

Chapter 14 Quick Quiz

1. Dr. Pelk is a psychologist. Who is most likely to pay her a visit?
 - a. Alice, a Caucasian female
 - b. Chou, an Asian male
 - c. Selena, a Hispanic female
 - d. George, a Caucasian male
2. Which therapist should you probably avoid?
 - a. One you can talk openly and freely with
 - b. One who encourages you to confront challenges and solve problems
 - c. One who listens and understands your feelings
 - d. One who uses a “one size fits all” approach
3. What category of therapy is most concerned with improving a client’s awareness of the underlying causes of his or her difficulties?
 - a. Behavioral
 - b. Biological
 - c. Cognitive
 - d. Insight
4. Systematic desensitization is specifically designed to help a person to deal with his or her
 - a. depression.
 - b. dissociative identity disorder.
 - c. phobia.
 - d. psychopathic personality.
5. Greg’s office building just received a bomb threat. As part of the debriefing process, what are Greg and his coworkers likely to participate in?
 - a. Stress inoculation training
 - b. Assertiveness training
 - c. Group therapy
 - d. Social reconstruction
6. Cognitive-behavioral therapies have been found to be especially helpful in the treatment of _____ disorders.
 - a. dissociative
 - b. mood
 - c. personality
 - d. impulse control
7. Krista has been suffering from depression for several months. Which of the following may alleviate her symptoms?
 - a. Participating in psychotherapy
 - b. Making an appointment for psychotherapy
 - c. Getting asked out by her next door neighbor
 - d. All of the above
8. An important criticism of self-help materials is that they frequently make far-fetched promises. This is similar to the pseudoscience sin of
 - a. the absence of connectivity.
 - b. exaggerated claims.
 - c. overreliance on anecdotes.
 - d. psychobabble.
9. Tyrone just finished a series of treatments for severe depression and is experiencing retrograde amnesia. What type of treatment was it?
 - a. Cognitive-behavioral
 - b. Psychosurgery
 - c. Vagus nerve stimulation
 - d. ECT

10. _____ is the most radical of all biological treatments for psychological disorders.
- Pharmacotherapy
 - Electroconvulsive therapy
 - Psychosurgery
 - Cranial resonance

Chapter 14 Quick Quiz Answers

- Chapter Section:** Who Seeks and Benefits from Treatment?
Answer: a **Page(s):** 493 **Type:** Applied **Diff:** 3
Rationale: Women are more likely than men to seek treatment; Asian and Hispanic Americans are less likely than Caucasian Americans to seek treatment.
- Chapter Section:** What Does It Take To Be an Effective Psychotherapist?
Answer: c **Page(s):** 493 **Type:** Conceptual **Diff:** 2
Rationale: All patients, and their problems, are different and therefore require different methods of treatment.
- Chapter Section:** Insight Therapies: Acquiring Understanding
Answer: d **Page(s):** 494 **Type:** Conceptual **Diff:** 2
Rationale: Insight therapies—the psychodynamic and humanistic therapies—have the goal of expanding awareness or cultivating insight.
- Chapter Section:** Behavioral Approaches: Changing Maladaptive Actions
Answer: c **Page(s):** 498 **Type:** Factual **Diff:** 2
Rationale: This is a factual question
- Chapter Section:** Group and Family Systems Therapies: The More, the Merrier
Answer: c **Page(s):** 503 **Type:** Applied **Diff:** 3
Rationale: Group therapies are efficient, time saving, and less costly than individual treatment methods.
- Chapter Section:** Empirically Supported Treatments
Answer: b **Page(s):** 508 **Type:** Factual **Diff:** 3
Rationale: This is a factual question.
- Chapter Section:** Why Do Ineffective Therapies Appear to Be Helpful? How We Can Be Fooled
Answer: d **Page(s):** 509 **Type:** Applied **Diff:** 3
Rationale: Any of these could trigger the onset of spontaneous remission.
- Chapter Section:** Why Do Ineffective Therapies Appear to Be Helpful? How We Can Be Fooled
Answer: b **Page(s):** 510–511 **Type:** Conceptual **Diff:** 3
Rationale: Many self-help books promise more than they can deliver.
- Chapter Section:** Electrical Stimulation: Conceptions and Misconceptions
Answer: d **Page(s):** 515–516 **Type:** Applied **Diff:** 3
Rationale: ECT can create short-term confusion and cloud memory, but in most cases, subsides after a few weeks.
- Chapter Section:** Psychosurgery: An Absolute Last Resort
Answer: c **Page(s):** 516 **Type:** Factual **Diff:** 1
Rationale: : This is a factual question.

Chapter 14: Psychological and Biological Treatments

Multiple Choice

- 14.1-1. A broad term used to refer to all of the diverse approaches used in the treatment of psychological problems is
- behavioral therapy.
 - psychotherapy.
 - psychopharmacology.
 - psychiatry.

Difficulty: 1

Question ID: 14.1-1

Page Ref: 490

Topic: Introduction

Skill: Factual

Objective: 14.1

Answer: b. psychotherapy.

- 14.1-2. Psychotherapy is an intervention designed to help people to deal with and manage
- behavioral problems.
 - emotional problems.
 - interpersonal problems.
 - all of the above.

Difficulty: 2

Question ID: 14.1-2

Page Ref: 490

Topic: Introduction

Skill: Factual

Objective: 16.1

Answer: d. all of the above.

- 14.1-3. Your text defines psychotherapy as
- a psychological determination of illness.
 - a psychological intervention designed to help people resolve emotional, behavioral, and interpersonal problems and improve the quality of their lives.
 - a psychological interpretation of irrational behaviors and thoughts.
 - a means to help people cope with everyday life.

Difficulty: 2

Question ID: 14.1-3

Page Ref: 490

Topic: Introduction

Skill: Factual

Objective: 14.1

Answer: b. a psychological intervention designed to help people resolve emotional, behavioral and interpersonal problems and improve the quality of their lives.

14.1-4. Females benefit _____ males when receiving psychotherapy for their emotional or mental difficulties.

- a. equally as much as
- b. less than
- c. more than
- d. substantially more than

Difficulty: 1

Question ID: 14.1-4

Page Ref: 491

Topic: Who Seeks and Benefits from Treatment?

Skill: Factual

Objective: 14.1

Answer: a. equally as much as

14.1-5. Which of the following persons is most likely to seek help for his or her mental health difficulty?

- a. Byron, a recently naturalized U.S. citizen from South Africa
- b. Julia, who entered the United States illegally from Venezuela
- c. Marie, a 45-year-old Caucasian female
- d. Ralph, a 65-year-old postal worker

Difficulty: 2

Question ID: 14.1-5

Page Ref: 491

Topic: Who Seeks and Benefits from Treatment?

Skill: Factual

Objective: 14.1

Answer: c. Marie, a 45-year-old Caucasian female

14.1-6. Dr. Pelk is a psychologist. Who is most likely to pay her a visit?

- a. Alice, a Caucasian female
- b. Chou, an Asian male
- c. Selena, a Hispanic female
- d. George, a Caucasian male

Difficulty: 3

Question ID: 14.1-6

Page Ref: 491

Topic: Who Seeks and Benefits from Treatment?

Skill: Applied

Objective: 14.1

Answer: a. Alice, a Caucasian female

Rationale: Women are more likely than men to seek treatment; Asian and Hispanic Americans are less likely than Caucasian Americans to seek treatment.

14.1-7. Which phrase best applies to the benefits received from psychotherapy?

- a. If you develop cancer, we will probably be able to help.
- b. If you get a scratch on your leg, we can probably fix it.
- c. If you have been sick for a long time, we will probably cure you.
- d. If you break your arm, there will be little we can do for you.

Difficulty: 3

Question ID: 14.1-7

Page Ref: 491

Topic: Who Seeks and Benefits from Treatment?

Skill: Applied

Objective: 14.1

Answer: b. If you get a scratch on your leg, we can probably fix it.

Rationale: Research shows that those with more temporary or situational problems tend to have better outcomes on average than those with longer standing problems.

14.1-8. Who is likely to report a benefit from psychotherapy?

- a. Darla, who schedules an appointment to see a counselor at the university clinic
- b. Charles, who has seen his psychologist four times in a month
- c. Tim, who is still deciding whether or not to see a therapist
- d. Both A and B are correct.

Difficulty: 3

Question ID: 14.1-8

Page Ref: 491

Topic: Who Seeks and Benefits from Treatment?

Skill: Applied

Objective: 14.1

Answer: d. Both A and B are correct.

Rationale: Any form of treatment is better than none at all.

14.1-9. People with little or no professional training who provide mental health services are known as

- a. clinical psychologists.
- b. psychiatrists.
- c. paraprofessionals.
- d. mental health counselors.

Difficulty: 1

Question ID: 14.1-9

Page Ref: 491

Topic: Who Practices Psychotherapy?

Skill: Factual

Objective: 14.2

Answer: c. paraprofessionals.

- 14.1-10. Dawn received her degree in political science. After several years of frustrating service to the government, she decides that she wants to counsel individuals with varying problems. What can Dawn do without further schooling or training?

- a. Become a clinical psychologist
- b. Become a psychiatrist
- c. Become a paraprofessional
- d. Become a mental health counselor

Difficulty: 3

Question ID: 14.1-10

Page Ref: 491

Topic: Who Practices Psychotherapy?

Skill: Applied

Objective: 14.2

Answer: c. Become a paraprofessional

Rationale: Paraprofessionals are people who work in the field but have no formal professional training.

- 14.1-11. Which of the following professionals is trained as a medical doctor and may be found working in either private practice or in a hospital setting?

- a. Clinical psychologist
- b. Clinical social worker
- c. Mental health counselor
- d. Psychiatrist

Difficulty: 3

Question ID: 14.1-11

Page Ref: 492

Topic: Who Practices Psychotherapy?

Skill: Factual

Objective: 14.2

Answer: d. Psychiatrist

- 14.1-12. Which of the following individuals would you recommend your sister visit to address some of her relationship issues?

- a. Mona, a new therapist at your school's clinic, who is caring, patient, and willing to listen
- b. Gerard, a clinical psychologist of over 30 years, who knows his technique will work for any client
- c. Klaus, a psychiatrist, who favors a neurochemical approach to problems
- d. Any of the above

Difficulty: 3

Question ID: 14.1-12

Page Ref: 492

Topic: Who Practices Psychotherapy?

Skill: Applied

Objective: 14.2

Answer: a. Mona, a new therapist at your school's clinic, who is caring, patient, and willing to listen

Rationale: Therapists don't actually need to be professionally trained or have many years of experience to be effective.

14.1-13. Which excerpt derives from an effective therapeutic exchange?

- a. "If you will simply listen to what I am saying to you, I can help."
- b. "If that is how you feel, then let's talk about the reasons you feel that way."
- c. "It is funny you said that, I have another client just like you, and she said the same thing."
- d. "It is not my fault that you misunderstood what I was trying to say to you."

Difficulty: 3

Question ID: 14.1-13

Page Ref: 493

Topic: What Does It Take to Be an Effective Psychotherapist?

Skill: Applied

Objective: 14.3

Answer: b. "If that is how you feel, then let's talk about the reasons you feel that way."

Rationale: Effective therapists establish a positive working relationship with patients, honing in on answers, not contradicting, and encouraging free and open communication about problems and feelings.

14.1-14. Your friend Melony is considering going to a counselor to help her with some personal problems she is having. What will probably be the most critical element of her therapy?

- a. If she receives unconditional positive regard from her therapist
- b. If her therapist is a true licensed and certified psychologist
- c. If her therapist can help her identify the true sources of conflict in her life
- d. If she feels comfortable with her therapist

Difficulty: 3

Question ID: 14.1-14

Page Ref: 493

Topic: What Does It Take to Be an Effective Psychotherapist?

Skill: Applied

Objective: 14.3

Answer: d. If she feels comfortable with her therapist

Rationale: The choice of therapist is every bit as important as the choice of therapy.

14.1-15. Which therapist should you probably avoid?

- a. One you can talk openly and freely with
- b. One who encourages you to confront challenges and solve problems
- c. One who listens and understands your feelings
- d. One who uses a "one size fits all" approach

Difficulty: 2

Question ID: 14.1-15

Page Ref: 493

Topic: What Does It Take To Be an Effective Psychotherapist?

Skill: Conceptual

Objective: 14.3

Answer: d. One who uses a "one size fits all" approach

Rationale: All patients, and their problems, are different and therefore require different methods of treatment.

14.1-16. What category of therapy is most concerned with improving a client's awareness of the underlying causes of his or her difficulties?

- a. Behavioral
- b. Biological
- c. Cognitive
- d. Insight

Difficulty: 2

Question ID: 14.1-16

Page Ref: 494

Topic: Insight Therapies: Acquiring Understanding

Skill: Conceptual

Objective: 14.4

Answer: d. Insight

Rationale: Insight therapies—the psychodynamic and humanistic therapies—have the goal of expanding awareness or cultivating insight.

14.1-17. A psychotherapist who engages in verbal interactions with patients in order to help them better understand themselves and their problems would be called a(n)

- a. insight therapist.
- b. behavior therapist.
- c. biomedical therapist.
- d. cognitive therapist.

Difficulty: 1

Question ID: 14.1-17

Page Ref: 494

Topic: Insight Therapies: Acquiring Understanding

Skill: Conceptual

Objective: 14.4

Answer: a. insight therapist.

Rationale: With insight therapy, the goal is to expand the patient's awareness or insight.

14.1-18. In Freudian psychoanalysis, what person was responsible for obtaining the insight into the client's psychological problem?

- a. The patient
- b. A member of the patient's family
- c. The therapist
- d. The patient's closest friend

Difficulty: 2

Question ID: 14.1-18

Page Ref: 494–495

Topic: Insight Therapies: Acquiring Understanding

Skill: Conceptual

Objective: 14.4

Answer: c. The therapist

Rationale: In psychoanalysis, the therapist has to interpret the information that the patient reveals.

14.1-19. In what brand of psychotherapy would a clinical psychologist attempt to uncover the underlying unconscious conflicts and impulses that are the cause of one's psychological difficulties?

- a. Behavioral
- b. Cognitive-behavioral
- c. Humanistic
- d. Psychoanalytic/psychodynamic

Difficulty: 3

Question ID: 14.1-19

Page Ref: 494-495

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: d. Psychoanalytic/psychodynamic

14.1-20. The technique in which patients express themselves without censorship is known as

- a. free association.
- b. dream analysis.
- c. resistance.
- d. transference.

Difficulty: 1

Question ID: 14.1-20

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: a. free association.

14.1-21. Burt is asked by his psychotherapist to close his eyes. After a few minutes of relaxing, the therapist asks Burt to discuss whatever comes to mind and to continue without censoring any of the ideas or thoughts he experiences. Burt is experiencing the therapeutic technique of

- a. active confrontation.
- b. empathy.
- c. free association.
- d. systematic desensitization.

Difficulty: 1

Question ID: 14.1-21

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Conceptual

Objective: 14.4

Answer: c. free association.

Rationale: Psychoanalytic therapists use free association, wherein patients are permitted to express themselves without censorship of any sort.

14.1-22. Jolie is a song writer. She will often sit at her piano and begin singing whatever comes to her mind. What psychoanalytic technique is she modeling?

- a. Interpretation
- b. Resistance
- c. Free association
- d. Transference

Difficulty: 3

Question ID: 14.1-22

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: c. Free association

Rationale: Psychoanalytic therapists use free association, wherein patients say whatever comes to mind and are permitted to express themselves without censorship of any sort.

14.1-23. You are visiting a friend when her 2-year-old daughter walks up to you and begins talking. After several moments of what you thought was incoherent speech, your friend tells you that her daughter just finished watching her favorite video and was telling you what happened in the story. What psychoanalytic technique is your friend modeling?

- a. Interpretation
- b. Working through
- c. Free association
- d. Transference

Difficulty: 3

Question ID: 14.1-23

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: a. Interpretation

Rationale: From the patient's string of free associations, psychoanalysts form hypotheses regarding the origin of the patient's difficulties.

14.1-24. Attempts to avoid confrontation and anxiety associated with uncovering previously repressed thoughts or emotions is known as

- a. countertransference.
- b. resistance.
- c. working through.
- d. transference.

Difficulty: 1

Question ID: 14.1-24

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: b. resistance.

- 14.1-25. Bradford has been on two dates with Jordan, a girl from his psychology class. On their last date he was making small talk and casually asked her about her family. She got very upset and asked if they could change the subject. He has called her several times since to ask her out again, but she won't take his calls. What is Jordan exhibiting?

- a. Transference
- b. Resistance
- c. Interpretation
- d. Working through

Difficulty: 3

Question ID: 14.1-25

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: b. Resistance

Rationale: Patients experience resistance when they become painfully aware of previously unconscious aspects of themselves and then try to avoid further confrontation.

- 14.1-26. Which psychoanalytic stage closely resembles the actions of many defendants when they are put on the witness stand?

- a. Interpretation
- b. Free association
- c. Transference
- d. Resistance

Difficulty: 3

Question ID: 14.1-26

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: d. Resistance

Rationale: Patients experience resistance when they become painfully aware of previously unconscious aspects of themselves and then try to avoid further confrontation.

- 14.1-27. When a patient starts projecting intense, unrealistic feelings and expectations from the past onto the therapist, she is displaying

- a. resistance.
- b. free association.
- c. transference.
- d. interpretation.

Difficulty: 1

Question ID: 14.1-27

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: c. transference.

14.1-28. Sulli begins to project his anxieties and unresolved feelings about his mother onto his therapist. This is what Sigmund Freud would have called

- a. free association.
- b. resistance.
- c. transference.
- d. working through.

Difficulty: 2

Question ID: 14.1-28

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: c. transference.

14.1-29. Alyssa is sitting in her human growth and development class during a discussion on parenting styles. During the discussion, Hannah, a fellow student, begins screaming at the professor, blaming him for her troubled childhood. What may Hannah be exhibiting?

- a. Free association
- b. Interpretation
- c. Resistance
- d. Transference

Difficulty: 3

Question ID: 14.1-29

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: d. Transference

Rationale: Patients experience transference when they project intense, unrealistic feelings and expectations from their past onto their therapist or, in this case, teacher.

14.1-30. Which word on the back of a shampoo bottle reflects the psychoanalytic stage of “working through”?

- a. Wash
- b. Rinse
- c. Repeat
- d. Lather

Difficulty: 3

Question ID: 14.1-30.

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: c. Repeat

Rationale: Psychotherapists must repeatedly address conflicts and resistances to achieving healthy behavior patterns and help patients confront old habits.

- 14.1-31. In the final stage of psychoanalysis, therapists help patients process their problems. This is known as
- transference.
 - catharsis.
 - interpretation.
 - working through.

Difficulty: 1

Question ID: 14.1-31

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: d. working through.

- 14.1-32. Carlita has just come from her first therapy session. To better understand Carlita's generalized anxiety, the therapist asked her to talk about her childhood experiences and interactions with her parents and has asked her to keep a dream journal for the next several weeks. With which orientation is this orientation most consistent?

- Behavioral
- Eclectic
- Humanistic
- Psychoanalytic/psychodynamic

Difficulty: 2

Question ID: 14.1-32

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Conceptual

Objective: 14.4

Answer: d. Psychoanalytic/psychodynamic

Rationale: The goal of psychoanalytic therapy is to make the unconscious conscious using techniques of free association, interpretation, dream analysis, and working through, and analyzing defense mechanisms like resistance and transference.

- 14.1-33. The Neo-Freudians disagreed with Freud on the importance of _____, focusing more on the _____ aspects of a patient's thoughts and actions.

- childhood; adult
- the conscious; sexual
- the unconscious; conscious
- dream analysis; unconscious

Difficulty: 2

Question ID: 14.1-33

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Conceptual

Objective: 14.4

Answer: c. the unconscious; conscious

Rationale: Neo-Freudian therapists are more concerned with conscious aspects of the patient's functioning.

- 14.1-34. The Freudian idea of working through was most important _____ insight had been achieved.
- a. after
 - b. long before
 - c. immediately before
 - d. exactly as

Difficulty: 3

Question ID: 14.1-34

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: a. after

- 14.1-35. Sherry is frustrated by her psychotherapist. "All he does is sit there and listen to me ramble on. I wish he would do or say something!" What type of therapy might you recommend she try instead?
- a. Psychoanalytic
 - b. Interpersonal
 - c. Jungian
 - d. Person-centered

Difficulty: 3

Question ID: 14.1-35

Page Ref: 495–496

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: b. Interpersonal

Rationale: Harry Sullivan argued that psychotherapy is a collaborative undertaking between patient and therapist, and his work influenced the contemporary approach of interpersonal therapy.

- 14.1-36. _____ therapy is the treatment that strengthens social skills and targets interpersonal problems, conflicts, and life transitions.
- a. Cognitive
 - b. Interpersonal
 - c. Person-centered
 - d. Behavioral

Difficulty: 2

Question ID: 14.1-36

Page Ref: 496

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: b. Interpersonal

- 14.1-37. Carmelo is giving a report to his graduate seminar on research on the effectiveness of psychodynamic therapies. Which point would you be most likely to hear him make if you were in that seminar?
- Active confrontation of irrational thinking and the display of empathy are two important psychodynamic therapeutic techniques.
 - Claims of repressed traumatic memories is a growing problem and there is strong research to support the validity of such claims.
 - Practicing new, adaptive behaviors is more important than gaining insight into one's unconscious conflicts.
 - Unconscious motives clearly impact our daily behavior in many different and important ways.

Difficulty: 2

Question ID: 14.1-37

Page Ref: 496

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: c. Practicing new, adaptive behaviors is more important than gaining insight into one's unconscious conflicts.

Rationale: Extensive research demonstrates that insight is not required to relieve psychological distress.

- 14.1-38. Dr. Johnson tells her students not to think of a white rabbit during the lecture. Within a few seconds, many students report that they have already thought of a white rabbit. Along with research from cognitive and clinical psychology, this casts doubt on
- all claims made by the psychoanalytic or psychodynamic therapies.
 - the existence of repressed memories from traumatic events.
 - the importance of insight as a therapeutic goal.
 - the usefulness of active listening as a therapeutic technique.

Difficulty: 2

Question ID: 14.1-38

Page Ref: 496

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: b. the existence of repressed memories from traumatic events.

- 14.1-39. In contrast to psychodynamic therapies, _____ therapies share an emphasis on the realization of human potential and the belief that human nature is basically positive.
- behavior
 - humanistic
 - cognitive
 - interpersonal

Difficulty: 2

Question ID: 14.1-39

Page Ref: 496

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: b. humanistic

14.1-40. Humanistic psychotherapists would be most likely to work with their clients to focus their attention to the _____ rather than to the _____.

- a. future; past
- b. present; future
- c. present; past
- d. past; present

Difficulty: 2

Question ID: 14.1-40

Page Ref: 496–497

Topic: Insight Therapies: Acquiring Understanding

Skill: Conceptual

Objective: 14.4

Answer: c. present; past

Rationale: Humanists stress the importance of assuming responsibility for decisions and focus on the thoughts and feelings of the patient in the present moment.

14.1-41. The main difference between the humanistic therapies and other therapies is the importance of

- a. positive self-fulfillment in guiding one's behavior and thoughts.
- b. the present over the past.
- c. the patient-therapist relationship.
- d. gaining insight into one's difficulties.

Difficulty: 3

Question ID: 14.1-41

Page Ref: 496–497

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: a. positive self-fulfillment in guiding one's behavior and thoughts.

14.1-42. _____ is known for developing the approach of person-centered therapy.

- a. B.F. Skinner
- b. Carl Jung
- c. Carl Rogers
- d. Sigmund Freud

Difficulty: 1

Question ID: 14.1-42

Page Ref: 497

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: c. Carl Rogers

- 14.1-43. Carl Rogers asserts that an effective psychotherapist will
- actively confront and challenge her patient's erroneous beliefs.
 - interpret important transference and resistance behaviors for her client.
 - provide unconditional positive regard and display empathy toward her client.
 - seek to identify how negative reinforcement is promoting maladaptive behaviors, feelings, and/or thoughts for an individual.

Difficulty: 1

Question ID: 14.1-43

Page Ref: 497

Topic: Insight Therapies: Acquiring Understanding

Skill: Conceptual

Objective: 14.4

Answer: c. provide unconditional positive regard and display empathy toward her client.

Rationale: Rogers's person-centered therapy relies in part on the therapist expressing unconditional positive regard, a nonjudgmental acceptance of all the patients' feelings, and empathic understanding.

- 14.1-44. Which is NOT a condition that a person-centered therapist must satisfy?
- The therapist must relate to patients with empathic understanding.
 - The therapist must express unconditional positive regard.
 - The therapist must inform patients of the best way to solve their problems.
 - The therapist must be an authentic, genuine person who reveals their own reactions.

Difficulty: 1

Question ID: 14.1-44

Page Ref: 497

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: c. The therapist must inform patients of the best way to solve their problems.

- 14.1-45. Lionel has been in therapy for 4 weeks now. At the first meeting with his therapist, the therapist waited for Lionel to begin discussing why he was there and what he hoped to gain from the session. The therapist also reminded Lionel that he is responsible for solving his own problems. Lionel's therapist is making use of
- Frankl's logotherapy.
 - Jung's analytic therapy.
 - Rogers's person-centered therapy.
 - Beck's cognitive therapy.

Difficulty: 2

Question ID: 14.1-45

Page Ref: 497

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: c. Rogers's person-centered therapy.

Rationale: Carl Rogers exemplifies this because he doesn't tell patients how to solve their problems.

- 14.1-46. The humanistic goals of achieving meaning and self-actualization suffer from not being easily
- correlated.
 - falsified.
 - parsimonious.
 - replicated.

Difficulty: 2

Question ID: 14.1-46

Page Ref: 497

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: b. falsified.

- 14.1-47. What might you do if you wanted to mimic a therapy session conducted by a humanistic therapist?
- Talk to a teacher.
 - Talk to your friend.
 - Talk to your mother.
 - Talk to yourself.

Difficulty: 3

Question ID: 14.1-47

Page Ref: 497

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: d. Talk to yourself.

Rationale: Person-centered therapy is nondirective—the patient is not told how to solve his problems and can use the therapy hour however he chooses.

- 14.1-48. Which of the following excerpts would likely emerge from person-centered therapy?
- “I can’t stand it when people cut me off on the highway!” “So, you get angry when people treat you unfairly.”
 - “I hate it when my boss makes me feel incompetent!” “Does your boss remind you of your father?”
 - “I get so anxious when my mother-in-law comes to visit.” “Maybe you should encourage her not to come as often.”
 - “I can’t go back to school now, my husband says I am not smart enough.” “Don’t blame your husband for your own self-doubts.”

Difficulty: 3

Question ID: 14.1-48

Page Ref: 497

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: a. “I can’t stand it when people cut me off on the highway!” “So, you get angry when people treat you unfairly.”

Rationale: Person-centered therapy is nondirective—the patient is not told how to solve his problems and can use the therapy hour however he chooses.

14.1-49. Dr. Osgood is a practicing psychologist. He uses nondirective techniques in his therapy sessions and tries to provide unconditional positive regard to his patients. Which of the following individuals would test his abilities the most?

- a. Shane, who is a convicted rapist
- b. Maureen, who is narcissistic
- c. Norm, who is an alcoholic
- d. Missy, who is cheating on her husband

Difficulty: 3

Question ID: 14.1-49

Page Ref: 497–498

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: a. Shane, who is a convicted rapist

Rationale: Unconditional positive regard, an essential feature of person-centered therapy, requires the therapist to be nonjudgmental, which would be most difficult in this case.

14.1-50. A key criticism of person-centered therapy is that

- a. a strong therapeutic relationship is a better predictor of success in therapy than the use of a specific therapeutic technique.
- b. findings concerning effectiveness of treatment are inconsistent.
- c. there are only three ways to measure improvement of patients.
- d. person-centered therapy is no more effective than receiving no treatment at all.

Difficulty: 2

Question ID: 14.1-50

Page Ref: 498

Topic: Insight Therapies: Acquiring Understanding

Skill: Factual

Objective: 14.4

Answer: b. findings concerning effectiveness of treatment are inconsistent.

14.1-51. A therapist who focuses on specific problem behaviors and current variables that maintain problematic thoughts and feelings is most likely a(n) _____ therapist.

- a. behavior
- b. cognitive
- c. insight
- d. rational-emotive

Difficulty: 1

Question ID: 14.1-51

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: a. behavior

14.1-52. A behavior therapist is most likely to focus on

- a. the past and broad traits.
- b. the past and specific behaviors.
- c. the present and broad traits.
- d. the present and specific behaviors.

Difficulty: 3

Question ID: 14.1-52

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: d. the present and specific behaviors.

14.1-53. Why might Dr. Meyer, a behavioral psychologist, make a poor homicide detective?

- a. Behavioral psychologists are not as scientific in their approach as other mental health practitioners.
- b. Behavioral psychologists focus primarily on observable behaviors, which are lacking in most homicide cases.
- c. Behavioral psychologists tend to focus on the present, as opposed to the past.
- d. Behavioral psychologists prefer to work with animals as opposed to humans.

Difficulty: 3

Question ID: 14.1-53

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: c. Behavioral psychologists tend to focus on the present, as opposed to the past.

Rationale: The emphasis of behavioral treatment is on current, rather than past, behaviors and on specific behaviors, rather than broad traits

14.1-54. Dr. Bailey informs Mrs. Kistner that her son's hyperactivity seems to be triggered by his dislike of reading. Dr. Bailey observed that Mrs. Kistner's son Luke appeared to get hyperactive about the same time as his reading group was called each day. He also observed that Luke was often sent to the principal's office as a result. What does the trip to the principal's office represent?

- a. Reinforcement
- b. Punishment
- c. Behavioral assessment
- d. Functional analysis

Difficulty: 3

Question ID: 14.1-54

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: a. Reinforcement

Rationale: Behavior therapists use learning principles to assess and treat maladaptive behaviors. By being sent to the principal's office, Luke is able to avoid the group, which reinforces the negative behavior.

- 14.1-55. Systematic desensitization is specifically designed to help a person to deal with his or her
- a. depression.
 - b. dissociative identity disorder.
 - c. phobia.
 - d. psychopathic personality.

Difficulty: 2

Question ID: 14.1-55

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. phobia.

- 14.1-56. Systematic desensitization was developed by
- a. Carl Rogers.
 - b. B.F. Skinner.
 - c. Joseph Wolpe.
 - d. Albert Bandura.

Difficulty: 1

Question ID: 14.1-56

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. Joseph Wolpe.

- 14.1-57. Psychiatrist Joseph Wolpe developed systematic desensitization in
- a. 1981.
 - b. 1974.
 - c. 1958.
 - d. 1936.

Difficulty: 2

Question ID: 14.1-57

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. 1958.

- 14.1-58. _____ was the earliest exposure therapy.
- a. Systematic desensitization
 - b. Flooding
 - c. Aversion therapy
 - d. Covert sensitization

Difficulty: 2

Question ID: 14.1-58

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: a. Systematic desensitization

14.1-59. _____ confronts patients with what they fear, with the goal of reducing the fear.

- a. Behavior therapy
- b. Exposure therapy
- c. Person-centered therapy
- d. Interpersonal therapy

Difficulty: 1

Question ID: 14.1-59

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: b. Exposure therapy

14.1-60. Systematic desensitization is based on the principle of

- a. the mere exposure effect.
- b. operant conditioning.
- c. reciprocal inhibition.
- d. reciprocal facilitation.

Difficulty: 2

Question ID: 14.1-60

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. reciprocal inhibition.

14.1-61. Which of the following represents the underlying mechanism behind systematic desensitization?

- a. You cannot be upset and angry at the same time.
- b. You cannot be euphoric and excited at the same time.
- c. You cannot be anxious and relaxed at the same time.
- d. You cannot be bored and sullen at the same time.

Difficulty: 2

Question ID: 14.1-61

Page Ref: 498

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: c. You cannot be anxious and relaxed at the same time.

Rationale: Systematic desensitization is based on the principal of reciprocal inhibition, which says that patients cannot experience two conflicting responses at the same time.

14.1-62. In _____, patients are taught to relax as they are gradually exposed in a stepwise manner to what they fear.

- a. flooding
- b. covert sensitization
- c. guided imagery
- d. systematic desensitization

Difficulty: 1

Question ID: 14.1-62

Page Ref: 498–499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: d. systematic desensitization

- 14.1-63. Therapists begin their systematic desensitization treatment by first
- having patients construct an anxiety hierarchy.
 - exposing patients to a fear stimulus with no means of escape.
 - teaching patients to relax.
 - encouraging patients to recall how they developed this fear as a child.

Difficulty: 3

Question ID: 14.1-63

Page Ref: 498–499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. teaching patients to relax.

- 14.1-64. Dr. Darling is using systematic desensitization in an attempt to alleviate Caroline's phobia of snakes. What might he include in her first session?

- A rubber snake
- A picture of a snake
- An actual snake
- A video about snakes

Difficulty: 3

Question ID: 14.1-64

Page Ref: 498–499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: b. A picture of a snake

Rationale: This would be the first step in gradually exposing patients to an anxiety-producing stimulus.

- 14.1-65. Trina attempts to overcome her fear of clowns by learning how to shift from a feeling of tension to one of calm and relaxation. Next she is asked to imagine different situations, each more anxiety-provoking than the previous. She only proceeds to the next situation if she can maintain her feeling of relaxation. Trina's therapist is using _____ to remove her fear.

- exposure therapy
- modeling
- person-centered therapy
- systematic desensitization

Difficulty: 2

Question ID: 14.1-65

Page Ref: 498–499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Conceptual

Objective: 14.5

Answer: d. systematic desensitization

Rationale: In systematic desensitization, patients are taught to relax as they are gradually exposed in a stepwise manner to what they fear.

14.1-66. During systematic desensitization, the patient uses a(n) _____, or a “ladder” of situations to control the build-up of anxiety.

- a. reciprocal inhibition
- b. anxiety hierarchy
- c. sensitization scaffold
- d. anxiety scaffold

Difficulty: 2

Question ID: 14.1-66

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: b. anxiety hierarchy

14.1-67. Ellen is sitting in her therapist’s office, going through scenarios that start off as calming but slowly progress until she starts getting anxious, until her therapist takes her back to a calming scene. Ellen is most likely engaged in

- a. flooding.
- b. in vivo exposure.
- c. systematic desensitization.
- d. covert modeling.

Difficulty: 2

Question ID: 14.1-67

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: c. systematic desensitization.

Rationale: In SD, patients are taught to relax as they are gradually exposed in a stepwise manner to what they fear.

14.1-68. Exposing patients to images of the stimuli they fear the most for prolonged periods is called

- a. flooding.
- b. systematic desensitization.
- c. participant modeling.
- d. behavior therapy.

Difficulty: 1

Question ID: 14.1-68

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: a. flooding.

- 14.1-69. Flooding and other forms of exposure therapy are used to allow one's fear to be
- exacerbated.
 - extinguished.
 - inhibited.
 - challenged.

Difficulty: 2

Question ID: 14.1-69

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: b. extinguished.

- 14.1-70. Jared just found out that his boss is sending him to New York in two days. Jared has an intense fear of flying, but he cannot refuse his boss's orders. What type of therapy might you suggest he try?
- Behavioral rehearsal
 - Desensitization
 - Aversion
 - Flooding

Difficulty: 3

Question ID: 14.1-70

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: d. Flooding

Rationale: Flooding therapies are based on the idea that fears are maintained by avoidance, and expose patients to images of the stimuli they fear for prolonged periods.

- 14.1-71. How might Dr. Swanson treat a person with a social phobia using the technique of flooding?
- Force him to go into the waiting room and deliver a 5-minute speech on anything of his choice to the other patients waiting to be seen.
 - Ask him to first visualize standing in front of an audience, then have him videotaped giving a speech, and finally have him address an actual audience.
 - Ask him to explore the irrational beliefs that are preventing him from engaging in this behavior.
 - Tell him that he understands his fears and that public speaking is a difficult thing for most people to do.

Difficulty: 3

Question ID: 14.1-71

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: a. Force him to go into the waiting room and deliver a 5-minute speech on anything of his choice to the other patients waiting to be seen.

Rationale: Flooding therapies are based on the idea that fears are maintained by avoidance, and expose patients to images of the stimuli they fear for prolonged periods.

14.1-72. _____ is a crucial component of flooding, where therapists prevent patients from performing their typical avoidance behaviors.

- a. Participant modeling
- b. Insight
- c. Response prevention
- d. Transference

Difficulty: 2

Question ID: 14.1-72

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. Response prevention

14.1-73. Because the negative reinforcement of avoidance behavior often maintains many phobias and other anxiety-related disorders, exposure therapy often involves

- a. social skills training.
- b. modeling.
- c. response prevention.
- d. relaxation training.

Difficulty: 2

Question ID: 14.1-73

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Conceptual

Objective: 14.5

Answer: c. response prevention.

Rationale: Response prevention is crucial because patients are kept from performing their typical avoidance behaviors.

14.1-74. Who is NOT engaging in response prevention?

- a. Jillian, who has a fear of dogs, must stay in the same room with a dog that the experimenter is holding on a leash.
- b. Cassandra, who has a fear of the number 13, must go through a calendar circling every 13 she comes across.
- c. Linus, who has a fear of contamination, is not allowed to visualize a germ-infested environment.
- d. Charlie, who has a fear of clowns, must accompany his therapist to the circus.

Difficulty: 3

Question ID: 14.1-74

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: c. Linus, who has a fear of contamination, is not allowed to visualize a germ-infested environment.

Rationale: In response prevention, therapists prevent patients from performing typical avoidance behaviors; all but Linus are unable to practice their typical avoidance behaviors.

14.1-75. _____ is a technique in which the therapist first models a problematic situation and then guides the patient through steps to cope with it unassisted.

- a. Response prevention
- b. Systematic desensitization
- c. Participant modeling
- d. Flooding

Difficulty: 1

Question ID: 14.1-75

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. Participant modeling

14.1-76. Sally is in therapy because she gets anxious when meeting new people. Her therapist suggests that they reverse roles, and practice introductions. Sally is engaging in

- a. Thought Field Therapy.
- b. paradoxical therapy.
- c. participant modeling.
- d. transference.

Difficulty: 2

Question ID: 14.1-76

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: c. participant modeling.

Rationale: Participant modeling is a technique in which the therapist first models a problematic situation and then guides the patient through steps to cope; it often involves behavioral rehearsal, or role-playing.

14.1-77. _____ is commonly used with participant modeling techniques, where the patient and therapist role-play to learn and practice new skills.

- a. Behavioral reversal
- b. Transference
- c. Paradoxical intention
- d. Response prevention

Difficulty: 2

Question ID: 14.1-77

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: a. Behavioral reversal

- 14.1-78. Little Dalton is having trouble making friends at school. His therapist, Dr. Liang, is using behavioral rehearsal techniques to teach him to be more assertive. Which of the following might occur?
- Dr. Liang will ask Dalton to clear his mind of any negative thoughts and envision himself approaching a group of students in the hallway.
 - Dr. Liang will prevent Dalton from turning around as he brings a stranger into the office.
 - Dr. Liang will discuss the irrational beliefs that Dalton is harbouring about rejection.
 - Dr. Liang will pretend to be the new kid in school and model several different approaches to initiating a conversation.

Difficulty: 3

Question ID: 14.1-78

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: d. Dr. Liang will pretend to be the new kid in school and model several different approaches to initiating a conversation.

Rationale: Behavioral rehearsal is a form of participant modeling, wherein the patient engages in role-playing with the therapist to learn and practice new skills.

- 14.1-79. Walter and Mindy are having marital problems. Their therapist is using behavioral rehearsal techniques to augment their counseling sessions. Which of the following might one observe during one of their sessions?
- The therapist will ask the couple to reverse roles and provide suggestions on how to communicate more effectively.
 - The therapist will ask the couples to go from one chair to another pretending to be complacent in one chair and assertive in the other.
 - The therapist will discuss the negative cycle of emotions that is inhibiting effective communication.
 - The therapist will address issues that Walter and Mindy brought to the marriage from their respective pasts.

Difficulty: 3

Question ID: 14.1-79

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: a. The therapist will ask the couple to reverse roles and provide suggestions on how to communicate more effectively.

Rationale: Behavioral rehearsal is a form of participant modeling, wherein the patient engages in role-playing with the therapist to learn and practice new skills.

- 14.1-80. Mrs. Castillo is a kindergarten teacher. Every time she observes one of her students sharing with or helping out another student, she gives them a behavioral coupon. At the end of the week, the students can exchange their coupons for pencils, crayons, and candy. What system is Mrs. Castillo using?

- a. Observational rewards
- b. Token economy
- c. Social reinforcement
- d. The behavioral exchange procedure

Difficulty: 3

Question ID: 14.1-80

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: b. Token economy

Rationale: Behavioral therapy based on operant conditioning, like token economies, have proven effective in the classroom, in treating ADHD at home and at school, and with schizophrenia patients.

- 14.1-81. Token economies have been successful in each situation EXCEPT

- a. treating ADHD at home.
- b. treating patients with schizophrenia in hospitals.
- c. treating ADHD at school.
- d. treating major depression.

Difficulty: 2

Question ID: 14.1-81.

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: d. treating major depression.

- 14.1-82. Who is the best candidate for aversive conditioning?

- a. Juan, who has problems with aggression
- b. Haley, who has problems speaking in public
- c. Riley, who cuts herself when she is anxious
- d. Louis, who is having relationship problems

Difficulty: 3

Question ID: 14.1-82

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: c. Riley, who cuts herself when she is anxious

Rationale: Aversion therapies use punishment to decrease undesirable behavior; of the patients, Riley would benefit the most.

14.1-83. _____ uses punishment to decrease the frequency of undesirable behaviors.

- a. Participant modeling
- b. Behavioral reversal
- c. Token economy
- d. Aversion therapy

Difficulty: 1

Question ID: 14.1-83

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: d. Aversion therapy

14.1-84. Ted is trying to quit smoking. Every time he tries to light a cigarette, he snaps his wrist with a rubber band. This could be considered a form of

- a. behavioral reversal.
- b. aversion therapy.
- c. cognitive-behavioral therapy.
- d. reciprocal inhibition.

Difficulty: 2

Question ID: 14.1-84

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: b. aversion therapy.

Rationale: Aversion therapies use punishment to decrease unwanted behavior.

14.1-85. Lara is an obsessive handwasher. She washes so often that her hands and knuckles are raw and bleed incessantly. Dr. Malone has tried a series of different approaches to treat Lara with little success. If Dr. Malone were to attempt aversive conditioning, what might he do?

- a. Ask Lara to wash only when she cannot deny the urge any longer.
- b. Model techniques that will allow Lara to find other means of dealing with her anxiety.
- c. Force Lara to take out the garbage and prevent her from washing her hands.
- d. Attach a small electrode to Lara that administers electric shocks to her every time she washes her hands.

Difficulty: 3

Question ID: 14.1-85

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: d. Attach a small electrode to Lara that administers electric shocks to her every time she washes her hands.

Rationale: Aversion therapies use punishment to decrease undesirable behavior; when a person engages in a problem behavior, therapists introduce a range of stimuli that most people experience as painful or unpleasant.

- 14.1-86. Treatments that attempt to replace maladaptive or irrational cognitions and behaviors with more adaptive ones are called
- a. aversion therapies.
 - b. humanistic therapies.
 - c. cognitive-behavioral therapies.
 - d. exposure therapies.

Difficulty: 1

Question ID: 14.1-86

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. cognitive-behavioral therapies.

- 14.1-87. Who is engaging in irrational thinking?
- a. Sammy, who says her parents are going to kill her for failing the psychology exam
 - b. Butch, who says he wants to win the spelling bee
 - c. Mitchell, who says his girlfriend is cheating on him, after seeing her with another guy
 - d. Ronalado, who says hello to nearly every girl he sees

Difficulty: 3

Question ID: 14.1-87

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: a. Sammy, who says her parents are going to kill her for failing the psychology exam

Rationale: Irrational thinking represents cognitive distortions that are unrealistic.

- 14.1-88. Cognitive-behavioral therapists would argue that anxiety and mood disorders are largely the result of
- a. conditional positive regard.
 - b. maladaptive behaviors.
 - c. maladaptive cognitions.
 - d. unresolved childhood issues.

Difficulty: 1

Question ID: 14.1-88

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Conceptual

Objective: 14.5

Answer: c. maladaptive cognitions.

Rationale: Cognitions are the key players in both healthy and unhealthy psychological functioning.

- 14.1-89. Therapist _____ advocated rational emotive therapy (RET).
- a. Aaron Beck
 - b. Alfred Adler
 - c. Joseph Wolpe
 - d. Albert Ellis

Difficulty: 2

Question ID: 14.1-89

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: d. Albert Ellis

- 14.1-90. According to Albert Ellis, many psychological problems result from
- a. catastrophic thinking about oneself or one's life conditions.
 - b. conditions of worth that are imposed on us by others.
 - c. an unintegrated set of Gestalts.
 - d. unconscious motivational conflicts.

Difficulty: 2

Question ID: 14.1-90

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: a. catastrophic thinking about oneself or one's life conditions.

- 14.1-91. A key component of Ellis's rational emotive behavior therapy (REBT) is the psychotherapist's
- a. challenging of the patient's assumptions.
 - b. concern with helping a patient to reach a point of self-actualization.
 - c. helping a patient search for meaning in difficult and stressful life events.
 - d. use of social skills training to improve patient functioning.

Difficulty: 1

Question ID: 14.1-91

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: a. challenging of the patient's assumptions.

- 14.1-92. Aaron Beck and Albert Ellis were especially concerned with helping a patient
- a. discontinue maladaptive negative reinforcement that led to avoidance of certain people or situations.
 - b. gain better insight into the underlying cause of one's psychological difficulties.
 - c. identify and modify distorted thoughts about the self, others, and/or the world.
 - d. understand his or her past shortcomings in the context of the present.

Difficulty: 3

Question ID: 14.1-92

Page Ref: 501–502

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: c. identify and modify distorted thoughts about the self, others, and/or the world.

- 14.1-93. All of these can be said about the effectiveness of cognitive-behavioral therapies EXCEPT
- a. they are more effective than no treatment.
 - b. they are more effective with men than women.
 - c. they are as effective as psychodynamic therapy.
 - d. therapists can effectively combine them with other forms of treatment.

Difficulty: 2

Question ID: 14.1-93

Page Ref: 503

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: b. they are more effective with men than women.

14.1-94. Your friend Angelica is suffering from depression. She would like to begin a treatment program, but doesn't believe in drug therapy. What type of therapy might you recommend that would generate benefits analogous to drug therapy?

- a. Cognitive
- b. Behavioral
- c. Cognitive-behavioral
- d. Both B and C are correct.

Difficulty: 3

Question ID: 14.1-94

Page Ref: 503

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: d. Both B and C are correct.

Rationale: Empirical data indicates that these therapies are as effective as drug therapy.

14.1-95. Psychologists find group therapy to be an effective approach to treatment because

- a. it is more effective at producing lasting changes than the individual treatments.
- b. it allows participants to practice new skills in a safe environment.
- c. the therapists interact less with each individual patient.
- d. the therapists can make more money.

Difficulty: 3

Question ID: 14.1-95

Page Ref: 503

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Factual

Objective: 14.6

Answer: b. it allows participants to practice new skills in a safe environment.

14.1-96. Which statement is NOT true about group therapies?

- a. They are less costly.
- b. They span all major schools of psychotherapy.
- c. They are efficient and time-saving.
- d. They are only practiced in Western cultures.

Difficulty: 2

Question ID: 14.1-96

Page Ref: 503

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Factual

Objective: 14.6

Answer: d. They are only practiced in Western cultures.

14.1-97. Greg's office building just received a bomb threat. As part of the debriefing process, what are Greg and his coworkers likely to participate in?

- a. Stress inoculation training
- b. Assertiveness training
- c. Group therapy
- d. Social reconstruction

Difficulty: 3

Question ID: 14.1-97

Page Ref: 503

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Applied

Objective: 14.6

Answer: c. Group therapy

Rationale: Group therapies are efficient, time saving, and less costly than individual treatment methods.

14.1-98. Group therapy is often preferred to individual treatment methods because

- a. it is an efficient use of patient and therapist time.
- b. it allows patients to realize that they are not alone in their problems and troubles.
- c. it allows patients to receive social support from others.
- d. all the above are true.

Difficulty: 1

Question ID: 14.1-98

Page Ref: 503–504

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Factual

Objective: 14.6

Answer: d. all the above are true.

14.1-99. A concern with nearly all 12-step approaches, such as Alcoholics Anonymous, to dealing with various problems with living is that

- a. they promote feelings of helplessness to control and change one's behavior.
- b. physical diseases are never cured but rather go into remission.
- c. no research evidence exists for the effectiveness of these approaches.
- d. relapse is unavoidable.

Difficulty: 2

Question ID: 14.1-99

Page Ref: 504

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Factual

Objective: 14.6

Answer: c. no research evidence exists for the effectiveness of these approaches.

- 14.1-100. According to the authors, the claims of Alcoholics Anonymous's success
- a. are not supported by the available data.
 - b. are supported by the available data.
 - c. can be applied to other problems of impulse control.
 - d. have largely gone unrecognized by the scientific community.

Difficulty: 1

Question ID: 14.1-100

Page Ref: 504

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Factual

Objective: 14.6

Answer: a. are not supported by the available data.

- 14.1-101. In family therapy, a therapist seeks to understand
- a. how a person's psychological disorder creates stress for those who love him or her.
 - b. how family members can help someone with a psychological disorder live a productive life.
 - c. how family member interactions lead to personal problems and difficulties.
 - d. why some families seem to experience more problems than others.

Difficulty: 3

Question ID: 14.1-101

Page Ref: 505

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Conceptual

Objective: 14.7

Answer: c. how family member interactions lead to personal problems and difficulties.

Rationale: Family therapists contend that the real source of difficulties lies in the dysfunctional ways in which family members communicate, solve problems, and relate to one another.

- 14.1-102. Someone who is conducting a strategic family intervention would be most likely to attempt to understand
- a. family communication patterns.
 - b. an individual's thoughts and feelings about her or his family.
 - c. parental impacts on children's adaptive or maladaptive functioning.
 - d. why family history makes some people more or less vulnerable to psychological problems.

Difficulty: 3

Question ID: 14.1-102

Page Ref: 505

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Factual

Objective: 14.7

Answer: a. family communication patterns.

14.1-103. Felix is a family therapist. He is currently treating Ally for symptoms of bipolar disorder. What is likely a part of his treatment approach?

- a. He will teach Ally behavioral techniques to control her manic episodes.
- b. He will teach Ally's parents to use cognitive coping strategies to deal with Ally's depressive moods.
- c. He will teach the family to communicate more effectively with one another.
- d. All of the above

Difficulty: 3

Question ID: 14.1-103

Page Ref: 505

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Applied

Objective: 14.7

Answer: c. He will teach the family to communicate more effectively with one another.

Rationale: For family therapists, the focus of treatment isn't any one person but the family unit itself.

14.1-104. Nancy is trying on dresses for the party tonight. She asks her husband which one looks better and he says, "It doesn't really matter, they all look pretty much the same." What idea is Nancy's husband illustrating?

- a. Dodo bird verdict
- b. Insufficient analysis
- c. Ad hoc confirmation
- d. Generalizability

Difficulty: 3

Question ID: 14.1-104

Page Ref: 506

Topic: The Dodo Bird Verdict: Alive or Extinct?

Skill: Applied

Objective: 14.8

Answer: a. Dodo bird verdict

Rationale: The dodo bird verdict suggests that a wide range of psychotherapies are about equal in their effects.

14.1-105. Which of the following best represents the idea of the dodo bird verdict?

- a. Dr. McQuillan tells her patient that this drug is superior to all others in treating depression.
- b. Dr. Klein tells his patient that she can choose one of three antibiotics that should be equally effective.
- c. Dr. Meager tells his patient to try two different medications and decide for herself which one is more effective.
- d. Dr. Yates tells her patient that she would probably be better off not entering into therapy.

Difficulty: 3

Question ID: 14.1-105

Page Ref: 506

Topic: The Dodo Bird Verdict: Alive or Extinct?

Skill: Applied

Objective: 14.8

Answer: b. Dr. Klein tells his patient that she can choose one of three antibiotics that should be equally effective.

Rationale: The dodo bird verdict suggests that a wide range of psychotherapies are about equal in their effects; no matter which one is chosen, the result will be the same.

- 14.1-106. Research on the effectiveness of the different methods of psychotherapy suggests
- behavioral and cognitive therapies are always better treatment options than any other form of psychotherapy.
 - behavioral, psychodynamic, and person-centered approaches are more helpful for patients than receiving no treatment.
 - person-centered therapy is always a better treatment option than any other form of psychotherapy.
 - psychodynamic therapy is always a better treatment option than any other form of psychotherapy.

Difficulty: 2

Question ID: 14.1-106

Page Ref: 506

Topic: The Dodo Bird Verdict: Alive or Extinct?

Skill: Factual

Objective: 14.8

Answer: b. behavioral, psychodynamic, and person-centered approaches are more helpful for patients than receiving no treatment.

- 14.1-107. Suppose a friend asks you for advice about entering psychotherapy for his anxiety disorder. Which of the following recommendations should you make?
- Avoid psychotherapy because 5–10 percent of patients get worse with this form of treatment.
 - Behavioral or cognitive-behavioral therapies are most effective for this category of disorders.
 - Humanistic therapies are most effective for this category of disorders.
 - Psychodynamic therapies are most effective for this category of disorders.

Difficulty: 1

Question ID: 14.1-107

Page Ref: 506

Topic: The Dodo Bird Verdict: Alive or Extinct?

Skill: Applied

Objective: 14.8

Answer: b. Behavioral or cognitive-behavioral therapies are most effective for this category of disorders.

Rationale: Though some therapies are about as effective as others for many types of disorder, research shows that behavioral and cognitive-behavioral therapies consistently outperform most other therapies for anxiety disorders.

- 14.1-108. Empirically supported treatments (ESTs) refer to
- treatments for which only anecdotal evidence of effectiveness is available.
 - treatments that are effective for all psychological disorders and this effectiveness has been established through rigorous scientific testing.
 - treatments that are effective for specific disorders and this effectiveness has been established through rigorous scientific testing.
 - a method for differentiating between effective and ineffective forms of psychotherapy treatments.

Difficulty: 2

Question ID: 14.1-108

Page Ref: 506

Topic: Empirically Supported Treatments

Skill: Conceptual

Objective: 14.8

Answer: c. treatments that are effective for specific disorders and this effectiveness has been established through rigorous scientific testing.

Rationale: ESTs are treatments for specific disorders that are backed by high-quality scientific evidence.

- 14.1-109. Proponents of empirically supported treatments (ESTs) believe that
- clinicians should make treatment decisions without regard to scientific evidence.
 - only cognitive-behavioral techniques should be used to treat psychological problems.
 - too little research has been done to appropriately inform clinicians about the best treatments for specific disorders.
 - science should inform a clinician's decision making about the most appropriate therapeutic practices.

Difficulty: 3

Question ID: 14.1-109

Page Ref: 508

Topic: Empirically Supported Treatments

Skill: Applied

Objective: 14.8

Answer: d. science should inform a clinician's decision making about the most appropriate therapeutic practices.

Rationale: Current data suggests that some treatments are superior to others; therefore, therapists have an ethical obligation to use those therapies.

- 14.1-110. Critics of empirically supported treatments (ESTs) are concerned that
- cognitive-behavioral therapy will be used at the expense of more effective treatments because it is cheaper.
 - insufficient data exist for appropriately distinguishing between superior and inferior forms of psychotherapeutic treatments.
 - psychiatrists and psychologists will eventually be forced to only treat mental health problems via pharmacotherapy.
 - the scientific method is not the best approach to take for establishing what best treatment practices are for the various psychological disorders.

Difficulty: 3

Question ID: 14.1-110

Page Ref: 508

Topic: Empirically Supported Treatments

Skill: Conceptual

Objective: 14.8

Answer: b. insufficient data exist for appropriately distinguishing between superior and inferior forms of psychotherapeutic treatments.

Rationale: Critics contend that the research is not adequately well developed to make treatment decisions; cultural or individual differences could be a factor in how effective treatments are.

- 14.1-111. Cognitive-behavioral therapies have been found to be especially helpful in the treatment of _____ disorders.

- dissociative
- mood
- personality
- impulse control

Difficulty: 3

Question ID: 14.1-111

Page Ref: 508

Topic: Empirically Supported Treatments

Skill: Factual

Objective: 14.8

Answer: b. mood

- 14.1-112. Holly has recently entered therapy for her major depressive disorder at an important “down” period in her life. Her therapist suggests that she and Holly will work together to identify and change Holly’s irrational thinking. After 6 weeks, Holly feels less depressed. Suppose, however, that the change resulted not from the therapy but rather from the normal “ups and downs” that people experience. This suggests that clinicians need to consider the impact of _____ on therapeutic outcomes.

- the placebo effect
- retrospective rewriting of the past
- self-serving biases
- spontaneous remission

Difficulty: 2

Question ID: 14.1-112

Page Ref: 509

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Conceptual

Objective: 14.9

Answer: d. spontaneous remission

Rationale: Many psychological problems are self-limiting or cyclical and improve without any intervention.

- 14.1-113. One reason that nearly any type of credible treatment may produce strong beneficial effects is that people hope it will and want it to work. This idea is referred to as
- a. the placebo effect.
 - b. regression to the mean.
 - c. the self-serving bias.
 - d. spontaneous remission.

Difficulty: 2

Question ID: 14.1-113

Page Ref: 509

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Applied

Objective: 14.9

Answer: a. the placebo effect.

Rationale: By instilling hope and the conviction that we can rise to life's challenges, virtually any credible treatment can be helpful in alleviating our demoralization.

- 14.1-114. Krista has been suffering from depression for several months. Which of the following may alleviate her symptoms?
- a. Participating in psychotherapy
 - b. Making an appointment for psychotherapy
 - c. Getting asked out by her next door neighbor
 - d. All of the above

Difficulty: 3

Question ID: 14.1-114

Page Ref: 509

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Applied

Objective: 14.9

Answer: d. All of the above

Rationale: Any of these could trigger the onset of spontaneous remission.

- 14.1-115. Helena just signed another 2-year contract with her cell phone company because she was eligible for a free upgrade. When asked about her level of satisfaction, she replies, "Well, I have spent a lot of money on their phones and service, I must like them." What may Helena be a victim of?
- a. The placebo effect
 - b. Spontaneous remission
 - c. Regression to the mean
 - d. Self-serving biases

Difficulty: 3

Question ID: 14.1-115

Page Ref: 509

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Applied

Objective: 14.9

Answer: d. Self-serving biases

Rationale: After investing time and money, people may convince themselves they have improved or are satisfied.

- 14.1-116. Contestants on *Deal or No Deal* are asked to select a number of suitcases containing varying dollar amounts in an attempt to win a million dollars. In her first round, Stacy was successful in choosing 5 out of 5 “low” dollar amounts, which is exactly what she wanted to do. What should Stacy be concerned with in round two?

- a. Retrospective adjustment
- b. Self-serving biases
- c. Regression to the mean
- d. Spontaneous readjusting

Difficulty: 3

Question ID: 14.1-116

Page Ref: 509–510

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Applied

Objective: 14.9

Answer: c. Regression to the mean

Rationale: Regression to the mean suggests that extreme scores become less extreme on retesting; Stacy shouldn’t expect to choose 5-for-5 again because it isn’t likely to occur.

- 14.1-117. Ryan, who was just called up from the minor leagues, is playing in his first major league baseball game. He has a spectacular night at the plate, going 5-for-5. Although he has every right to be excited, what potential pitfall should he be wary of?

- a. Regression to the mean
- b. Self-serving bias
- c. Retrospective rewriting
- d. Spontaneous remission

Difficulty: 3

Question ID: 14.1-117

Page Ref: 509–510

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Applied

Objective: 14.9

Answer: a. Regression to the mean

Rationale: Regression to the mean suggests that extreme scores become less extreme on retesting.

- 14.1-118. Statisticians will often describe how extreme performances, both good and bad, tend to be followed by more average levels of performance. This _____ might be one explanation for why many psychotherapy patients improve regardless of the type of therapy received.

- a. placebo effect
- b. regression to the mean
- c. retrospective rewriting
- d. self-serving bias

Difficulty: 3

Question ID: 14.1-118

Page Ref: 509–510

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Conceptual

Objective: 14.9

Answer: b. regression to the mean

Rationale: Regression to the mean suggests that extreme scores become less extreme on retesting; in therapy, this can fool therapists and their patients into believing that a useless treatment is effective.

14.1-119. Contestants on the reality show *The Biggest Loser* compete against each other to see who can lose the highest percentage of body fat over the course of several months. All contestants are weighed on Day 1 of the competition and are subsequently weighed every week as the competition continues. The contestants are given multiple techniques to enhance their weight loss. In terms of assessing the effectiveness of the various techniques impacting their weight loss, which of the following will NOT be an issue?

- a. Self-serving biases
- b. Retrospective rewriting of the past
- c. Spontaneous remission
- d. Placebo effect

Difficulty: 3

Question ID: 14.1-119

Page Ref: 510

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Applied

Objective: 14.9

Answer: b. Retrospective rewriting of the past

Rationale: Retrospective rewriting of the past involves misremembering; the physical measurements would prevent this misconception from occurring.

14.1-120. People who have gone through therapy often recall their pretherapy adjustment as much worse than it actually was. This often leads them to _____ how much improvement resulted from their psychotherapy experience.

- a. accurately estimate
- b. overestimate
- c. subjectively estimate
- d. underestimate

Difficulty: 3

Question ID: 14.1-120

Page Ref: 510

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Factual

Objective: 14.9

Answer: b. overestimate

14.1-121. A major concern with using self-help books rather than seeking out professional guidance and assistance is that

- a. self-help authors are just writing them to make money rather than help people.
- b. the claims made in most self-help books have never been scientifically tested.
- c. few clinicians would ever recommend such materials to their clients.
- d. self-help books tend to challenge conventional wisdom and are more effective than seeing a psychiatrist or clinical psychologist.

Difficulty: 2

Question ID: 14.1-121

Page Ref: 510–511

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Factual

Objective: 14.9

Answer: b. the claims made in most self-help books have never been scientifically tested.

- 14.1-122. An important criticism of self-help materials is that they frequently make far-fetched promises. This is similar to the pseudoscience sin of
- the absence of connectivity.
 - exaggerated claims.
 - overreliance on anecdotes.
 - psychobabble.

Difficulty: 3

Question ID: 14.1-122

Page Ref: 510–511

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Conceptual

Objective: 14.9

Answer: b. exaggerated claims.

Rationale: Many self-help books promise more than they can deliver.

- 14.1-123. Self-help materials sometimes backfire when users fail to see the kinds of changes touted by the programs. This often leads the users of self-help materials to
- be less likely to seek professional help for their problems.
 - be more likely to seek professional help for their problems.
 - demand more rigorous evidence of self-help program effectiveness in the future.
 - warn their friends about the downside of anecdotal evidence.

Difficulty: 2

Question ID: 14.1-123

Page Ref: 510–511

Topic: Why Do Ineffective Therapies Appear to Be Helpful?

Skill: Factual

Objective: 14.9

Answer: a. be less likely to seek professional help for their problems.

- 14.1-124. The use of medications to treat psychological problems is called
- pharmacotherapy.
 - psychotherapy.
 - physiotherapy.
 - biomedical therapy.

Difficulty: 1

Question ID: 14.1-124

Page Ref: 512

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: a. pharmacotherapy.

14.1-125. Which form of biological therapy would a psychiatrist be most likely to suggest for a patient?

- a. Electroconvulsive therapy
- b. Pharmacotherapy
- c. Psychosurgery
- d. Vagus nerve stimulation therapy

Difficulty: 2

Question ID: 14.1-125

Page Ref: 512

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Applied

Objective: 14.10

Answer: b. Pharmacotherapy

Rationale: There is an available medication for virtually every psychological disorder.

14.1-126. The most frequently encountered treatment for schizophrenia today comes from a form of

- a. electroconvulsive therapy.
- b. pharmacotherapy.
- c. vagus nerve stimulation therapy.
- d. psychosurgery.

Difficulty: 1

Question ID: 14.1-126

Page Ref: 512

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: b. pharmacotherapy.

14.1-127. Antianxiety, antidepressant, or antipsychotic medications are most frequently prescribed by

- a. clinical psychologists.
- b. clinical social workers.
- c. pastoral counselors.
- d. psychiatrists.

Difficulty: 1

Question ID: 14.1-127

Page Ref: 512

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: d. psychiatrists.

- 14.1-128. What is one reason that many critics argue that *psychologists* should not be given the right to directly prescribe medications to their psychotherapy clients?
- Psychiatrists already have that privilege and therefore to give these privileges to psychologists would be redundant.
 - Psychologists' training does not provide the knowledge for appropriately understanding the drugs' potential effects.
 - Pharmacotherapy has not proven to be as effective as the various psychotherapies.
 - Drug companies will provide free samples that will get into the hands of drug addicts if we allow psychologists to prescribe directly.

Difficulty: 2

Question ID: 14.1-128

Page Ref: 512

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Conceptual

Objective: 14.10

Answer: b. Psychologists' training does not provide the knowledge for appropriately understanding the drugs' potential effects.

Rationale: Critics argue that psychologists don't possess sufficient knowledge of the anatomy and physiology of the human body to adequately evaluate the intended effects and side effects of medications.

- 14.1-129. Harry is an aspiring psychiatrist. He just sat in on his first patient interview. After listening to the patient's history and description of his symptoms, he believes the patient is suffering from bipolar disorder. What type of treatment will Harry likely recommend?
- Cognitive-behavioral
 - Pharmacotherapy
 - Rational emotive behavioral therapy
 - Psychoanalytic

Difficulty: 3

Question ID: 14.1-129

Page Ref: 512

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Applied

Objective: 14.10

Answer: b. Pharmacotherapy

Rationale: Bipolar disorder is largely biological, requiring drug treatment along with coping strategies.

- 14.1-130. All of these medications are used to treat anxiety EXCEPT
- atomoxetine.
 - beta blockers.
 - buspirone.
 - benzodiazepines.

Difficulty: 3

Question ID: 14.1-130

Page Ref: 513

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: a. atomoxetine.

14.1-131. Benzodiazepines include all of the following EXCEPT

- a. Valium.
- b. Xanax.
- c. Thorazine.
- d. Klonopin.

Difficulty: 3

Question ID: 14.1-131

Page Ref: 513

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: c. Thorazine.

14.1-132. A frequently prescribed drug therapy for managing one's depression is

- a. Adderall.
- b. Lithium.
- c. Prozac.
- d. Thorazine.

Difficulty: 3

Question ID: 14.1-132

Page Ref: 513

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: c. Prozac.

14.1-133. All of the following are SSRIs EXCEPT

- a. Prozac.
- b. Lithium.
- c. Celexa.
- d. Zoloft.

Difficulty: 3

Question ID: 14.1-133

Page Ref: 513

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: b. Lithium.

14.1-134. A frequently prescribed medication for managing one's attention problems is

- a. Lithium.
- b. Prozac.
- c. Ritalin.
- d. Thorazine.

Difficulty: 2

Question ID: 14.1-134

Page Ref: 513

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: c. Ritalin.

14.1-135. Children with ADHD may be prescribed

- a. CNS depressants.
- b. psychostimulants.
- c. antipsychotics.
- d. antimanics.

Difficulty: 2

Question ID: 14.1-135

Page Ref: 514

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: b. psychostimulants.

14.1-136. A major criticism of the use of medication for treating a child's ADHD is that

- a. parents and teachers are often allowed little input in whether a child must begin pharmacotherapy for his or her ADHD.
- b. doctors are overprescribing medications for children with ADHD rather than using effective strategies to increase the child's attention.
- c. pharmacotherapy leads to an increased risk for suicide in patients diagnosed with ADHD.
- d. there is no scientific evidence that pharmacotherapy is useful in reducing the symptoms for children with ADHD.

Difficulty: 2

Question ID: 14.1-136

Page Ref: 514–515

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.11

Answer: b. doctors are overprescribing medications for children with ADHD rather than using effective strategies to increase the child's attention.

14.1-137. Electroconvulsive therapy is often

- a. the first step in a longer biomedical treatment management of mood and schizophrenic disorders.
- b. used to control people's behavior rather than serving as any form of useful treatment for psychological disorders.
- c. used as a last resort for persons who suffer from severe depression or schizophrenia.
- d. used to treat people who are phobic, suffer from anxiety disorders, or experience sleep disorders.

Difficulty: 3

Question ID: 14.1-137

Page Ref: 515

Topic: Electrical Stimulation: Conceptions and Misconceptions

Skill: Factual

Objective: 14.12

Answer: c. used as a last resort for persons who suffer from severe depression or schizophrenia.

- 14.1-138. Patients who receive brief electrical pulses to the brain that produce a seizure are being treated with
- psychosurgery.
 - EEG inhibition.
 - electroconvulsive therapy.
 - aversion therapy.

Difficulty: 2

Question ID: 14.1-138

Page Ref: 515

Topic: Electrical Stimulation: Conceptions and Misconceptions

Skill: Factual

Objective: 14.12

Answer: c. electroconvulsive therapy.

- 14.1-139. Tyrone just finished a series of treatments for severe depression and is experiencing retrograde amnesia. What type of treatment was it?
- Cognitive-behavioral
 - Psychosurgery
 - Vagus nerve stimulation
 - ECT

Difficulty: 3

Question ID: 14.1-139

Page Ref: 515–516

Topic: Electrical Stimulation: Conceptions and Misconceptions

Skill: Applied

Objective: 14.12

Answer: d. ECT

Rationale: ECT can create short-term confusion and cloud memory, but in most cases, subsides after a few weeks.

- 14.1-140. We must be cautious about accepting patients' statements about the effectiveness of electroconvulsive therapy (ECT) because they may be motivated to justify their experience or because they believed the treatment would work before starting. This reminds the critical thinker of the importance of
- supporting extraordinary claims with extraordinary evidence.
 - falsifiable research questions.
 - the principle of parsimony/Occam's Razor.
 - ruling out rival hypotheses.

Difficulty: 1

Question ID: 14.1-140

Page Ref: 516

Topic: Electrical Stimulation: Conceptions and Misconceptions

Skill: Conceptual

Objective: 14.12

Answer: d. ruling out rival hypotheses.

Rationale: Empirical data doesn't always support commonsense conclusions; research on ECT indicates it has a strong placebo effect.

14.1-141. _____ is the most radical of all biological treatments for psychological disorders.

- a. Pharmacotherapy
- b. Electroconvulsive therapy
- c. Psychosurgery
- d. Cranial resonance

Difficulty: 1

Question ID: 14.1-141

Page Ref: 516

Topic: Psychosurgery: An Absolute Last Resort

Skill: Factual

Objective: 14.12

Answer: c. Psychosurgery

14.1-142. An important consideration before undergoing psychosurgery is that

- a. the costs may be greater than the actual benefits received.
- b. though it may enhance memory, it tends to diminish emotions.
- c. it is now illegal to perform this treatment in the United States.
- d. it is the least controversial of the biological forms of treatment.

Difficulty: 1

Question ID: 14.1-142

Page Ref: 516–517

Topic: Psychosurgery: An Absolute Last Resort

Skill: Factual

Objective: 14.12

Answer: a. the costs may be greater than the actual benefits received.

14.1-143. Current psychosurgical procedures usually involve lesioning tissue in the

- a. amygdala.
- b. frontal lobes.
- c. septum.
- d. prefrontal gyrus.

Difficulty: 2

Question ID: 14.1-143

Page Ref: 517

Topic: Psychosurgery: An Absolute Last Resort

Skill: Factual

Objective: 14.12

Answer: a. amygdala.

14.1-144. Which of the following statements about psychosurgery is FALSE?

- a. The patient has received an appropriate preoperative and postoperative evaluation.
- b. The surgeon is competent to conduct the procedure.
- c. The patient has consented to the operation.
- d. The patient can elect to have the procedure with or without a clear rationale.

Difficulty: 2

Question ID: 14.1-144

Page Ref: 517

Topic: Psychosurgery: An Absolute Last Resort

Skill: Conceptual

Objective: 14.12

Answer: d. The patient can elect to have the procedure with or without a clear rationale.

Rationale: There must be good reason to perform the operation.

Fill-in-the-Blank

- 14.2-1. _____ are persons who lack formal professional training but have received agency specific training to provide psychological services.
- Difficulty:** 2
Question ID: 14.2-1
Page Ref: 491
Topic: Who Practices Psychotherapy?
Skill: Factual
Objective: 14.2
Answer: Paraprofessionals
- 14.2-2. Axel, like many others, lost his home during hurricane Katrina. More than likely, any crisis counseling he and his neighbors might receive will be provided by _____.
- Difficulty:** 3
Question ID: 14.2-2
Page Ref: 491
Topic: Who Practices Psychotherapy?
Skill: Applied
Objective: 14.2
Answer: paraprofessionals
- 14.2-3. Dr. Moreau is listening to one of his patients describe his out-of-body experience. He is very skeptical and tells the patient that there is no way he could have survived such an encounter. It is unlikely that Dr. Moreau would be considered a(n) _____ therapist.
- Difficulty:** 3
Question ID: 14.2-3
Page Ref: 492–493
Topic: What Does It Take to Be an Effective Psychotherapist?
Skill: Applied
Objective: 14.3
Answer: effective
- 14.2-4. Your friend Melody has been feeling very anxious lately. She asks your advice about the type of therapy she should seek out. After some deliberation, you advise her not to focus on a specific therapy, but to find a(n) _____ that she feels comfortable with.
- Difficulty:** 3
Question ID: 14.2-4
Page Ref: 493
Topic: What Does It Take to Be an Effective Psychotherapist?
Skill: Applied
Objective: 14.3
Answer: therapist
- 14.2-5. The goal of _____ therapies is increased awareness about the underlying cause or causes of one's psychological disorder.
- Difficulty:** 2
Question ID: 14.2-5
Page Ref: 494
Topic: Insight Therapies: Acquiring Understanding
Skill: Conceptual
Objective: 14.4
Answer: insight

14.2-6. Unlike Freud, the Neo-Freudians focused more on the _____ aspects of a patient's functioning.

Difficulty: 3
Question ID: 14.2-6
Page Ref: 495–496
Topic: Insight Therapies: Acquiring Understanding
Skill: Conceptual
Objective: 14.4
Answer: conscious

14.2-7. Dr. Incite is working with Latosha and asking her about a specific childhood encounter she had with one of her uncles. Abruptly, Latosha stands up and tells the doctor that she forgot she had to pick up her son early from school. Latosha is probably engaging in _____.

Difficulty: 3
Question ID: 14.2-7
Page Ref: 495
Topic: Insight Therapies: Acquiring Understanding
Skill: Applied
Objective: 14.4
Answer: resistance

14.2-8. Dr. Christiansen, a newly hired clinical psychologist, is in the middle of a therapy session with Jack. As the session progresses, Jack begins to scream at her and proceeds to describe her inadequacies as a therapist. As she is about to start crying, she remembers her training and assumes that Jack is exhibiting _____.

Difficulty: 3
Question ID: 14.2-8
Page Ref: 495
Topic: Insight Therapies: Acquiring Understanding
Skill: Applied
Objective: 14.4
Answer: transference

14.2-9. Jay has been in psychotherapy for several years now. He and his therapist have made some major breakthroughs, but his therapist insists that he continue his therapy to avoid a potential relapse. The therapist appears concerned about the _____ stage of psychoanalysis.

Difficulty: 3
Question ID: 14.2-9
Page Ref: 495
Topic: Insight Therapies: Acquiring Understanding
Skill: Applied
Objective: 14.4
Answer: working through

14.2-10. Alvie is a very shy, withdrawn individual. He rarely engages in conversation, and getting him to talk is like pulling teeth. More than likely, Alvie would not be a strong candidate for _____ therapy.

Difficulty: 3
Question ID: 14.2-10
Page Ref: 497
Topic: Insight Therapies: Acquiring Understanding
Skill: Applied
Objective: 14.4
Answer: person-centered

- 14.2-11. Phoenix is frustrated by her therapist. “All he does is sit there and listen to me talk. Whenever he actually says anything, it is usually what I just said, but he has reworded it.” Phoenix is undergoing _____ therapy.

Difficulty: 3
Question ID: 14.2-11
Page Ref: 497
Topic: Insight Therapies: Acquiring Understanding
Skill: Applied
Objective: 14.4
Answer: person-centered

- 14.2-12. The most nondirective form of psychotherapy is _____.

Difficulty: 2
Question ID: 14.2-12
Page Ref: 497
Topic: Insight Therapies: Acquiring Understanding
Skill: Factual
Objective: 14.4
Answer: person-centered therapy

- 14.2-13. Systematic desensitization works on the principle of _____.

Difficulty: 2
Question ID: 14.2-13
Page Ref: 498
Topic: Behavioral Approaches: Changing Maladaptive Actions
Skill: Factual
Objective: 14.5
Answer: reciprocal inhibition

- 14.2-14. Mrs. Jackson is taking her 3-year-old son for swimming lessons. As she listens to the instructor say, “We just throw them in and see how they react,” she realizes that this school of thought is the ANTITHESIS of _____.

Difficulty: 3
Question ID: 14.2-14
Page Ref: 498
Topic: Behavioral Approaches: Changing Maladaptive Actions
Skill: Applied
Objective: 14.5
Answer: systematic desensitization

- 14.2-15. Wallace is forced to confront his fear of germs by cleaning the private bathroom in his psychotherapist’s office. Wallace’s doctor is using _____ therapy to extinguish his fear.

Difficulty: 2
Question ID: 14.2-15
Page Ref: 498
Topic: Behavioral Approaches: Changing Maladaptive Actions
Skill: Applied
Objective: 14.5
Answer: exposure

- 14.2-16. Ginny gets extremely anxious when she has to give an oral presentation in class. As a result, she has bitten her nails down completely. Her therapist asks Ginny to visualize herself in front of her classmates while he places gloves on her hands. The therapist is attempting _____.

Difficulty: 3

Question ID: 14.2-16

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: response prevention

- 14.2-17. Isis has always been shy. She has difficulty in social situations and often either stands alone in the corner or leaves minutes after arriving at a party. If you were going to attempt to break her out of her shell in just one night, you might try the _____ behavioral technique.

Difficulty: 3

Question ID: 14.2-17

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: flooding

- 14.2-18. The behavioral technique of _____ exposes the patient to the most intense anxiety-provoking stimuli for a prolonged period of time.

Difficulty: 1

Question ID: 14.2-18

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Conceptual

Objective: 14.5

Answer: flooding

- 14.2-19. By watching other group members engaged in her feared situation, going up to a stranger and engaging in conversation, LuEllen was able to see how she too could be successful in this situation. This is one example of the observational learning technique of _____.

Difficulty: 1

Question ID: 14.2-19

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: participant modeling

- 14.2-20. Ronnie, a mentally challenged 45-year-old male, lives in a group home. He receives play money for cleaning his bedroom and other chores that he can later “spend” on group activities around the city, new clothes, or candy. Ronnie’s behavior is being directed by a(n) _____.

Difficulty: 2

Question ID: 14.2-20

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: token economy

14.2-21. One could think of the cognitive-behavioral therapies as a method for falsifying _____.

Difficulty: 2

Question ID: 14.2-21

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: irrational beliefs

14.2-22. Sally pinches Sam's arm every time he lights up a cigarette. She is engaging in a rudimentary form of _____ therapy.

Difficulty: 3

Question ID: 14.2-22

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: aversion

14.2-23. A main focus of cognitive therapy is to identify, challenge, and change one's _____

Difficulty: 3

Question ID: 14.2-23

Page Ref: 501–502

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Conceptual

Objective: 14.5

Answer: negative self-statements (or negative beliefs is also correct)

14.2-24. The highest percentage of clinical and counseling psychologists and psychiatrists would label their therapeutic orientation as _____.

Difficulty: 3

Question ID: 14.2-24

Page Ref: 503

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Factual

Objective: 14.5

Answer: eclectic (or eclectic/integrative therapy)

14.2-25. Group therapy is often a preferred approach to psychotherapy over individual therapy because it is more _____ and less costly.

Difficulty: 1

Question ID: 14.2-25

Page Ref: 503

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Conceptual

Objective: 14.6

Answer: efficient

14.2-26. Probably the most famous form of self-help group therapy is _____.

Difficulty: 1
Question ID: 14.2-26
Page Ref: 504
Topic: Group and Family Systems Therapies: The More, the Merrier
Skill: Factual
Objective: 14.6
Answer: Alcoholics Anonymous (AA)

14.2-27. The _____ perspective disagrees with the AA model of total abstinence from alcohol.

Difficulty: 2
Question ID: 14.2-27
Page Ref: 504
Topic: Group and Family Systems Therapies: The More, the Merrier
Skill: Factual
Objective: 14.6
Answer: controlled drinking

14.2-28. The key to understanding dysfunctional family dynamics is to study the _____ that occur within this group.

Difficulty: 2
Question ID: 14.2-28
Page Ref: 505
Topic: Group and Family Systems Therapies: The More, the Merrier
Skill: Conceptual
Objective: 14.7
Answer: communication patterns

14.2-29. Sometimes people recover from a serious illness such as depression without receiving or seeking out any help from a psychologist or clergy member. This is known as _____.

Difficulty: 2
Question ID: 14.2-29
Page Ref: 509
Topic: Why Do Ineffective Therapies Appear to Be Helpful? How We Can Be Fooled
Skill: Conceptual
Objective: 14.9
Answer: spontaneous remission

14.2-30. An ineffective therapy may appear to be helpful, even when it really is not, because the client believes that it will be effective. This is what psychologists refer to as the _____.

Difficulty: 3
Question ID: 14.2-30
Page Ref: 509
Topic: Why Do Ineffective Therapies Appear to Be Helpful? How We Can Be Fooled
Skill: Conceptual
Objective: 14.9
Answer: placebo effect

- 14.2-31. “This is my lucky night!” says Alan, who is on a great run at the slot machines. He has hit on six straight spins. Alan should be wary that his “luck,” according to the idea of _____, is probably about to run out.

Difficulty: 3

Question ID: 14.2-31

Page Ref: 509

Topic: Why Do Ineffective Therapies Appear to Be Helpful? How We Can Be Fooled

Skill: Applied

Objective: 14.9

Answer: regression to the mean

- 14.2-32. Griffin just paid \$500 to have his car detailed. He tells his friends how impressed he is with the job. “You should have seen it before, it was absolutely disgusting.” Griffin may be exhibiting the problem of _____ rewriting of the past.

Difficulty: 3

Question ID: 14.2-32

Page Ref: 510

Topic: Why Do Ineffective Therapies Appear to Be Helpful? How We Can Be Fooled

Skill: Applied

Objective: 14.9

Answer: retrospective

- 14.2-33. Two of the more controversial forms of psychological interventions for psychological disorders are _____ and _____.

Difficulty: 2

Question ID: 14.2-33

Page Ref: 511

Topic: Biological Treatments: Drugs, Physical Stimulation, and Surgery

Skill: Factual

Objective: 14.12

Answer: electroconvulsive therapy (ECT); psychosurgery

- 14.2-34. _____ is the name given to the use of medications to treat or control psychological problems.

Difficulty: 1

Question ID: 14.2-34

Page Ref: 512

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: Pharmacotherapy (or drug therapy is also correct)

- 14.2-35. An important criticism for many of the biological forms of treatment for psychological disorders is that we are not sure _____.

Difficulty: 3

Question ID: 14.2-35

Page Ref: 512

Topic: Pharmacotherapy: Targeting Brain Chemistry

Skill: Factual

Objective: 14.10

Answer: how the medications work

- 14.2-36. The biological treatment _____, once hailed as a revolutionary innovation, is today an option only considered when all others have failed because of its negative effects on emotions, memory, and personality.

Difficulty: 2

Question ID: 14.2-36

Page Ref: 516–517

Topic: Psychosurgery: An Absolute Last Resort

Skill: Factual

Objective: 14.12

Answer: psychosurgery

Essay

- 14.3-1. Decide whether Jill, who just broke up with her fiancée, or Scott, who occasionally believes that his car talks to him, is a better candidate for psychotherapy and why?

Difficulty: 3

Question ID: 14.3-1

Page Ref: 490–491

Topic: Who Seeks and Benefits from Treatment?

Skill: Applied

Objective: 14.1

Answer: Explain that while both will benefit over no treatment, Jill is likely to benefit more than Scott, since her problem is relatively short lived or minor.

- 14.3-2. How is the role of a paraprofessional analogous to parents who run the concession stand at the school's football game?

Difficulty: 3

Question ID: 14.3-2

Page Ref: 491–492

Topic: Who Practices Psychotherapy?

Skill: Applied

Objective: 14.2

Answer: Explain that both parties are not licensed professionals, but are asked to fill in for or compensate for the lack of degreed professionals. Explain that both are likely to do an adequate job at their respective duties.

- 14.3-3. What might account for the finding that relatively equal benefits of psychotherapy are reported, not only between paraprofessionals and degreed professionals, but also between novice and experienced therapists?

Difficulty: 3

Question ID: 14.3-3

Page Ref: 492–493

Topic: What Does It Take to Be an Effective Psychotherapist?

Skill: Applied

Objective: 14.3

Answer: Explain that the effectiveness of a therapy seems to rest more heavily on the personal characteristics of the therapist, as opposed to their level of expertise or experience.

- 14.3-4. Devon is entering psychotherapy and is anxious about the experience. One particular worry he has is that he might end up with a therapist who uses ineffective techniques. How would you advise him on what to look for during his first few sessions?

Difficulty: 2

Question ID: 14.3-4

Page Ref: 492–493

Topic: What Does It Take to Be an Effective Psychotherapist?

Skill: Conceptual

Objective: 14.3

Answer: Answers will vary but should contain at least two of the following ideas from each section with appropriate supportive discussion.

Effective psychotherapists will:

- establish a positive working relationship with patient;
- select important topics to focus on during sessions;
- match the treatment to the characteristics of the patient;
- be warm and direct with patient;
- listen carefully and work to understand patient;
- monitor patient changes.

Ineffective psychotherapists will:

- be defensive when questioned or challenged by a patient;
- only use one “method” to treat all patients;
- lack clear focus during sessions and fail to address patient concerns;
- not discuss evidence for effectiveness or efficacy of what he or she is doing;
- not establish clear boundaries in therapeutic relationship;
- break confidentiality of treatment when discussing case with other professionals or nonprofessionals.

- 14.3-5. Discuss why it is important for a novice psychoanalytic therapist to be especially aware of the process of transference.

Difficulty: 3

Question ID: 14.3-5

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: Discuss that while all six psychoanalytic techniques are important, novice therapists should have a deep understanding of transference, or the possibility that a patient will project his anger or frustration onto the therapist, which can be emotionally and sometimes physically threatening.

- 14.3-6. Provide an example of resistance from the techniques of psychoanalysis.

Difficulty: 3

Question ID: 14.3-6

Page Ref: 495

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: Discuss resistance and the idea that when therapists address certain issues with their patients, the patients tend to shut down or attempt to avoid talking about them (e.g., Melanie decides to cut the session short when asked about her feelings regarding her step-brother).

- 14.3-7. Explain why your psychology teacher, who simply lets all his students express their opinions without judging them, would make an excellent person-centered therapist.

Difficulty: 3

Question ID: 14.3-7

Page Ref: 497–498

Topic: Insight Therapies: Acquiring Understanding

Skill: Applied

Objective: 14.4

Answer: Explain that the hallmark of person-centered therapy is the use of unconditional positive regard or the idea that the therapist responds by total acceptance of the thoughts and feelings displayed by the patient.

- 14.3-8. Describe a 3-step procedure, using systematic desensitization, that might help Carrie overcome her fear of closed spaces.

Difficulty: 3

Question ID: 14.3-8

Page Ref: 498–499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: Explain that systematic desensitization involves slowly exposing a person to her fears, while at the same time encouraging her to relax.

Step 1. Have her envision standing in a large empty room, as the walls slowly close in, while encouraging her to relax.

Step 2. Have her view pictures of tight spaces, elevators, closets, and so forth, while encouraging her to relax.

Step 3. Have her enter a closet or an elevator, while encouraging her to relax.

- 14.3-9. Provide an example of the key element contained in the use of flooding to treat individuals suffering from anxiety.

Difficulty: 3

Question ID: 14.3-9

Page Ref: 499

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: Provide an example of response prevention and the idea that the therapist will force the patient to confront the source of anxiety and prevent the patient from executing normal avoidance or behavioral manifestation (e.g., preventing Marlie from pulling out strands of her hair when confronting uncomfortable social situations).

- 14.3-10. Donata wants to stand up to her boss. Everytime she makes a suggestion, he just shoots her down. As a result, she ends up furious for the rest of the day. Describe one technique of participant modeling that might help her.

Difficulty: 3

Question ID: 14.3-10

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: Discuss behavioral rehearsal and the idea that the therapist will first model effective behaviors for the patient and then engage in some role-playing to allow the patient to learn and practice new behaviors.

- 14.3-11. How might Mrs. Williams use a token economy system to encourage her students to raise their hand in class when they have a question?

Difficulty: 3

Question ID: 14.3-11

Page Ref: 500

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: Explain that token economies offer individuals intermediate rewards that can be used to gain access to more desirable rewards at a later date, and that she might offer Williams' dollars to each student who raises his or her hand before shouting out the answer.

- 14.3-12. Describe why Trevor, an autistic adolescent who engages in self-injurious behavior, is a good candidate for aversion therapy.

Difficulty: 3

Question ID: 14.3-12

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: Explain that aversion therapy is often a last resort and uses different forms of punishment to eliminate potentially harmful behaviors, such as head banging or self-mutilation.

- 14.3-13. Provide one example each of the A, B, and C components of rational emotive behavior therapy (REBT).

Difficulty: 3

Question ID: 14.3-13

Page Ref: 501

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: Provide an example of the A component, or the activating (internal or external) event (e.g., getting fired from a job).

Provide an example of the B component, or our belief regarding the event (e.g., I didn't really like my job anyway).

Provide an example of the C component, or the emotional and behavioral consequences of the event (e.g., I can now pursue the job of my choice).

14.3-14. Discuss the benefits and the costs of an eclectic approach to psychotherapy.

Difficulty: 3

Question ID: 14.3-14

Page Ref: 503

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: Answers will vary but should identify, and discuss with appropriate evidence, all of the following points for full credit.

- The eclectic approach helps the therapist to avoid the “one size fits all” approach that often characterizes ineffective therapy.
- The eclectic approach allows the therapist to match the treatment with the approach that might be best for the specific disorder. It also allows the therapist to match the treatment to those approaches with which the client is most comfortable.
- The main cost of this approach is the difficulty in determining what specifically leads to the improvement, because many rival hypotheses could not be eliminated to allow one to identify the most important ingredients.

14.3-15. How might Dr. Peterson use dialectical behavior therapy to treat Phillip for his anger management problem?

Difficulty: 3

Question ID: 14.3-15

Page Ref: 503

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Applied

Objective: 14.5

Answer: Dialectical behavior therapy is an example of an eclectic approach to mental disorder; as such, it would involve both trying to change the inappropriate behavior (anger issues), while at the same time helping the patient understand that the anger problem is also a part of who he is (everybody gets angry sometimes) and accept that.

14.3-16. Identify and discuss the similarities and differences between the Alcoholics Anonymous (AA) and controlled drinking approaches to treating alcoholism.

Difficulty: 3

Question ID: 14.3-16

Page Ref: 504–505

Topic: Group and Family Systems Therapies: The More, the Merrier

Skill: Conceptual

Objective: 14.6

Answer: Answers will vary but need to contain the following points to earn full credit.

- Both approaches involve others the individual can meet with who are working to help the individual. The mentor in AA is available when the individual finds him- or herself tempted to use alcohol, for example. In the controlled drinking approach, the therapist would provide treatment help.
- The approaches have very different goals. The AA approach focuses on total abstinence and providing a support system to reinforce sobriety via social support of individuals who understand the various temptations. The controlled drinking approach argues that excessive drinking is a learned behavior that can be modified and controlled.

- 14.3-17. As the sportscaster announces that Ray Allen is attempting to break the all-time free throw record in basketball, the audience, players, and even the coaches scream at him not to jinx Ray. Why are their fears unjustified?

Difficulty: 3

Question ID: 14.3-17

Page Ref: 509–510

Topic: Why Do Ineffective Therapies Appear to Be Helpful? How We Can Be Fooled

Skill: Applied

Objective: 14.9

Answer: Discuss regression to the mean, which suggests that statistically speaking Ray is more likely to miss than make his next shot anyway, which has absolutely nothing to do with what the sportscaster said.

- 14.3-18. Discuss how the critical thinker would use what he knows to help distinguish between effective and ineffective therapies so that he is not fooled into using an ineffective therapy.

Difficulty: 2

Question ID: 14.3-18

Page Ref: 509–510

Topic: Why Do Ineffective Therapies Appear to Be Helpful? How We Can Be Fooled

Skill: Applied

Objective: 14.9

Answer: Answers will vary but include all of the following, including relevant supportive examples, for full credit.

The critical thinker will focus on two principles of critical thinking:

- Extraordinary claims require extraordinary evidence. The critical thinker would demand evidence of the effectiveness of any treatment and would be quick, hopefully, to spot situations where anecdotal evidence and case study observations were being used as substitutes for more rigorous research designs.
- Ruling out rival hypotheses. This is an important concern given that issues of spontaneous remission, the placebo effect, and regression to the mean would all represent instances where an important change is actually due to something other than the actual effectiveness of the psychotherapy.
- Lastly the critical thinker would also be careful to avoid the role of hope and rewriting the past. The critical thinker would attempt to create a situation where his or her own biases and hopes would not impact judgment of a proposed therapy. By insisting on actual evidence, rather than on one's thoughts and feelings that can change more than one realizes, the critical thinker could avoid some of the errors that allow people to be fooled by the apparent effectiveness of ineffective therapies.

14.3-19. Compare and contrast the following forms of psychotherapy: psychoanalysis, humanistic, and behavioral.

Difficulty: 3

Question ID: 14.3-19

Page Ref: 494–498, 498–503

Topic: Insight Therapies; Behavioral Therapies

Skill: Conceptual

Objective: 14.4, 14.5

Answer: Answers will vary but should contain the following points, along with supportive discussion, for full credit.

Areas of agreement

- All three agree that past behavior has an impact on one's present behavior.
- All are approaches that are superior to doing nothing at all, waiting for the passage of time, to reduce the severity of one's psychological symptoms.

Areas of difference

- How the past impacts the present and the influence of those effects differ among the approaches (e.g., the past influence of others has positive effects according to Freud but negative effects according to Rogers).
- Behavioral approach focuses the most on using scientific method to establish effective procedures.
- The necessity of insight and determining the underlying cause of one's present difficulties.
- Focus on the past (psychoanalysis) versus focus on the present (humanistic and behavioral).
- Focus on the conscious mind and/or behavior (all others except Freud, Jung) versus focus on the unconscious mind and/or behavior (Freud, Jung).

Critical Thinking Short Answer

14.4-1. Why is the choice of a therapist who uses effective methods an important one as a person enters into psychotherapy?

Difficulty: 2

Question ID: 14.4-1

Page Ref: 492–493

Topic: What Does It Take to Be an Effective Psychotherapist?

Skill: Applied

Objective: 14.3

Answer: Answers will vary but should include the following points in the discussion to earn full credit.

- Many people have been dealing with the problem for several months or years prior to seeking out professional help.
- An effective therapist provides a patient with hope, empathy, advice, support, and opportunities for new learning experiences. He or she works with the patient to find the best treatment and to provide appropriate feedback about his or her progress. An ineffective therapist dictates and seeks to control a patient's behavior through the therapist's preferred method of treatment.
- An effective therapist is open, honest, and focused on improvement with a patient, while an ineffective therapist is secret, guarded, and lacking focus on the bigger issue of improving the patient's functioning.

- 14.4-2. Discuss why many psychotherapists today would identify themselves as cognitive-behavioral therapists rather than as either a behavioral therapist or cognitive therapist.

Difficulty: 1

Question ID: 14.4-2

Page Ref: 498–503

Topic: Behavioral Approaches: Changing Maladaptive Actions

Skill: Conceptual

Objective: 14.5

Answer: Answers will vary but should include the following points for full credit.

- Both approaches emphasize the scientific method (behaviors and/or cognitions that can be identified and measured) in their approach. They create falsifiable and replicable conditions for monitoring the improvement of functioning.
- Social learning and cognitive therapies both identified the importance of cognition in the event-consequence link. How we understand the world and our ability to control consequences (social learning) and the rationality/irrationality of our beliefs (cognitive) have demonstrable impacts on our daily functioning.
- Either in combination or singularly, our behaviors and cognitions can serve adaptive or maladaptive roles in our psychological functioning.

- 14.4-3. Discuss how focusing on the importance of critical thinking would be helpful as one perused the bookshelves for a helpful, self-guided treatment.

Difficulty: 3

Question ID: 14.4-3

Page Ref: 510–511

Topic: Myth Conceptions

Skill: Applied

Objective: 14.9

Answer: Answers will vary but should contain at least three of the following for full credit.

- Extraordinary claims require extraordinary evidence. A person needs to focus on the strength of the data for distinguishing between possible treatments, and also needs to remember that anecdotal, personal testimonies are not strong evidence.
- Replicability. Other independent sources should have verified the efficacy of one's claims. Secret knowledge is not usually useful knowledge because it is not connected with other important areas of human behavior. There needs to be reference citation information given to find the sources of the claims made in the book.
- The author has the credentials and expertise to write on the topic. It is based on scientific/empirical evidence rather than on biased opinion.
- Recognizes the complexity of human behavior. There is not just a "one-size-fits-all" approach or the focus on a single, magic bullet solution to the problem.
- Serious problems require professional help, not self-help. More serious psychological disorders are not going to be treated by a self-guided process.