Drugs have made it possible for many people to return to the community and be treated on an outpatient basis.</td>
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<td></td>
<td>d. For serious mental disorders, a combination of medication and psychotherapy almost always works better than drugs alone.</td>
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<td>557</td>
<td>Which of the following is NOT one of the advantages of antipsychotic drugs?</td>
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<tr>
<td></td>
<td>a. Antipsychotic drugs are known to reduce or eliminate delusions in many patients.</td>
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<td>b. Antipsychotic drugs have been helpful in treating some cases of schizophrenia that were considered hopeless.</td>
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<td>c. Antipsychotic drugs typically cause only minor side effects.</td>
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<td>d. Antipsychotic drugs have shortened hospital stays.</td>
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<td>558</td>
<td>All of the following are listed in your text as possible side-effects of antipsychotic drugs EXCEPT</td>
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<td>a. vision problems.</td>
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<td>b. neurological disorders.</td>
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<td>c. rhythmic facial and mouth movements.</td>
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<td>d. blood disorders.</td>
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559. One of the drawbacks of using pharmacotherapy with psychotic disorders is that it
   a. does not relieve the symptoms of mental illness.
   b. may cause adverse neurological side-effects, such as rhythmic facial and mouth
      movements.
   c. results in longer, more expensive hospital stays.
   d. does not work as well as long-term psychotherapy for psychotic disorders.

560. Regarding the drugs Clozaril and Risperdal, which of the following statements is FALSE?
   a. They have both been successful in treating schizophrenia.
   b. They both have potentially lethal side-effects.
   c. They are not cure-alls for psychotic disorders.
   d. They both need to be prescribed carefully due to possible medical complications.

561. Although Clozaril has relieved the symptoms of schizophrenia in some previously
   “hopeless” cases, two out of 100 patients taking Clozaril will suffer from
   b. paralysis of the lower extremities.
   c. a potentially fatal blood disease.
   d. a non-remitting relapse within two years.

562. Harold has schizophrenia, and his doctor has recommended that he change to a new
   drug that can reduce his hallucinations and delusions without the lethal risk or side-
   effects of other, similar drugs. Harold’s doctor will most likely be prescribing
   a. Lithium Carbonate.
   b. Risperdal.
   c. Clozaril.
   d. Prozac.

563. When it comes to treating chronic schizophrenia,
   a. Risperdal is significantly less effective than Clozaril.
   b. both Clozaril and Risperdal have possibly lethal side-effects.
   c. Risperdal seems to have a more favorable risk-benefit ratio.
   d. Clozaril has milder side-effects than Risperdal.

564. The risk-benefit ratio in treating schizophrenia refers to
   a. the advantages and disadvantages of hospitalization.
   b. the benefits of medication in alleviating psychotic symptoms versus the adverse
      effects.
   c. the advantages and disadvantages of out-patient treatment versus hospitalization.
   d. the benefits of treating with medication versus psychotherapy.

565. Regarding the risk-benefit ration of drugs like Clozaril, what can be concluded?
   a. They are not effective in alleviating symptoms of schizophrenia.
   b. They are without dangerous side-effects.
   c. Many experts consider the risk worth it, because schizophrenia robs people of a
      worthwhile life.
   d. In most patients, the risks of using anti-psychotic medication, such as Clozaril,
      outweigh any benefits.

566. ECT and implanted electrodes are two types of
   a. pharmacotherapy.
   b. logotherapy.
   c. electrical stimulation therapy.
   d. cybertherapy.
567. Electrical stimulation therapy involves
a. ECT and implanted electrodes.
b. logotherapy and EMDR.
c. REBT and EMDR.
d. logotherapy and cybertherapy.

568. Which of the following achieve their effects by altering the electrical activity of the brain?
   a. MRIs
   b. Electrical stimulation therapy
   c. EMDR
   d. vicarious desensitization

569. Electroconvulsive therapy (ECT) would most likely be used as a last resort treatment for ________, when it does not respond to any other treatment.
   a. hyperactivity and generalized anxiety disorders
   b. conversion reactions
   c. paranoia
   d. severe depression

570. Electroconvulsive therapy has been shown to be effective with
   a. major depression.
   b. schizophrenia.
   c. bipolar disorder.
   d. obsessive-compulsive disorder.

571. Inducing seizures is a standard part of using
   a. Gestalt therapy.
   b. antidepressants.
   c. ECT.
   d. cybertherapy.

572. Regarding electroconvulsive therapy (ECT), which statement is TRUE?
   a. ECT causes shock-induced seizures that alter the biochemical balances in the brain and body.
   b. ECT is a treatment that involves passing a 250-volt electrical current through the brain for three minutes.
   c. ECT has few side effects and is considered a safe alternative to medication in treating depression.
   d. ECT is used today to treat delusional disorders, schizophrenia, and dissociative disorders.

573. According to various psychological experts, electroconvulsive therapy helps patients by
   a. inducing seizure activity.
   b. altering the biochemical and hormonal balance in the brain and body.
   c. confusing the patients so they can’t remember why they were depressed.
   d. doing all of these.

574. Regarding ECT, which of the following statements is FALSE?
   a. ECT can cause memory losses in some patients.
   b. ECT can rapidly end self-destructive or suicidal behavior.
   c. ECT patients feel that the treatment helped, and they would be willing to do it again.
   d. ECT should be followed by treatment involving the use of anxiolytics.
575. Regarding electroconvulsive therapy (ECT), which of the following statements is FALSE?
   a. ECT involves a 400-volt electrical current being passed through the brain for a few minutes.
   b. ECT causes a patient to have a seizure and to lose consciousness for a short time.
   c. ECT involves treatments that are given in a series of six to eight sessions.
   d. ECT includes the use of muscle relaxants and/or sedative drugs to lessen side effects.

576. The use of electroconvulsive therapy (ECT) for the treatment of depression
   a. produces only temporary improvement and must be combined with other treatments.
   b. can cause memory losses in some patients.
   c. should be used only after other treatments have failed.
   d. involves all of these considerations.

577. Which of the following is a last resort treatment for selected cases of depression and has been shown to rapidly end wildly self-destructive or suicidal behavior, but causes memory losses in some patients?
   a. EMDR
   b. ECT
   c. REBT
   d. DSM

578. The most appropriate use of electroconvulsive therapy is as a
   a. preferred means of treatment for anxiety disorders, particularly PTSD.
   b. preferred means of treatment for organic psychoses in which brain pathology exists.
   c. last resort means of treatment for antisocial disorders.
   d. last resort means of treatment for selected cases of depression that involves self-destructive or suicidal behavior.

579. Which of the following requires surgery but allows for electrical stimulation of targeted brain regions?
   a. implanted electrodes
   b. ECT
   c. EMDR
   d. cybertherapy

580. Regarding implanted electrodes, which of the following statements is FALSE?
   a. Implanted electrodes will require the patient to have surgery.
   b. Implanted electrodes allow specific brain regions to be targeted and stimulated.
   c. Implanted electrodes can be used to treat disorders other than depression, such as obsessive-compulsive disorder.
   d. Implanted electrodes are currently the preferred method for treating major mood disorders rather than using drugs or ECT.
582. Severely depressed patients have been helped by all of the following techniques EXCEPT for:
a. EMDR.
b. using implanted electrodes to stimulate specific brain regions.
c. stimulating pleasure centers in the brain.
d. ECT.

583. When drug therapy is ineffective, the procedure that has been shown to be effective in treating severe depression is ________, while the procedure that has been shown to be effective in treating both depression and obsessive-compulsive disorders is ________.
a. EMDR; ECT
b. implanted electrodes; EMDR
c. systematic desensitization; ECT
d. ECT; implanted electrodes

584. Any technique involving any surgical alteration of the brain is referred to as:
a. somatic surgery.
b. psychosurgery.
c. deep ECT.
d. psychic surgery.

585. Regarding psychosurgery, which of the following statements is FALSE?
a. Psychosurgery is a form of somatic therapy for psychological disorders.
b. Psychosurgery is defined as any surgical alteration of the brain designed to bring about desirable behavioral changes.
c. Psychosurgery is often used today as an additional treatment with medication to help people with psychosis.
d. Psychosurgery includes the procedure known as the “lobotomy.”

586. Lobotomies and deep lesioning are examples of:
a. ECT.
b. psychosurgeries.
c. REBT.
d. pharmacotherapy.

587. The oldest and most radical psychosurgery is:
a. ECT.
b. the lobotomy.
c. REBT.
d. deep lesioning.

588. The frontal lobes of the brain are surgically disconnected from other brain areas in a procedure known as a:
a. lobotomy.
b. “split-brain” operation.
c. hemispherectomy.
d. deep lesioning procedure.

589. Regarding prefrontal lobotomies, which of the following statements is TRUE?
a. Lobotomies are used today to treat major depressions when drugs do not work.
b. Lobotomies work as well as antipsychotic drugs with less side-effects.
c. Lobotomies have been shown to be successful in treating schizophrenia and obsessive-compulsive disorder.
d. None of these statements is true.
590. A therapeutic technique for psychological disorders that was supposed to calm person who did not respond to any other treatment, but often produced a high rate of undesirable side effects, such as seizures, blunted emotions, major personality changes, and stupor, was
   a. the prefrontal lobotomy.
   b. REBT.
   c. EMDR.
   d. deep lesioning.

591. Regarding the prefrontal lobotomy, which of the following statements is FALSE?
   a. Prefrontal lobotomies produce calming effects in some patients.
   b. Prefrontal lobotomies can turn some patients into mental “vegetables.”
   c. Prefrontal lobotomies are reversible procedures.
   d. Prefrontal lobotomies involve surgically disconnecting the frontal lobes from other brain areas.

592. The prefrontal lobotomy has been replaced by
   a. electroconvulsive shock.
   b. deep lesioning techniques.
   c. PET scans.
   d. X-ray therapy.

593. A type of psychosurgery that involves destroying small target areas in the brain’s interior is called
   a. ECT.
   b. deep lesioning.
   c. a lobotomy.
   d. REBT.

594. Which of the following statements regarding deep lesioning is FALSE?
   a. Deep lesioning involves destroying small target areas within the brain’s interior.
   b. Deep lesioning has fewer side effects than the prefrontal lobotomies of the past.
   c. Like the lobotomy, deep lesioning is reversible.
   d. Patients suffering from a severe type of obsessive-compulsive disorder may be helped by a deep lesioning procedure.

595. Psychosurgery is rarely used for treatment of mental illness because
   a. the regrowth of brain cells slowly reverses effects of the procedures.
   b. electroconvulsive therapy has replaced it.
   c. it is irreversible.
   d. it has been shown to have little or no effect on personality.

**OBJECTIVE 13.13** — Describe the role of hospitalization and partial hospitalization in the treatment of psychological disorders; explain what deinstitutionalization is and how halfway houses have attempted to help in easing the patient’s return to the community; and discuss the roles of the community mental health centers and the work of paraprofessionals within these centers.

596. Which of the following involves placing a person in a protected setting where medical therapy is provided?
   a. mental hospitalization
   b. deinstitutionalization
   c. logotherapy
   d. pharmacotherapy
597. Which of the following can be considered a form of treatment since it takes patients out of situations that may be sustaining their problems?

a. mental hospitalization
b. deinstitutionalization
c. logotherapy
d. pharmacotherapy

598. Which of the following allows therapy to be conducted in a more controlled setting and provides individuals with the opportunity to take a break from self-destructive patterns?

a. logotherapy
b. deinstitutionalization
c. mental hospitalization
d. pharmacotherapy

599. People with drug addictions may find it nearly impossible to resist the temptations for drug abuse in their daily lives without the use of

a. logotherapy.
b. ECT.
c. hospitalization.
d. pharmacotherapy.

600. For those with major mental disorders, hospitalization is often used as therapy because it is

a. a venue to conduct psychosurgery.
b. a sanctuary that provides diagnosis, support, refuge, and therapy.
c. a free place to stay without the financial pressures of the real-world.
d. an opportunity to engage in immunotherapy.

601. Hospitalization can be considered a form of therapy because it

a. motivates clients to work harder to solve their problems.
b. makes the use of chemotherapy and immunotherapy possible.
c. removes the individual from situations maintaining the problem.
d. allows the troubled individual to see that others are likewise troubled.

602. Regarding mental hospitalization, which of the following statements is FALSE?

a. Without hospitalization, people with drug addiction may find it nearly impossible to resist the temptation for drug abuse in their daily lives.
b. It is preferable for hospitalization to occur in a large state mental hospital rather than psychiatric units of general hospitals.
c. Most psychiatric patients do as well with short-term hospitalization as they do with longer periods of hospitalization.
d. The average length of stay in psychiatric hospitals has decreased over the past several decades.

603. Regarding mental hospitalization, which of the following statements is FALSE?

a. The average length of stay in psychiatric hospitals has increased over the past several decades.
b. Large state mental hospitals may leave some people less prepared to face the world when they are released.
c. Psychiatric units in general hospitals and private psychiatric hospitals tend to be sanctuaries that provide support, refuge, and therapy.
d. In most cases of mental illness, hospitalization is a last resort in treatment.
604. Today the average stay in a psychiatric hospital is
   a. 20 days.
   b. three months.
   c. six months.
   d. one year.

605. An approach in which patients receive treatment at a hospital during the day but return home at night is referred to as
   a. a halfway house.
   b. deinstitutionalization.
   c. partial hospitalization.
   d. crisis intervention.

606. According to your textbook, partial hospitalization refers to the patient
   a. spending days at the hospital and going home at night.
   b. spending two weeks in the hospital, then two weeks out, and two weeks in and so on.
   c. being treated on an outpatient basis at a community mental health center.
   d. spending time in a halfway house rather than an actual psychiatric hospital.

607. Regarding partial hospitalization, which of the following statements is FALSE?
   a. Partial hospitalization allows patients to go out into the real world and practice what they’ve learned in treatment.
   b. Partial hospitalization can involve the patients spending their days in the hospital and going home at night.
   c. Partial hospitalization can involve the patients spending their days at home or work and attending therapy sessions in the evenings.
   d. Partial hospitalization has not been shown to be as effective as full hospitalization.

608. In the last few decades, the number of people and the length of stay in mental hospitals has
   a. greatly increased.
   b. slightly decreased.
   c. greatly decreased.
   d. slightly increased.

609. In the last 50 years the population in large mental hospitals has
   a. increased by 10 percent.
   b. increased by one-third.
   c. decreased by 10 percent.
   d. decreased by two-thirds.

610. The reduced use of full-time commitment to mental institutions for the treatment of mental disorders is referred to as
   a. the therapeutic alliance.
   b. the crisis intervention alternative.
   c. somatic out-patient therapy.
   d. deinstitutionalization.

611. Modern practices in the treatment of psychological disorders avoid long-term hospitalization due to its chief negative side-effect of
   a. self-destructive behaviors.
   b. physical disability.
   c. life-long dependency.
   d. chronic depression.
612. Deinstitutionalization can best be described as
   a. the dependency, isolation, and continued emotional disturbance that results from
      commitment to a mental hospital.
   b. a trend toward reduced use of full-time commitment to mental institutions.
   c. the combined use of medication and hospitalization to treat mental illness.
   d. the complete abandonment of hospitalization as a form of treatment for mental
      illness.

613. Regarding deinstitutionalization, which of the following statements is FALSE?
   a. Deinstitutionalization was meant to remedy the problems of dependency caused
      by long-term hospitalization.
   b. Many states have reduced mental hospital stays primarily as a way to save money.
   c. Many former patients have become homeless or are repeatedly jailed for minor
      crimes.
   d. Community mental health centers and local hospitals have been able to provide
      adequate care for the patients that have been released from mental hospitals.

614. Deinstitutionalization has resulted in former patients
   a. receiving adequate care through community mental health centers.
   b. receiving adequate care through local hospitals.
   c. becoming homeless or repeatedly jailed.
   d. staying on their medications and not being readmitted to the hospitals.

615. Of the two million persons in jails or prisons in America, one out of _____ are mentally
   ill.
   a. two
   b. five
   c. ten
   d. twenty

616. The negative impact of shortening psychiatric hospitalization has been to
   a. cost states large amounts of money for added care in halfway houses.
   b. discharge many chronic patients into hostile communities.
   c. move patients into situations involving treatment by paraprofessionals.
   d. allow the less severe patients better access to mental health care.

617. Which of the following are short-term group living facilities for people making the
   transition from mental hospitals to independent living?
   a. deinstitutionalizations
   b. encounter groups
   c. halfway houses
   d. somatic therapy groups

618. When well-run, which of the following can be a humane and cost-effective way to ease
   former mental patients back into the community?
   a. halfway houses
   b. sensitivity groups
   c. encounter groups
   d. somatic therapy groups
619. Regarding halfway houses, which of the following statements is/are TRUE?
   a. Halfway houses are designed to ease a patient’s return to the community.
   b. Halfway houses are helpful in keeping patients close to their families.
   c. Halfway houses can reduce a person’s chances of being readmitted to a hospital.
   d. Halfway houses are characterized by all of these.

Answer: d (p. 538)
Obj. 13.13
Fact
Easy

620. Regarding halfway houses, which of the following statements is FALSE?
   a. Halfway houses offer supervision and support to people with mental illness
      without being as restrictive as hospitals.
   b. Halfway houses can reduce a person’s chances of being readmitted to a hospital.
   c. Halfway houses help patients with mental illness become more independent.
   d. Halfway houses are long-term group living facilities for patients with mental illness.

Answer: c (p. 538)
Obj. 13.13
Fact
Moderate

*New Question

621. Which of the following are facilities offering a wide range of mental health services,
   such as out-patient care, counseling, consultation, crisis intervention, and suicide
   prevention?
   a. halfway houses
   b. partial hospitalization units
   c. community mental health centers
   d. large group awareness programs

Answer: c (p. 541)
Obj. 13.13
Fact
Moderate

622. Directly aiding troubled citizens and preventing emotional problems from occurring
   are the main goals of
   a. pharmacotherapy.
   b. REBT.
   c. community mental health programs.
   d. large group awareness programs.

Answer: b (p. 538)
Obj. 13.13
Fact
Moderate

623. One of the main goals of community mental health centers is an emphasis on
   a. serving as half-way houses for patients reentering society.
   b. prevention of psychological problems.
   c. improved training for psychiatric workers.
   d. the revolving-door policies.

Answer: d (p. 538)
Obj. 13.13
Fact
Moderate

624. According to your textbook, which of the following is NOT one of the typical services
   provided by community mental health centers?
   a. counseling
   b. prevention of mental illness
   c. crisis intervention
   d. short-term inpatient care

Answer: a (p. 538)
Obj. 13.13
Fact
Easy

*New Question

625. Skilled management of a psychological emergency is referred to as
   a. crisis intervention.
   b. ECT.
   c. EMDR.
   d. deinstitutionalization.

Answer: b (p. 538)
Obj. 13.13
Fact
Easy

626. Crisis intervention involves
   a. skilled management of an ongoing, long-term psychological problem.
   b. skilled management of a psychological emergency.
   c. the use of partial hospitalization instead of institutionalization.
   d. the use of halfway houses rather than hospitalization.
627. Regarding community mental health centers, which of the following statements is FALSE?

a. These centers try to minimize hospitalization and seek new answers to problems.

b. These centers provide short-term treatment and inpatient care.

c. These centers have succeeded in making psychological services more accessible to the general public.

d. These centers provide special crisis and emergency services.

Answer: a (p. 538)
Obj. 13.13
Fact
Moderate

*New Question

628. Regarding community mental health centers, which of the following statements is FALSE?

a. In practice, community mental health centers have concentrated much more on preventing mental illness than in providing clinical services.

b. Some centers have attempted to raise the general level of mental health in communities by combating unemployment, delinquency, and drug abuse.

c. Many of the programs at community mental health centers rely on paraprofessionals.

d. Community mental health centers provide special crisis and emergency services.

Answer: a (p. 538)
Obj. 13.13
Fact
Moderate

629. In practice, community mental health centers have

a. concentrated more on providing clinical services than on prevention.

b. been unable to make mental health services accessible to the community.

c. not been able to use paraprofessionals because of community distrust.

d. been more highly funded than hospital services offered by the community.

Answer: b (p. 538)
Obj. 13.13
Fact
Moderate

*New Question

630. Individuals who work in a near-professional capacity under the supervision of a more highly-trained person in providing psychological services are called

a. psycholinguists.

b. paraprofessionals.

c. psychiatric orderlies.

d. psychiatric social workers.

Answer: b (p. 538)
Obj. 13.13
Fact
Moderate

*New Question

631. Tabor, an ex-addict, now works in the mental health program he once attended. For the new clients coming to the drug program, Tabor, who has “been there,” tends to be more approachable than the doctors. Tabor is a

a. psychiatric resident.

b. paraprofessional.

c. psychiatric orderly.

d. psychiatric social worker.

Answer: c (p. 538)
Obj. 13.13
Application
Moderate

*New Question

632. Joseph is a retired carpenter and the father of one of the counselors at the mental health center. Joseph volunteers his time at the mental health center to teach crafts during the day programs. The clients find him very warm and understanding. Joseph would be considered a(n)

a. social work intern.

b. psychiatric orderly.

c. paraprofessional.

d. occupational therapist.

Answer: a (p. 538)
Obj. 13.13
Application
Moderate

*New Question

633. One way to alleviate the severe shortage of people working in mental health occupations is to

a. encourage people to enter the field as paraprofessionals.

b. encourage psychiatrists to take on bigger case loads.

c. remove emphasis on preventive mental health services so the seriously disturbed can be attended to.

d. simply pay these professionals what they are worth.

Answer: b (p. 538)
Obj. 13.13
Fact
Moderate

*New Question

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634. Regarding the use of paraprofessionals for mental health services, which of the following statements is/are TRUE?
   a. Paraprofessionals are individuals who work in a near-professional capacity under the supervision of more highly trained staff.
   b. Some paraprofessionals are ex-addicts, ex-alcoholics, or ex-patients who have “been there.”
   c. Some paraprofessionals are persons (paid or volunteer) who have skills in tutoring, crafts, or counseling and are skilled at communication.
   d. All of these statements are true about paraprofessionals.

**OBJECTIVE 13.14** — Describe how persons can apply behavioral principles to themselves in order to solve everyday problems by using each of the following: a. covert sensitization; b. thought stopping; c. covert reinforcement; and d. self-directed desensitization, including the procedure for constructing a hierarchy and using the hierarchy.

635. Although a person should seek professional help when a significant problem exists, lesser difficulties may be treated by using _______ on oneself.
   a. logotherapy
   b. psychodrama
   c. behavior principles
   d. somatic techniques

636. Regarding the use of behavior therapy, which of the following statements is FALSE?
   a. Naturally aversive actions are easy behavioral principles that one can apply to one’s personal behavior.
   b. Although a person should seek professional help when a significant problem exists, lesser difficulties may be treated by applying behavior principles to oneself.
   c. Covert sensitization and thought stopping are two examples of behavioral therapy that one can apply to one’s own behavior.
   d. Intensive behavioral techniques, such as the use of electric shocks or rapid smoking, are difficult for most people to carry out on their own.

637. Regarding the use of behavior therapy, which of the following statements is FALSE?
   a. The use of behavior therapy is often quite complicated and requires a great deal of expertise.
   b. In covert sensitization, aversive imagery is used to reduce the occurrence of an undesirable response.
   c. In thought stopping, aversive stimuli are used to interrupt or prevent upsetting thoughts.
   d. Rapid smoking is an aversion technique that smokers can carry out on their own.

638. Attempting to control a habit by associating it with something disturbing in one’s imagination is a behavioral technique called
   a. covert association.
   b. negative association.
   c. covert sensitization.
   d. negative reinforcement.

639. In order to be maximally effective, covert sensitization should be done
   a. several times a day.
   b. once a day.
   c. only when the person is completely relaxed.
   d. in the presence of a therapist.
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| 640. The covert sensitization technique described in the text requires | b | a. self-imposed periods of time-out.  
b. one to associate disgusting or disturbing thoughts with an undesirable habit.  
c. one to construct a personal hierarchy of aversive situations and then vividly picture relaxing images.  
d. the listing of rewards that maintain an undesirable habit and then elimination of them. |
| 641. Although Jesse would not be considered an alcoholic, he wishes to reduce the number of beers he drinks to a couple a week. So, Jesse makes out a set of cards that will help him to vividly imagine himself becoming an alcoholic. He will take out these cards and picture this disturbing scene several times a day. Jesse is using _______ to break his drinking habit. | c | a. stimulus substitution  
b. thought control  
c. covert sensitization  
d. thought stopping |
| 642. To reduce the time you spend watching TV, you vividly imagine yourself failing an important exam. This technique is called | b | a. stimulus substitution.  
b. thought control.  
c. covert sensitization.  
d. thought stopping. |
| 643. By simply choosing something you do frequently each day, like getting up from your favorite chair, as a cue to take out the cards and vividly picture yourself engaging in the action you wish to curb, your covert sensitization procedure can be placed under | b | a. extinction.  
b. stimulus control.  
c. a fixed interval schedule.  
d. a fixed ratio schedule. |
| 644. Every time Tenisha goes in the kitchen, this action serves as a cue for her to take out her covert sensitization cards and vividly picture herself engaging in smoking and developing lung cancer. Tenisha has placed her covert sensitization procedure under | b | a. extinction.  
b. stimulus control.  
c. a fixed interval schedule.  
d. a fixed ratio schedule. |
| 645. If you wish to use covert sensitization, you would NOT do which of the following? | b | a. On each of six 3x5 cards write a brief description of a disturbing or disgusting scene related to the habit you wish to control.  
b. Arrange the cards in an order from most to least bothersome to you.  
c. Choose something you frequently do each day, and then at that time vividly picture the scene on the top card for 30 seconds.  
d. Rotate the cards at each stimulus control point and make new cards each week. |
Marie, who wants to lose weight, looks at a dessert and visualizes maggots crawling on it. Marie is obviously using ________ directly in a situation that tests her self-control.

a. systematic adaptation  
b. covert sensitization  
c. stress inoculation  
d. systematic desensitization

A behavior modification procedure that assists an individual in suppressing upsetting mental images and internal “talk” is called

a. desensitization.  
b. covert sensitization.  
c. thought-stopping.  
d. operant suppression.

If you repeatedly “put yourself down” mentally or are preoccupied by needless worries and fears, a way to gain control over such thoughts involves using a technique known as

a. desensitization.  
b. covert sensitization.  
c. thought-stopping.  
d. operant suppression.

Thought-stopping may be accomplished by

a. using anxiety-provoking images.  
b. pairing mild punishment with the thought or image.  
c. pairing social reinforcement to more desirable thoughts.  
d. training in covert inhibition.

Janice tends to engage in negative self-talk in which she constantly “puts herself down.” To eliminate this negative self-talk, Janice sets aside time each day to deliberately think of the unwanted thoughts and then to shout “Stop!” aloud and with conviction. She will repeat this procedure 10 to 20 times for the first two or three days. Then, she will switch to shouting “Stop!” to silently to herself rather than aloud whenever these negative thoughts occur. Janice is using which procedure?

a. desensitization.  
b. covert sensitization.  
c. thought-stopping.  
d. operant suppression.

Thought-stopping procedures involve ALL of the following EXCEPT

a. writing disgusting and disturbing scenes involving the thoughts you wish to eliminate.  
b. using mild punishment to suppress upsetting mental images and negative internal “talk.”  
c. setting aside time each day to practice shouting “Stop!” aloud each time you think an unwanted thought.  
d. shouting “Stop” covertly rather than aloud whenever upsetting thoughts occur.

You place a rubber band around your wrist. Every time you catch yourself engaging in negative self-talk, “pop” the rubber band as mild punishment. This technique is known as

a. covert sensitization.  
b. thought-stopping.  
c. desensitization.  
d. implosion.
653. If you choose one or more target behaviors and then rehearse them mentally with a vivid rewarding image, you would be using the technique of
   a. thought stopping.
   b. covert sensitization.
   c. desensitization.
   d. covert reinforcement.

654. To apply covert reinforcement procedures to increase desirable behavior, you would use
   a. relaxation procedures that reduce muscle tension.
   b. a visual image of a pleasant event.
   c. tokens that can be exchanged for privileges.
   d. only tangible objects that reduce basic drives.

655. To lose weight, you imagine yourself standing at the dessert table with your friends and being offered a dessert, which you politely turn down. This image is then followed by a pleasant, rewarding scene, such as someone telling you that you look great and how they wish they had your willpower to lose weight. You have just used the technique known as
   a. covert reinforcement.
   b. thought stopping.
   c. covert sensitization.
   d. desensitization.

656. You have quit smoking and now want to keep from “falling back” into the old habit. To maintain the “new non-smoking you,” you imagine someone offering you a cigarette, and you politely turning him or her down. This image is followed by imagining a pleasant, rewarding scene of yourself being told by the doctor that you are now so healthy that you should live to a ripe old age. You have just used the technique known as
   a. covert reinforcement.
   b. thought stopping.
   c. covert sensitization.
   d. desensitization.

657. Covert reinforcement is
   a. more effective than direct reinforcement for most people.
   b. a procedure that involves imagining a pleasant, reinforcing scene.
   c. a procedure that involves imagining disgusting images.
   d. not an effective method.

658. The most effective technique you can use to overcome common fears is
   a. covert sensitization.
   b. covert reinforcement.
   c. self-directed desensitization.
   d. aversive conditioning.

659. The first step in desensitization is
   a. understanding what causes anxiety.
   b. learning to relax voluntarily.
   c. deciding on the most feared stimulus in your hierarchy.
   d. deciding on the least feared stimulus in your hierarchy.
Voluntary relaxation can be achieved by use of a. the tension-release procedure. b. a desensitization hierarchy. c. stimulus control. d. vividly picturing implosive images.

Voluntary relaxation can be achieved by using all of the following EXCEPT a. the tension-release procedure. b. imagining a very safe, pleasant, relaxing scene. c. stimulus control. d. breathing deeply.

In order to overcome a common fear, self-directed desensitization would include a. constructing a hierarchy and the tension-release method. b. thought-stopping and covert reinforcement. c. REBT and ECT. d. resistance and transference.

When constructing a hierarchy for desensitization, situations should be ordered a. so that mildly disturbing and very disturbing situations are balanced and intermixed. b. from the least disturbing to the most disturbing. c. differently each time the hierarchy is reviewed. d. so that the first five situations cause no noticeable increase in muscular tension.

Jennifer has learned to voluntarily relax by using the tension-release procedure. She now is practicing relaxing to each item on a hierarchy related to a situation she finds frightening. Jennifer is using a. covert sensitization. b. covert reinforcement. c. self-directed desensitization. d. thought-stopping.

Which is NOT a preparation for using desensitization? a. learning to relax b. learning to visualize the reinforcement you are going to give yourself c. constructing a hierarchy of fearful situations d. setting aside times to practice relaxation as you vividly visualize scenes from the hierarchy

During self-directed desensitization, when one can vividly picture and imagine oneself in the fear-producing situation listed on the first card twice without a noticeable increase in muscle tension, one a. begins the relaxation procedure. b. proceeds to the next card. c. stops the procedure for the day. d. attempts this relaxation three more times.

During self-directed desensitization, when one reaches a card that cannot be visualized without becoming tense in three attempts, one a. begins the relaxation procedures. b. proceeds to the next card. c. stops the procedure for the day. d. reorders the cards.
668. Jason has reached a card in his self-directed desensitization procedure that he cannot visualize without becoming tense in three attempts, so he stops the procedure for the day. The next day, he will continue with the desensitization by
   a. starting one or two cards before the one on which he stopped the previous day.
   b. starting with the card on which he stopped the previous day.
   c. skipping the card on which he stopped the previous day and proceeding with the next card.
   d. starting at the beginning of the hierarchy with the least fear-producing card.

669. Which of the following procedures would be the best to use if you wanted to reduce your fear or anxiety associated with public speaking, entering darkened rooms, heights, talking to members of the opposite sex, and taking tests?
   a. covert sensitization
   b. covert reinforcement
   c. thought-stopping
   d. self-directed desensitization

670. Regarding self-directed desensitization, which of the following statements is FALSE?
   a. By using self-directed desensitization, a person can reduce the fear associated with public speaking, taking tests, or talking to members of the opposite sex.
   b. Self-directed desensitization can help a person place relaxation under voluntary control.
   c. Using self-directed desensitization, a person imagines him or herself in the most fear-producing situation and then follows this image with a rewarding image.
   d. In self-directed desensitization, a person may relax by using deep breathing, by imagining a safe, pleasant, relaxing scene, or by using the tension-release method.

OBJECTIVE 13.15 — Explain how a person can find professional help by discussing each of the following topics: a. indicators that signal the need for professional help; b. sources for locating a therapist (Table 13.5); c. deciding on the type of therapist, such as a psychiatrist, psychologist, counselor, social worker, peer counselor, or self-help group; d. finding out about the therapist’s qualifications; and e. how to evaluate a therapist, including danger signals to watch for in therapy.

671. In a recent survey, what proportion of all American households had someone who received mental health treatment during the preceding year?
   a. one-fourth
   b. one-third
   c. half
   d. two-thirds

672. You have been urged by friends to consider seeking professional psychological help, and you have had a great deal of anxiety, sufficient to cause you significant discomfort. Perhaps you should consider
   a. having yourself hospitalized to relieve your stress.
   b. seeking advice from friends on how to eliminate your anxiety.
   c. seeking professional psychological help.
   d. doing nothing, as you are likely to feel better in a few days due to a spontaneous remission.
673. Which of the following would be the most valid reason for seeking a psychotherapist?
   a. intense grief immediately following the death of a spouse
   b. a gnawing feeling that one is not performing up to his or her potential
   c. being urged by friends to get professional help
   d. persistently unfavorable job performance evaluations each year

Answer: d  (p. 542)
Obj. 13.15
Concept
Moderate

674. Factors that indicate a need for professional help include which of the following?
   a. psychological discomfort comparable to physical pain that would have you seek a medical doctor or dentist
   b. significant changes in behavior, such as the quality of your schoolwork
   c. suggestion from a friend
   d. all of these

Answer: d  (p. 542)
Obj. 13.15
Fact
Easy

675. Which is NOT listed by the text as an indication that professional help should be sought?
   a. having persistent suicidal thoughts
   b. being urged by friends to seek help
   c. experiencing significant changes in the use of drugs, work efficiency, absenteeism, or important relationships
   d. experiencing psychological discomfort sufficient to cause you to ask friends for advice

Answer: c  (p. 542)
Obj. 13.15
Fact
Moderate

676. You have been urged by friends to consider seeking professional psychological help because you have been so “down” that you have not socialized with friends in over a month and you have missed work several times, which is uncharacteristic of you. Perhaps you should consider
   a. having yourself hospitalized to relieve your exhaustion.
   b. seeking advice from friends on how to eliminate your moodiness.
   c. going to see a professional counselor.
   d. doing nothing, as “blues” tend to run their course and you are likely to feel better in a few days.

Answer: d  (p. 543)
Obj. 13.15
Application
Easy

677. Which of the following is considered the LEAST preferred place to find a psychotherapist?
   a. the “yellow pages”
   b. community mental health centers
   c. student health or student counseling services
   d. newspaper advertisements

Answer: b  (p. 543)
Obj. 13.15
Concept
Moderate

678. When looking in the yellow pages, counselors are usually found under the heading __________; psychiatrists are generally listed under __________.
   a. “Mental Health Associations”; “Mental Health Centers”
   b. “Marriage and Family Counselors”; “Physicians”
   c. “County Mental Health”; “Physicians”
   d. “Marriage and Family Counselors”; “Mental Health Associations”

Answer: a  (p. 543)
Obj. 13.15
Fact
Easy
*New Question

679. Which group is organized by concerned citizens in many cities and keeps listings of qualified therapists and other services and programs in the community?
   a. mental health associations
   b. community encounter groups
   c. paraprofessional organizations
   d. half-way houses
Answer: d  (p. 543, Table 13.5)

680. All of the following are preferred methods for finding a therapist EXCEPT
a. contacting a mental health association.
b. going to a community mental health center.
c. getting a referral from your family doctor.
d. finding someone through a newspaper advertisement.

Answer: d (p. 543)

681. According to your text, which of the following is usually a good way to find a therapist?
a. calling a crisis hotline
b. going to your local community mental health center
c. going to a university counseling center
d. all of these

Answer: b (p. 543)

682. A telephone service for problems concerned with mental health and staffed by community volunteers is a
a. community mental health center.
b. crisis hotline.
c. university counseling center.
d. local mental health association.

Answer: d (p. 543, Table 13.5)

683. According to your textbook, which of the following would be considered a mental health resource?
a. family service/social agencies
b. employee assistance programs
c. health maintenance organizations (HMOs)
d. all of these

Answer: d (p. 543, Table 13.5)

684. According to your textbook, which of the following would be considered a mental health resource?
a. referrals from family doctors
b. state hospital outpatient clinics
c. local medical, psychiatric, or psychological societies
d. all of these

Answer: a (p. 543)

685. Compared to a psychologist, a psychiatrist
a. can prescribe drugs in all 50 states of the U.S.
b. usually charges lower fees than a psychologist.
c. can do psychotherapy, while a psychologist can only counsel and advise.
d. relies on psychodynamic techniques, while a psychologist is more client-centered.

Answer: c (p. 543)

686. Although a psychiatrist can administer somatic therapy and prescribe drugs, psychologists can also do this in
a. Maine and Wisconsin.
b. New York and California.
c. New Mexico and Louisiana.
d. Ohio and Florida.

Answer: d (p. 543)

687. In choosing a psychotherapist, you may want to consider
a. how much a particular therapist charges per hour.
b. the therapist’s qualifications.
c. whether you would like group or individual therapy.
d. all of these factors.
688. According to your textbook, counselors and social workers typically charge about ________ per hour for individual sessions, while group therapy averages about ________ an hour, since the therapist’s fee is divided among several people.
   a. $160; $100
   b. $100; $80
   c. $80; $40
   d. $40; $20

Answer: c (p. 543)
Obj. 13.15
Fact
Difficult
*New Question

689. Therapists at community mental health centers charge
   a. $115 an hour, on the average.
   b. $40 an hour, on the average.
   c. on a sliding scale based on the client’s ability to pay.
   d. nothing, since the therapists are government employees.

Answer: d (p. 543)
Obj. 13.15
Fact
Moderate

690. According to your textbook, which of the following is/are typical fees charged by the different psychological professionals?
   a. Psychiatrists average about $160-$200 per hour.
   b. Psychologists average about $100 per hour.
   c. Counselors and social workers average about $80 per hour.
   d. All of these are the typical fees mentioned in your textbook.

Answer: a (pp. 543-544)
Obj. 13.15
Application
Moderate

691. Aster works as a secretary for a large corporation. Since her divorce, she has been suffering from depression but does not think she can afford counseling. Which of the following statements would be INCORRECT information to give Aster regarding the cost and availability of counseling services?
   a. Most health insurance does not cover psychological services, so the corporation’s health plan would not pay for Aster’s counseling.
   b. Community mental health centers almost always charge on a sliding scale.
   c. Some communities have free or low cost counseling services staffed by sympathetic paraprofessionals or peer counselors.
   d. Check if there is a self-help group for those recovering from divorce meeting in the community.

Answer: b (p. 544)
Obj. 13.15
Fact
Moderate

692. The best definition of a peer counselor is a
   a. graduate student finishing his/her internship in counseling.
   b. non-professional person who has learned basic counseling skills.
   c. member of a self-help group who has the same type of problem as you do.
   d. counselor with training and qualifications similar to a licensed psychotherapist.

Answer: b (p. 544)
Obj. 13.15
Fact
Moderate
*New Question

693. Regarding counseling services and paraprofessionals, which of the following statements is FALSE?
   a. Counseling services at colleges are often staffed by peer counselors who have learned basic counseling skills.
   b. Many studies have shown that paraprofessional counselors are often as effective as professionals.
   c. The counseling services at colleges are provided free or at low cost.
   d. Paraprofessionals provide counseling services without being under professional supervision.

Answer: d (p. 544)
Obj. 13.15
Fact
Moderate
*New Question
694. Regarding peer counselors and self-help groups, which of the following statements is FALSE?
   a. In self-help groups, helping others also serves as therapy for those who give help.
   b. Many studies have shown that peer counselors are often as effective as professionals.
   c. A particular self-help group is usually made up of all of a psychologist’s clients having the same problem.
   d. Services provided by peer counselors in some communities and on college campuses are free or very low cost.

695. Groups of people who share a particular type of problem and provide mutual support to one another are called ________ groups.
   a. peer counseling
   b. self-help
   c. sensitivity
   d. encounter

696. Jan is a college student who is coping with an alcoholic parent by attending a group in which other members of this group also have family members with alcohol and drug problems. The members in this group provide each other with mutual support and a chance to discuss problems. This group would most likely be a(n) ________ group.
   a. peer counseling
   b. self-help
   c. sensitivity
   d. encounter

697. Tabitha is a college student who is receiving supportive therapy by attending a group made up of other women suffering from anorexia and bulimia. Tabitha finds that by helping others in the group, she is helping herself. Tabitha is participating in a(n) ________ group.
   a. peer counseling
   b. self-help
   c. sensitivity
   d. encounter

698. Regarding self-help groups, which of the following statements is/are TRUE?
   a. Self-help groups can add support to other forms of treatment.
   b. Self-help groups are used for specific types of problems such as eating disorders or alcoholism.
   c. For some problems, self-help groups are the best form of treatment.
   d. All of these statements are true.

699. Regarding the selection of a therapist, which of the following statements is FALSE?
   a. In selecting a therapist, the type of psychological approach employed by the therapist is more important than the therapist’s personal qualities.
   b. A reputable therapist will be glad to reveal his or her background and credentials upon request by the client.
   c. Credentials of therapists can be checked by contacting local branches of organizations, such as the American Psychological Association.
   d. Your family doctor and your psychology instructor are good sources for referral to a counselor.
700. Credentials of counselors may be checked, and other helpful information can be obtained from local branches of organizations, such as
   a. the American Association for Marriage and Family Therapy.
   b. the National Mental Health Association.
   c. the Canadian Psychological Association.
   d. all of these.

701. Studies of various psychotherapies indicate that
   a. all therapists are about equally successful.
   b. therapists who use a single approach toward therapy are the most successful.
   c. client-centered approaches are more successful than behavioral approaches.
   d. all techniques are about equally successful in the hands of a skilled therapist.

702. Studies indicate that therapy is more successful if the
   a. therapist uses only one psychological approach throughout the therapy.
   b. client trusts and easily relates to the therapist.
   c. client transfers his or her feelings from significant others to the therapist.
   d. client develops a dependence on the therapist for guidance.

703. According to your text, which of the following factors would be considered the most important in being an effective therapist?
   a. extensive training in counseling and/or psychotherapy
   b. thorough knowledge of the individual involved
   c. the personal characteristics of warmth, integrity, sincerity and empathy
   d. a network of professional contacts in the helping professions

704. The therapist’s most basic tool that will determine the success of the therapy is the
   a. therapist’s extensive training in counseling and/or psychotherapy.
   b. therapeutic relationship established between the client and therapist.
   c. type of psychological perspective utilized by the therapist.
   d. level of dependence that the client develops with the therapist.

705. Danger signs to watch for in psychotherapy include which of the following?
   a. the use of role reversal
   b. an overemphasis on empathy and emotional expression
   c. a therapist’s making sexual advances toward a client
   d. all of these

706. Danger signals to watch out for in psychotherapy include the therapist
   a. being controlling and blaming the client for not making progress.
   b. making verbal threats to the client.
   c. encouraging prolonged dependence on him or her.
   d. exhibiting any of these characteristics.

707. Which of the following is NOT a danger signal in psychotherapy?
   a. sexual advances by the therapist
   b. consistent attempts by the therapist to establish rapport
   c. the therapist talking repeatedly about his/her own problems
   d. the therapist requiring that the client not discuss therapy with anyone else
708. Jan likes her psychotherapist and believes that they both agree on the goals for her therapy. Often Jan wants to just engage her therapist in “small talk,” but the therapist tends to insist that they stick with the therapy plan. Jan was also surprised that the therapist told her that it was up to her whether she wanted to talk with her friends about what was taking place in therapy. According to your textbook, this therapist
a. should demand that Jan not discuss her therapy with anyone.
b. should allow some sessions just to be “small talk” in order to facilitate rapport.
c. needs to exert more control over Jan and encourage her to be more dependent on his counsel.
d. appears to be a professional psychotherapist.

709. Regarding therapy and the therapist, which of the following statements is FALSE?
   a. It is important for the client to develop a dependence on the therapist.
   b. Clients who like their therapists make more progress during therapy.
   c. You can usually find out about a therapist’s qualifications simply by asking, since a reputable therapist will be glad to reveal his or her background.
   d. Psychotherapy tends to be more of “an art than a science.”

710. Which statement about psychotherapy is TRUE?
   a. Most therapists are equally successful no matter which approach is used.
   b. Most techniques are equally successful in the hands of a skilled clinician.
   c. Therapists and clients need not agree about the goals of therapy.
   d. Effective therapists instruct clients not to discuss their therapy with anyone else.

711. Regarding therapy and the therapist, which of the following statements is TRUE?
   a. Successful therapists are willing to use whatever method seems helpful for the client.
   b. The client must develop a dependence on the therapist.
   c. Effective therapists often talk about their own problems to build rapport with their clients.
   d. Clients who dislike and are intimidated their therapists make more progress during therapy.

712. In choosing a therapist, it would be wise to remember that
   a. the therapist’s personal qualities may be more important than the type of therapy used.
   b. psychiatrists are usually better qualified to deal with problems than are psychologists.
   c. once you begin therapy, you should not consider changing to someone new.
   d. the training of a therapist is of little importance.

713. Studies indicate that therapy is more successful if clients
   a. develop a dependence on the therapist.
   b. develop a friendship with the therapist outside of the therapy sessions.
   c. agree on the goals for the upcoming counseling sessions.
   d. do not discuss their therapy with anyone except the therapist.

714. An especially important part of the therapeutic alliance is
   a. the agreement between the client and therapist on the goals of this therapy.
   b. the initial agreement on the fee structure for therapy.
   c. the joint decision between the client and therapist regarding whether drugs will be prescribed as part of the therapy.
   d. whether the client accepts the explanation of the client’s problems articulated by the therapist.
715. Which of the following questions should be answered during the first meeting with a therapist?
   a. What risks do I face if I begin therapy?
   b. Will the information I reveal in therapy remain completely confidential?
   c. How long do you expect treatment to last?
   d. All of these questions should be answered during the first meeting.

716. In order to receive the maximum benefit from therapy, one important guideline to follow is which of the following?
   a. It is a good idea to write down the goals that you want to accomplish by entering therapy, and discuss them with your therapist during the first session.
   b. You should give the therapist a fair chance and not give up easily.
   c. You should not hesitate to change therapists or to terminate therapy if you lose confidence in the therapist or if you do not relate well to the therapist as a person.
   d. All of these are important guidelines to follow when receiving therapy.

**True/False**

1. Since cognitive and behavioral therapies directly change troublesome thoughts and actions, these therapies would be considered insight therapies.
   a. True
   b. False

2. During the Middle Ages, the treatment for abnormal behavior was exorcism, which often involved physical torture to make the body an inhospitable place for the devil to reside.
   a. True
   b. False

3. A client suddenly begins to argue and treat the therapist like she does her mother, which, according to Freud, illustrates the process of resistance.
   a. True
   b. False

4. Rogers stated that a good therapist should be able to see and feel what the client is experiencing, a quality he called unconditional positive regard.
   a. True
   b. False

5. Gestalt therapists are more directive than client-centered or existential therapists.
   a. True
   b. False

6. Commercial telephone and Internet therapists have to be credentialed and licensed just like face-to-face therapists, as well as holding licensure in all 50 states in the U.S. and in Canada.
   a. True
   b. False

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7. Roger Vogler and his associates have found response-contingent shocks to be effective in helping alcoholics to stop drinking, by linking alcohol with immediate discomfort.
   a. True
   b. False

8. EMDR is a behavioral therapy that involves clients visualizing upsetting images while watching a pencil being moved from side-to-side before their eyes.
   a. True
   b. False

9. If ignoring a child’s temper tantrums causes the child to cease, a psychologist would call this effect negative reinforcement.
   a. True
   b. False

10. Jack considers himself to be a total failure in every aspect of his life because he failed one class. Jack’s behavior exemplifies the distortion in thinking that Aaron Beck called overgeneralization.
   a. True
   b. False

11. Cognitive therapy has been found to be as effective as drugs for treating many cases of depression.
   a. True
   b. False

12. A therapy in which clients act out personal conflicts and feelings in the presence of others is called somatic therapy.
   a. True
   b. False

13. During family therapy, the therapist meets with the entire family at each session.
   a. True
   b. False

14. In a national survey, nearly nine out of ten people who have sought mental health care said their lives improved as a result of the treatment.
   a. True
   b. False

15. Personal empowerment is the strength of existential therapy, while a focus on one’s immediate awareness is the strength of Gestalt therapy.
   a. True
   b. False
16. Anxiolytics are types of drugs used to reduce hallucinations and delusions in patients suffering from psychoses.
   a. True
   b. False

17. Today the average stay in a psychiatric hospital is 20 days.
   a. True
   b. False

18. Many former mental patients who were deinstitutionalized have become homeless or have been repeated jailed for minor crimes.
   a. True
   b. False

19. During self-directed desensitization, when one reaches a card that cannot be visualized without becoming tense in three attempts, one skips the card and proceeds to the next one.
   a. True
   b. False

20. Clients who like their therapists make more progress during therapy than those who do not like their therapists.
   a. True
   b. False

**Completion**

1. Leading clients to a deeper understanding of the origins of their thoughts, emotions, and behaviors is the goal of ________ therapies, while bringing about changes in troublesome thoughts and behavior without seeking an understanding into the origins of these thoughts and behaviors would describe ________ therapies.

2. A primitive procedure that was used to “release evil spirits” and consisted of boring, chipping, or bashing holes in the patients’ heads is called ________.

3. A grain fungus that is a natural source of LSD produced psychotic symptoms in unsuspecting people of the Middle Ages when they ate rye bread tainted with it. This fungus is called ________.

4. Cheryl has been responding to her therapist with hostility during her sessions. Upon further investigation, her therapist realized that she was unconsciously projecting her anger and frustration associated with her birth mother onto her therapist. Cheryl is experiencing ________.
5. If your therapist tends to focus on issues of death, freedom, isolation, and meaninglessness, he or she would probably be classified as a(n) ________ therapist.

6. Lee Ann’s psychotherapist draws attention to Lee Ann’s posture, voice, and gestures in order to help Lee Ann to become fully aware of her feelings. Lee Ann is also asked to exaggerate vague feelings until they become clear, allowing her “take care of unfinished business.” Lee Ann’s therapist is most likely a(n) ________ psychotherapist.

7. Some of the disadvantages of distance therapies have been overcome by technology that provides a two-way audio-video link, which allows a client and therapist to see one another on computer monitors and to talk via speakerphones. This widely available and inexpensive technology is called ________.

8. A therapy that utilizes classical conditioning in helping an individual to suppress an undesirable response by associating it with uncomfortable stimuli is called ________ therapy.

9. Gradually approaching a feared stimulus while maintaining relaxation describes the therapy technique known as ________.

10. Jeffery and Logan are brothers who are fighting over a new toy. Their mother sends them to separate rooms until they can calm down and agree to share the toy and play “nicely.” The mother is using the operant conditioning technique known as ________.

11. Rational-emotive behavior therapy attributes negative emotions to ________ that people have.

12. A group in which the participants take part in exercises such as “trust walks” that gently enlarge self-awareness is called a(n) ________ group; while a group that emphasizes tearing down defenses and false fronts is called a(n) ________ group.

13. A caring relationship that unites a therapist and a client in working to solve the client’s problems is referred to as a(n) ________.
14. Adapting traditional theories and techniques to meet the needs of clients from non-European ethnic and racial groups and treating members of racial and ethnic communities as individuals are abilities exhibited by ________ therapists.

Answer: culturally skilled (p. 534)  
Obj. 13.11  
Fact  
Moderate

15. Electroconvulsive therapy (ECT) would most likely be used as a last-resort treatment for ________, when it does not respond to any other treatment.

Answer: major (severe) depression (p. 536)  
Obj. 13.12  
Fact  
Moderate

16. The frontal lobes of the brain are surgically disconnected from other brain areas in a psychosurgery procedure known as a(n) ________.

Answer: prefrontal lobotomy or lobotomy (p. 537)  
Obj. 13.12  
Fact  
Moderate

17. The reduced use of full-time commitment to mental institutions is referred to as ________ and, unfortunately, has resulted in many former patients being homeless or repeatedly jailed.

Answer: deinstitutionalization (p. 538)  
Obj. 13.13  
Fact  
Moderate

18. Attempting to control a habit by associating it with something disturbing in one’s imagination is a behavioral technique called ________.

Answer: covert sensitization (p. 540)  
Obj. 13.14  
Fact  
Moderate

19. You place a rubber band around your wrist. Every time you catch yourself engaging in negative self-talk, “pop” the rubber band as mild punishment. This technique is known as ________.

Answer: thought-stopping (p. 541)  
Obj. 13.14  
Application  
Moderate

20. A group of people who share a particular type of problem and provide mutual support to one another is known as a(n) ________ group.
Essay Questions

(p. 510, 532, Table 13.2)
Obj. 13.1; 13.11 / www
Concept
Moderate

1. Describe whether each of the following therapies would be classified as either insight therapies or action therapies, and whether each of the therapies would be considered directive or non-directive; and EXPLAIN why they are classified this way: *psychoanalysis, client-centered therapy, existential therapy, Gestalt therapy, behavioral therapies, Beck’s cognitive therapy, and Ellis’ REBT.*

Answers will include that psychoanalysis, client-centered, existential, and Gestalt therapy would be classified as insight therapies, since they seek to lead clients to a deeper understanding of their thoughts, emotions, and behaviors; while the behavioral and cognitive therapies would be considered action therapies because they seek to directly change behaviors and thought patterns, respectively. Client-centered therapy is the only one that would be considered completely non-directive, since clients are responsible for solving their own problems with the therapist acting as a facilitator. Existential therapists can take a directive or a non-directive approach within this insight therapy. Therapists provide strong guidance in the other therapies listed.

(p. 511)
Obj. 13.2
Fact
Difficult
*New Question

2. Discuss the history of how mental illness has been treated from the Stone Age, through the Middle Ages, until Pinel’s work in France; include the approaches used and which mental disorders “patients” were probably suffering from.

Answer will include that archaeological findings dating to the Stone Age suggest that most primitive approaches were marked by fear and superstitious belief in demons, witchcraft, and magic. One of the more dramatic “cures” practiced by primitive “therapists” was a process called trepanning, also sometimes spelled trephining. In modern usage, trepanning is any surgical procedure in which a hole is bored in the skull. In the hands of primitive therapists it meant boring, chipping, or bashing holes into a patient’s head. Presumably this was done to relieve pressure or release evil spirits. Some “patients” actually survived the “treatment.” During the Middle Ages, treatments for mental illness in Europe focused on demonology, the study of demons and persons plagued by spirits. Medieval “therapists” commonly blamed abnormal behavior on supernatural forces, such as possession by the devil, or on curses from witches and wizards. As a cure, they used exorcism to “cast out evil spirits.” For some, exorcism was a religious ritual, but more often, physical torture was used to make the body an inhospitable place for the devil to reside. Modern analyses of “demonic possession” suggest that many victims were suffering from epilepsy, schizophrenia, dissociative disorders, and depression. One reason for the rise of demonology may lie in ergotism, a psychotic-like condition caused by ergot poisoning. In the Middle Ages, rye fields were often infested with ergot fungus. Ergot is a natural source of LSD and other mind-altering chemicals. Eating tainted bread could have caused symptoms that were easily mistaken for bewitchment or madness. Pinching sensations, muscle twitches, facial spasms, delirium, and hallucinations are signs of ergot poisoning. In 1793, a French doctor named Philippe Pinel changed the Bicêtre Asylum in Paris from a squalid “madhouse” into a mental hospital by unchaining the inmates. Finally, the emotionally disturbed were regarded as “mentally ill” and given compassionate treatment.
3. Describe the four basic techniques used in Freudian psychoanalysis and explain the purpose of each.

Answer will include the following techniques: (1) Free association involves saying whatever comes to mind. Patients must speak without worrying whether ideas are painful, embarrassing, or illogical. Thoughts are allowed to move freely without self-censorship. The purpose of free association is to lower defenses so that unconscious thoughts and feelings can emerge. (2) Dream analysis came from Freud’s belief that dreams provide a “royal road to the unconscious” since they freely express forbidden desires and unconscious feelings. Such feelings are found in the latent content (hidden, symbolic meaning) of dreams. Normally, we only remember a dream’s manifest content (obvious, visible meaning), which tends to disguise information from the unconscious. Freud was especially interested in unconscious messages revealed by dream symbols (images that have personal or emotional meanings). (3) Analysis of resistance is done when patients resist talking about or thinking about certain topics when they are free associating or describing their dreams. Such resistances (blockages in the flow of ideas) reveal important unconscious conflicts. Analysts bring these “blockages” to the patient’s awareness so the patient can deal with them realistically. Rather than being roadblocks in therapy, resistances can be challenges and guides. (4) Analysis of transference is done when the analyst notes that the patient is “transferring” feelings to a therapist that match those the patient had for important persons in his or her past. The patient may act if the analyst is a rejecting father or overprotective mother. As the patient re-experiences repressed emotions, therapists can help the patient recognize and understand them. Effective therapists learn to avoid reacting as others do and playing the patient’s resistance and transference “games.”

4. Describe the four basic conditions that Carl Rogers believed that effective therapist should maintain.

Answer will include that the therapist offers the client (1) unconditional positive regard (unshakable personal acceptance). The therapist refuses to react with shock, dismay, or disapproval to anything the client says or feels. Total acceptance by the therapist is the first step to self-acceptance by the client. (2) The therapist attempts to achieve genuine empathy by trying to see the world through the client’s eyes and feeling some part of what the client is feeling. (3) The therapist strives to be authentic (genuine and honest). The therapist must not hide behind a professional role. Rogers believed that phony fronts destroy the growth atmosphere sought in client-centered therapy. (4) The therapist using reflection and does not make interpretations, propose solutions, or offer advice. Reflection involves rephrasing, summarizing, or repeating the client’s thoughts and feelings. This allows the therapist to act as a psychological “mirror” so clients can see themselves more clearly.
5. Discuss the various types of distant therapies, including how they can be helpful and harmful to the public, the APA’s recommendation for media psychologists, and the advantages and limitations of the different types.

Answer will include that on a typical phone-in radio or television show, participants describe common problems, such as child abuse, marriage, or depression. The media psychologist then offers reassurance, advice, or suggestions for getting help. This raises the question of whether it is reasonable to give without knowing anything about a person’s background. Media psychologists point out that listeners and viewers may learn solutions to their problems by hearing others talk. Many also stress that their work is educational, not therapeutic. The well-known media psychologist Dr. Phil McGraw has even been given an award from the APA for his work in publicizing mental health issues. The American Psychological Association urges media psychologists to discuss problems only of a general nature, instead of actually counseling anyone. For example, if a caller complains about insomnia, the radio psychologist should talk about insomnia in general, not probe the caller’s personal life. A good guide for anyone tempted to call a radio psychologist or accept advice from a TV psychologist might be “let the consumer beware.” The same caution applies to commercial telephone and Internet therapists. A key feature of successful face-to-face therapy is the establishment of a continuing relationship between two people. In this regard, distance therapies are limited by a lack of interpersonal cues, such as facial expressions and body language. Of special concern is the fact that distance therapists may or may not be trained professionals. And even if they are, questions exist about whether a psychologist licensed in one state can legally do therapy in another state via the telephone or the Internet. Advantages of distance counseling include that it is more easy to remain anonymous, so that a person who might hesitate to see a psychologist can seek help privately, on the phone or online. However, email counseling may not be completely confidential and could be intercepted and misused. People who live in rural areas can also more easily work with psychologists living in large cities through distance therapy; and distance therapies are less expensive than office visits. Telephone therapies have been shown to be successful with people who want to quit smoking and those suffering from depression. Regarding the Internet, widely available and inexpensive technologies, such as Skype, make it easy to create two-way audio-video links that allow a client and therapist to see one another on computer monitors and to talk via speakerphones. Although close personal contact is still lacking, Skype does remove many of the objections to doing therapy at a distance.
6. Describe how aversion therapy could be used as a treatment for alcoholism, including Roger Vogler’s work, the concept of response-contingent shocks, and why the use of this type of therapy is justified.

Answer will include that Vogler worked with alcoholics who were unable to stop drinking and for whom aversion therapy was a last chance. While drinking an alcoholic beverage, clients receive a painful (although not injurious) electric shock to the hand. Most of the time, these shocks occur as the client is beginning to take a drink of alcohol. These response-contingent shocks (shocks that are linked to a response) obviously take the pleasure out of drinking. Shocks also cause the alcohol abuser to develop a conditioned aversion to drinking. Normally, the misery caused by alcohol abuse comes long after the act of drinking—too late to have much effect. But if alcohol can be linked with immediate discomfort, then drinking will begin to make the individual very uncomfortable. The public is often disturbed (shocked?) by such methods. However, clients usually volunteer for aversion therapy because it helps them overcome a destructive habit. Indeed, commercial aversion programs for overeating, smoking, and alcohol abuse have attracted many willing customers. More importantly, aversion therapy can be justified by its long-term benefits.

7. Describe the technique known as EMDR, including what conditions it is used to treat, and how this technique is believed to work.

Answer will include that Dr. Francine Shapiro developed eye movement desensitization and reprocessing (EMDR) to help ease traumatic memories and posttraumatic stress. In a typical EMDR session, the client is asked to visualize the images that most upset her or him. At the same time, a pencil (or other object) is moved rapidly from side to side in front of the person’s eyes. Watching the moving object causes the person’s eyes to dart swiftly back and forth. After about 30 seconds, clients describe any memories, feelings, and thoughts that emerged and discuss them with the therapist. These steps are repeated until troubling thoughts and emotions no longer surface. Some studies have found that the eye movements add nothing to the treatment. The apparent success of EMDR may simply be based on gradual exposure to upsetting stimuli, as in other forms of desensitization.

8. What is a token economy and how could it be used in an institutional setting, such as a mental hospital?

Answer will include that a token economy is a therapeutic program in which desirable behaviors are reinforced with tokens that can be exchanged for goods, services, activities, and privileges. In a mental institution, tokens could be given to patients who get out of bed, dress themselves, take required medication, arrive for meals on time, and so on. Constructive activities, such as gardening, cooking, or cleaning, may also earn tokens. Patients must exchange tokens for meals and private rooms, movies, passes, off-ward activities and other privileges. They are charged tokens for staying in bed, disrobing in public, talking to themselves, fighting, crying, and similar target behaviors. Token economies can radically change a patient’s overall adjustment and morale. Patients are given an incentive to change, and they are held responsible for their actions.
<table>
<thead>
<tr>
<th>(p. 527)</th>
<th>9. Explain how Albert Ellis uses his A-B-C analysis in rational-emotive behavior therapy.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obj. 13.9</td>
<td>Fact</td>
</tr>
<tr>
<td>Difficult</td>
<td>Answer will include that Ellis analyzes problems in this way: The letter A stands for an activating experience, which the person assumes to be the cause of C, an emotional consequence. For instance, a person who is rejected (the activating experience) feels depressed, threatened, or hurt (the consequence). Rational–Emotive Behavior Therapy shows the client that the real problem is what comes between A and C. In between is B, the client’s irrational and unrealistic beliefs. In this example, an unrealistic belief leading to unnecessary suffering is “I must be loved and approved by everyone at all times.” REBT holds that events do not cause us to have feelings. We feel as we do because of our beliefs.</td>
</tr>
<tr>
<td>(pp. 530-531)</td>
<td>10. Evaluate the three group approaches discussed: sensitivity groups, encounter groups, and large group awareness training. For each approach describe the techniques used, the people the group is meant to attract, and the value of each as a potential therapeutic approach.</td>
</tr>
<tr>
<td>Obj. 13.10</td>
<td>Concept</td>
</tr>
<tr>
<td>Moderate</td>
<td>Answer will include that people that attend any of these groups are interested in enhancing their personal growth. Sensitivity groups do not use confrontation, while encounter groups use a great deal of confrontation to tear down defenses. The goal of sensitivity groups is to expand one’s self-awareness and sensitivity to others through such techniques as the “trust walk.” Encounter groups typically emphasize tearing down defenses and false fronts and promote an honest expression of feelings. Because encounter groups use more confrontation, participants must be carefully screened, with a trained leader guiding this type of group. Large-group awareness training refers to programs that claim to increase self-awareness and facilitate constructive personal change by combining psychological exercises, confrontation, new viewpoints, and group dynamics. All of these groups tend to be positive but produce only moderate benefits that may result more from a kind of therapy placebo effect, in which improvement is based on a client’s expectations, a break in the person’s daily routine, and an excuse to act differently.</td>
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<tr>
<td>(pp. 533-535)</td>
<td>11. Your friend is going through a break-up with her boyfriend of several years. Describe how you can best counsel your friend.</td>
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<tr>
<td>Obj. 13.11</td>
<td>Application</td>
</tr>
<tr>
<td>Moderate</td>
<td>Answer will include that you should use the following basic counseling skills: (1) active listening, which means making a sincere effort to listen to and understand the person and to try to accept the person’s message, without judging it or leaping to conclusions; (2) clarify the problem, which involves understanding the problem from the person’s point of view and checking your understanding often; (3) focus on feelings, which will encourage the outpouring of emotion that is the basis for catharsis; (4) avoid giving advice, since you cannot solve problems for others; (5) accept the person’s frame of reference, which involves being careful not to impose your views on the problem of others; (6) reflect thoughts and feelings, which involves restating or paraphrasing the persons statements, which offers support and encourages the person to talk; (7) silence: that is, wait longer before responding, which lets the person feel unhurried and encourages him or her to speak freely; (8) Ask open questions to encourage free expression; and (9) maintain confidentiality.</td>
</tr>
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</table>
12. What was the prefrontal lobotomy, why is it no longer used, and what technique has replaced it?

Answer will include that the prefrontal lobotomy involved the frontal lobes being surgically disconnected from other brain areas. This procedure was supposed to calm persons who did not respond to any other type of treatment. When the lobotomy was first introduced in the 1940s, there were enthusiastic claims for its success. But later studies suggested that some patients were calmed, some showed no change, and some became mental “vegetables.” Lobotomies also produced a high rate of undesirable side-effects, such as seizures, blunted emotions, major personality changes, and stupor. At about the same time that such problems became apparent, the first antipsychotic drugs became available. Soon after, the lobotomy was abandoned. Most psychosurgery today involves deep lesioning, in which small target areas are destroyed in the brain’s interior. The appeal of deep lesioning is that it can have specific value as a remedy for some very specific disorders. Patients suffering from a severe type of obsessive-compulsive disorder may be helped by psychosurgery.

13. Discuss the results of deinstitutionalization and a workable alternative.

Answers will include that long-term “institutionalization” can lead to dependency, isolation, and continued emotional disturbance. Deinstitutionalization, the reduced use of full-time commitment to mental institutions to treat mental disorders, was meant to remedy this problem. However, its success has been limited. Many states reduced mental hospital populations primarily as a way to save money. The upsetting result is that many chronic patients have been discharged to hostile communities without adequate care. Many former patients have joined the ranks of the homeless. Sadly, patients who trade hospitalization for unemployment, homelessness, and social isolation all too often end up rehospitalized or in jail. Large mental hospitals may no longer be warehouses for society’s unwanted, but many former patients are not better off in bleak nursing homes, single-room hotels, board-and-care homes, shelter, or jails. Halfway houses are a better way to ease a patient’s return to the community. Halfway houses are short-term group living facilities for people making the transition from an institution to independent living. They offer supervision and support, without being as restricted or medically-oriented as a hospital. They keep people near their families and reduce a person’s chances of being readmitted to a hospital.
14. You are preoccupied by the negative thought that “you will fail every test you take in college.” How could you use thought stopping to reduce the occurrence of this negative thought?

Answer will include that in thought stopping, aversive stimuli is used to interrupt or prevent upsetting thoughts. The simplest thought-stopping technique makes use of mild punishment to suppress upsetting mental images and internal “talk.” Simply place a large, flat rubber band around your wrist. As you go through the day apply this rule: Each time you catch yourself thinking the upsetting thought, pull the rubber band away from your wrist and snap it. You need not make this terribly painful. Its value lies in drawing your attention to how often you form negative thoughts and in interrupting the flow of thoughts. Strong punishment is not required. A second thought-stopping procedure requires only that you interrupt upsetting thoughts each time they occur. Begin by setting aside time each day during which you will deliberately think the unwanted thought. As you begin to form the thought, shout “Stop!” aloud, with conviction. (Obviously, one should choose a private spot for this part of the procedure!) Repeat the thought-stopping procedure 10 to 20 times for the first two or three days. Then switch to shouting “Stop!” covertly (to yourself) rather than aloud. Thereafter, thought stopping can be carried out throughout the day, whenever upsetting thoughts occur. After several days of practice, you should be able to stop unwanted thoughts whenever they occur.

15. Describe the guidelines for when one should seek professional help, how one could locate a therapist, and how to evaluate this therapist.

Answers will include the guidelines for seeking help: a level of psychological discomfort comparable to a level of physical discomfort that would cause one to see a doctor or dentist, significant changes in behavior, such as in quality of work, rate of absenteeism, use of drugs, relationships with others; being urged by a friend to seek help; and persistent or disturbing suicidal thoughts or impulses. A therapist can be located through the yellow pages, mental health associations, at colleges and universities, referral by family doctor, and at mental health centers. Therapists should be evaluated on their qualifications, fee schedules, and quality of the relationship established with the client. Beware of danger signals, such as sexual advances by therapists, excessive blaming, excessive small talk, encouraging dependence on the therapist, and demanding that the client not discuss the therapy with anyone.