MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

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

2) Bringing repressed feelings to consciousness is the goal of ________ therapy.
   A) behavior
   B) rational-emotive
   C) psychoanalytic
   D) client-centered

3) The psychoanalytic patient who lets his thoughts flow without interruption or inhibition is using ________.
   A) regression
   B) free association
   C) catharsis
   D) positive transference

4) A client lies on a couch, with the therapist sitting out of sight, behind him. The therapist gets to know the client's problems through free association, and positive and negative transference. The therapist encourages the client to “work through” his problems. This is ________ therapy.
   A) rational-emotive
   B) behavior
   C) client-centered
   D) psychoanalytic

5) Steve is 21 years old and has never gone on a date. His parents are concerned and take him to see a therapist. The therapist sits Steve on a couch and tells him to lie down and relax. The therapist sits behind Steve and asks him to say whatever comes into his head. Steve eventually talks about his fear of women, and the therapist asks him why he thinks he is afraid. Steve begins to talk about his early experiences with women: his mother, her friends, his teachers, and so on. Steve is undergoing ________ therapy.
   A) rational-emotive
   B) psychoanalytic
   C) client-centered
   D) behavior

6) The patient's carrying over to the analyst feelings held toward childhood authority figures is known as ________.
   A) free association
   B) catharsis
   C) transference
   D) abreaction

7) In psychoanalysis, “working through” provides people with ________.
   A) a way to express positive transference
   B) a way to express negative transference
   C) a second chance to solve childhood conflicts
   D) the analyst's interpretation of their problems
8) Each of the following developed a major form of insight therapy EXCEPT _______.
   A) Perls  B) Freud  C) Ellis  D) Rogers

9) Neo-Freudians differ from traditional Freudian approaches to therapy in that they encourage clients to focus on the _______ and they favor _______ their patients.
   A) past; sitting behind and passively listening to
   B) past; face-to-face discussions with
   C) present; face-to-face discussions with
   D) present; sitting behind and passively listening to

10) Client-centered therapy was founded by _______.
    A) Wolpe  B) Rogers  C) Jung  D) Adler

11) According to Rogers, the goal of client-centered therapy is to _______.
    A) eliminate clients’ unconditional positive regard
    B) help clients become more fully functioning
    C) help clients accept their psychological and biological limitations
    D) resolve emotional conflicts from the past

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

13) Each of the following is true of traditional psychoanalysis EXCEPT _______.
    A) it is still the most commonly practiced form of psychotherapy
    B) it can take 5 years or more to complete
    C) it is not effective for people with severe disorders
    D) some people do not possess the verbal and analytical skills necessary for it to work

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

15) Gestalt therapy is an outgrowth of the work of _______.
    A) Wolpe  B) Lazarus  C) Rogers  D) Perls

16) Gestalt therapy emphasizes _______.
    A) early childhood influences on adult behavior
    B) the present
    C) finding the initial causes of current problems
    D) the role of unsatisfactory relationships in the development of maladaptive behaviors
17) Gestalt therapy emphasizes _______.
   A) face-to-face confrontations
   B) the role of unsatisfactory relationships in the development of maladaptive behaviors
   C) finding the initial causes of current problems
   D) early childhood influences on adult behavior

18) Making love and acceptance of a person contingent upon that person conforming to what you want them to be is known as _______.
   A) positive transference
   B) psychological congruence
   C) unconditional positive regard
   D) conditional positive regard

19) The cardinal rule in client-centered therapy is for the therapist to express _______ for the patient.
   A) conditional positive regard
   B) psychological congruence
   C) positive transference
   D) unconditional positive regard

20) Rogers felt therapists must express true acceptance for clients, no matter what they may say or do. He called this process of acceptance _______.
   A) self-actualization
   B) catharsis
   C) unconditional positive regard
   D) psychological congruence

21) Gestalt therapy is designed to help people _______.
   A) become more genuine in their daily interactions
   B) become fully functioning
   C) achieve self-actualization
   D) work through repressed conflicts

22) 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) empty chair
   B) free association
   C) reflection
   D) catharsis

23) The delivery of health care over the Internet or other electronic means is known as _______.
   A) remote access health
   B) distance health care
   C) secondary health care
   D) telehealth

24) Each of the following is true of on-line therapy EXCEPT _______.
   A) most therapists believe it is just as good as face-to-face therapy
   B) its anonymity can be an important virtue for some clients
   C) on-line clients are more willing to repeat their experience
   D) its cost is significantly lower than in-person costs
25) Insight therapy that is time-limited and focused on trying to help clients correct the immediate problems in their lives is ______ therapy.
   A) psychoanalysis                    B) Gestalt
   C) short-term psychodynamic therapy  D) client-centered

26) Recent trends in therapy have been toward ______.
   A) metaphysical spiritual approaches
   B) longer-term humanistic approaches
   C) short-term dynamic therapy
   D) more traditional psychoanalytic approaches

27) Recently evolving dynamic therapies ______.
   A) try to construct a narrative of the psyche
   B) see the client as trapped by childhood conflicts
   C) focus on the effects of the client's current life situation and relationships
   D) focus on the effects of innate sexual drives and repressed conflicts

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

28) Free association is a procedure for bringing underlying thoughts to surface consciousness. 28) _____

29) Transference is a major goal of client-centered therapy. 29) _____

30) The vast majority of people who seek therapy go into traditional analysis. 30) _____
Answer Key
Testname: 424-433 ONLINE

1) C
   Page Ref: 425
2) C
   Page Ref: 426
3) B
   Page Ref: 426
4) D
   Page Ref: 426
5) B
   Page Ref: 426
6) C
   Page Ref: 426
7) C
   Page Ref: 426
8) C
   Page Ref: 426
9) C
   Page Ref: 427
10) B
    Page Ref: 427
11) B
    Page Ref: 427
12) D
    Page Ref: 427
13) A
    Page Ref: 427
14) C
    Page Ref: 428
15) D
    Page Ref: 428
16) B
    Page Ref: 428
17) A
    Page Ref: 428
18) D
    Page Ref: 428
19) D
    Page Ref: 428
20) C
    Page Ref: 428
21) A
    Page Ref: 428–429
22) A
    Page Ref: 429
23) D
    Page Ref: 430
Answer Key
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24) A
   Page Ref: 430

25) C
   Page Ref: 430

26) C
   Page Ref: 430

27) C
   Page Ref: 430

28) TRUE
   Page Ref: 426

29) FALSE
   Page Ref: 426

30) FALSE
   Page Ref: 427