There will be no quiz on Chapter 13. Multiple choice, short answer, and possibly other types of questions on Chapter 13 for the test will be drawn from the material below. Answers to multiple choice questions may be in a different order on the test, and questions or answers might be rephrased slightly to make them clearer.

Multiple Choice

1) The major goal of insight therapies is to give people
   A) feedback from their biologically controlled responses.
   B) help in understanding perceptual processes.
   C) clearer understanding of their feelings, motivations, and actions.
   D) basic training in observational learning and practice.

2) If psychoanalysis is to be successful, the client must
   A) carefully choose the things to be discussed.
   B) try not to conceal thoughts or fantasies from the therapist.
   C) avoid negative transference.
   D) let the therapist play a directive role in confronting and challenging self-defeating thoughts and behaviors.

3) The patient's carrying over to the analyst feelings held toward important people in the patient's life is known as
   A) free association.
   B) catharsis.
   C) transference.
   D) abreaction.

4) In psychotherapy, the awareness of previously unconscious feelings and memories and how they influence present feelings and behavior is called _______.
   A) catharsis
   B) free association
   C) insight
   D) transference

5) Rogers thought that the best experts on individual clients are _______.
   A) sociologists
   B) psychoanalysts
   C) the clients themselves
   D) family and friends

6) Rogers felt that it was most important for clients to gain insight about _______.
   A) unconscious conflicts and wishes
   B) repressed memories from early childhood
   C) the effects of environmental stimuli on their behavior
   D) current feelings

7) A therapist offers his patient unconditional positive regard, values the patient, and shows acceptance by reflecting the patient's statements. The therapist is using _______ therapy.
   A) psychoanalytic
   B) rational-emotive
   C) Gestalt
   D) client-centered

8) Research has shown that a therapist's warmth and understanding increase therapeutic success _______.
   A) no matter what therapeutic approach is used
   B) only when using psychoanalytic therapy
   C) only when using client-centered therapy
   D) only when using cognitive therapy

9) Fred seeks help from a therapist because he feels so passive and dependent when he is in a group of people. The therapist works to help Fred become aware of his feelings and to attend to sensory information he was previously ignoring. She also forces Fred to begin taking responsibility for all his feelings and actions. Finally, the therapist suggests that Fred come to a few group sessions to try out his new self-awareness. Fred's therapist is a(n) _______ therapist.
   A) interpersonal
   B) Gestalt
   C) rational-emotive
   D) client-centered

10) Hank's therapist asks him to engage in an imaginary conversation with his dead mother in order to resolve his feelings of sadness about her death. Hank's therapist is using the _______ technique.
    A) free association
    B) empty chair
    C) catharsis
    D) reflection

11) Gestalt therapy is designed to help people _______.
    A) become fully functioning
    B) achieve self-actualization
    C) become more genuine in their daily interactions
    D) work through repressed conflicts
12) Most present-day insight-oriented therapists are more _______ and emotionally _______ their clients than traditional psychoanalysts were.
   A) passive; detached from
   B) active; detached from
   C) passive; engaged with
   D) active; engaged with

13) Therapeutic approaches that are based on the belief that all normal and abnormal behavior is learned, and that the objective of therapy is to teach people new, more satisfying ways of behaving are _______ therapies.
   A) traditional psychodynamic
   B) short-term psychodynamic
   C) behavior
   D) cognitive

14) Behavior therapists look upon anxiety as a(n) _______.
   A) learned problem to be alleviated
   B) result of childhood repression
   C) symptom of an underlying disorder
   D) indication of unconscious problems

15) The method that gradually reduces a client's fears by training the client to remain relaxed and calm in the presence of a fear-producing stimulus is _______.
   A) operant conditioning
   B) free association
   C) reciprocal inhibition
   D) systematic desensitization

16) Making someone who is afraid of snakes handle dozens of snakes in an effort to get him to overcome his fear is called _______.
   A) systematic desensitization
   B) paradoxical intent
   C) flooding
   D) aversive conditioning

17) Which of the following techniques would be most appropriate for treating alcoholism or smoking?
   A) systematic desensitization
   B) a token economy
   C) flooding
   D) aversive conditioning

18) A client at a mental institution is rewarded for improved grooming habits with poker chips that he can exchange for special foods or weekend passes. This technique is called _______.
   A) reality therapy.
   B) behavioral contracting.
   C) transactional analysis.
   D) a token economy

19) Therapy that depends on identifying and changing inappropriately negative and self-critical patterns of thought is _______ therapy.
   A) psychoanalytic
   B) behavior
   C) cognitive
   D) client-centered

20) Stress-inoculation therapy involves _______.
   A) providing patients with drug injections to make them more resistant to stress
   B) teaching people to anticipate and avoid situations that they find stressful
   C) training clients to cope with situations they find stressful because of their misconceptions
   D) using physical fitness techniques to improve clients' physical health that, in turn, makes them more resistant to stress

21) A therapist challenges what she sees as her client's irrational and self-defeating beliefs. She uses persuasion, confrontation, challenge, demands, theoretical arguments, and even homework assignments to challenge those beliefs. She is probably a _______ therapist.
   A) client-centered
   B) psychoanalytic
   C) cognitive behavior
   D) rational-emotive

22) Practitioners of Beck's cognitive therapy are much _______ challenging and much _______ confrontational than practitioners of rational-emotive therapy.
   A) more; more
   B) more; less
   C) less; more
   D) less; less

23) Three of the following are advantages to group therapy. Which is NOT?
   A) It often allows group members to help one another learn new social skills
   B) It can cost the client less money than individual therapy
   C) It allows the therapist to see how the client acts around "other people"
   D) It fosters quicker and more complete countertransference

24) Most couple therapists concentrate on _______.
   A) changing the behavior of the person in the marriage who is the source of the couple's problems
   B) improving the couple's patterns of communications and mutual expectations
   C) exploring the marital partners' childhoods to understand the source of the current conflicts
   D) desensitization techniques to help the marital partners become more tolerant of each other
25) While there is little outcome research on 12-step groups such as Alcoholics Anonymous, there is a substantial body of research on self-help groups in general. It indicates that self-help groups ________.
A) tend to do very little to change people's behavior
B) offer only short-term benefits that do not last
C) usually do more harm than good
D) can be effective

26) Researchers have found that about ________ as many people improve with professional therapy than without it.
A) half
B) just
C) twice
D) four times

27) Which one of the following is NOT provided by all major types of psychotherapy?
A) offering clients hope
B) offering clients an explanation for their problems
C) engaging clients in a therapeutic alliance
D) offering clients insight

28) The trend in psychotherapy is toward ________.
A) eclecticism
B) behavior therapy
C) humanistic therapy
D) group treatment

29) [from lecture (and common sense!) ] If you do not understand your therapist's explanations of how he or she can help you, you should
A) file a complaint with the state psychology licensing board.
B) find a therapist whose treatment ideas make sense to you.
C) be aware that therapy is very complex, and difficult for nonprofessionals to understand.
D) give up and resign yourself to being miserable.

30) Medication, electroconvulsive therapy, and psychosurgery are all types of ________.
A) biological treatment
B) reality therapy
C) cognitive therapy
D) emotive therapy

31) Antipsychotic drugs tend to relieve ________ of schizophrenia.
A) the negative symptoms more than the positive symptoms
B) both the positive and negative symptoms
C) the positive symptoms more than the negative symptoms
D) neither the positive nor negative symptoms

32) The effectiveness of antipsychotic drugs supports the notion that schizophrenia is linked to ________.
A) structural abnormalities in the motor areas of the brain
B) an excess of dopamine in the brain
C) insufficient blood flow to the frontal lobes of the brain
D) a deficit of dopamine in the brain

33) Tardive dyskinesia results from the prolonged use of ________ drugs.
A) antidepressant
B) antianxiety
C) antipsychotic
D) anti-inflammatory

34) Drugs that combat depression work by ________ levels of serotonin and ________ levels of norepinephrine in the brain.
A) increasing; increasing
B) increasing; decreasing
C) decreasing; decreasing
D) decreasing; increasing

35) Antidepressant drugs have NOT been shown to be effective in treating ________.
A) social phobia
B) conversion disorder
C) generalized anxiety disorder
D) obsessive–compulsive disorder

36) Bob has been under a physician's care for bipolar disorder. Bob's doctor is MOST likely to prescribe which of the following to treat Bob's disorder?
A) lithium
B) Ritalin
C) tricyclics
D) Prozac

37) In regard to electroconvulsive therapy (ECT), it is FALSE that ________.
A) no one knows why it works
B) its use remains controversial even today
C) it is usually considered a "last resort" treatment after all other methods have failed
D) its effectiveness has never been clearly demonstrated
38) The BEST description of the current status of deinstitutionalization is that ________.
A) although it has enjoyed some success, it has failed largely because of the ease with which patients can be readmitted for short-term stays in hospitals
B) it has succeeded mainly because of the efforts of large medical insurers to support the policy
C) despite an initial period of optimism, the policy has now run into serious problems because of a lack of adequate follow-up care
D) despite initial problems, it has become a critically acclaimed success

40) Ultimately, the best solution to providing psychotherapy to a multicultural population is to ________.
A) fully integrate various cultural groups into the mainstream of American culture
B) provide white therapists with a broader base of training focused on expanded cultural awareness
C) train therapists from many different ethnic, racial, and cultural backgrounds
D) eliminate the poverty that causes the bulk of their problems

39) A major reason that deinstitutionalization appeared reasonable in the 1960’s was the ________.
A) revolving door policy of the Federal government
B) recognition of the benefits of psychoanalysis
C) recent discovery of antipsychotic drugs
D) advent of community-based mental health centers

Short Answer Questions:

41) You are a psychodynamic psychotherapist. This means that you use PSYCHOANALYTIC concepts in your work. A woman comes to you for help, complaining that sooner or later, in nearly all of her relationships -- whether with family, friends, co-workers, and her boss -- she feels taken advantage of and uncared-for. How could you use transference to understand this client, and then how would you use that understanding to help her?

42) You are a BEHAVIORAL psychotherapist. A 35 year-old man comes to see you, and asks for help with his elevator phobia. It turns out that when he was four years old, he was trapped in an elevator with the lights out for over two hours, and he has refused to ride in elevators ever since. Even walking near an elevator makes him anxious and queasy. Describe how you would apply the behavioral technique called systematic desensitization to treat this man.

43) You are a COGNITIVE psychotherapist. A 35 year-old man comes to see you, and asks for help. He is deeply unhappy because he has been so terrified of rejection that he is unable to meet and talk with women and eventually ask one out on a date. Describe how you might use techniques of either Ellis’s Rational Emotive Behavior Therapy or Beck’s cognitive therapy to help this man. Be sure to say which techniques you are using — Ellis’s or Beck’s.

44) Your textbook discusses three major approaches to preventing mental disorders. Please name these three strategies, describe the goals of each one, and give an example of each as well.