

# Therapy Chapter 15

Practice Questions

Test on 11/12

# A humanistic therapist would most likely criticize a behavioral therapist on the following grounds:

- A. Behavioral approaches tend to get stuck in interpretations of the root causes of the patient's behaviors
- B. Behavioral approaches ignore the importance of uncovering the powerful unconscious conflict rooted in early childhood.
- C. Behavioral approaches lack empirical support for their claims of success.
- D. Behavioral approaches are not empathetic and supportive enough of the whole person.
- E. Behavioral approaches put too much of the burden on the client of their own healing.

In a therapy session, a patient says, “After this break-up, I know I’ll never meet anyone who cares about me again.” His therapist challenges the irrational, self-defeating nature of that statement. The therapist is practicing a technique most closely associated with

- A. Freudian Analysis
- B. Psychodynamic therapy
- C. Rational Emotive Behavior Therapy
- D. Person-centered therapy
- E. Behavior modification programs

In one of Jorge's earliest treatment sessions, his therapist helped him create an anxiety hierarchy as a starting point to help Jorge overcome his fear of flying. His psychologist likely adheres to which of the following treatment perspectives?

A. The behaviorist model

B. The biomedical model

C. The existential model

D. The cognitive model

E. The psychodynamic model

# A behaviorist would likely criticize the psychoanalytic or psychodynamic approach on the grounds the psychoanalysts?

- A. Focus too much attention on the self-defeating thoughts of the patient
- B. Overemphasize the impact of current family dynamics on the individual's dysfunction
- C. Progress so quickly that the patient does not reap long-term benefits.
- D. Expend too much effort on alleged, unobservable causes of problems that may have nothing to do with the patient's current behaviors.
- E. Look to foster self-actualization at the expense of addressing the actual symptoms of disorders

Which of the following therapists would argue that the most important thing one can do to help a client is provide empathy and unconditional positive regard, as the client strives to close the gap between his real self and ideal self?

- A. Carl Jung
- B. Albert Ellis
- C. Joseph Wolpe
- D. Carl Rogers
- E. B.F. Skinner

Today, electroconvulsive therapy is generally used only to treat

- A. Severe cases of depression
- B. Recurrent episodes of panic attacks
- C. Paranoid schizophrenia
- D. Dissociative identity disorder
- E. Extreme cases of mania

# A family systems therapist would most likely

- A. Focus attention on the thoughts and actions of the most maladjusted family members
- B. Focus attention on the thoughts and actions of the most well adjusted family members
- C. View each family member not in isolation but as a part of the whole family unit
- D. Explore the individual perspectives of each family member to encourage a sense of personal autonomy in relation to the family unit
- E. Encourage each individual member of the family to examine the contingencies of reinforcement which have governed their behavior in the family unit.



# Tardive Dyskinesia

- A. A major potential side effect of some antipsychotic medications
- B. Recently developed antianxiety medication
- C. A recently developed anti-depressant medication
- D. Likely to result from electro convulsive therapy
- E. The most common form of psychodynamic therapy.

# Both Xanax and Valium

- A. Increase the availability of GABA in the brain
- B. Decrease the amount of serotonin in the synapse
- C. Are effective in treating the positive symptoms of schizophrenia
- D. Have been found to be the most effective drug treatments for bipolar disorder
- E. Cause more dopamine to be released in areas of the brain near the prefrontal cortex.

Which of the following techniques would likely be most effective in treating an intense fears of elevators?

- A. Aversive conditioning
- B. Dream analysis
- C. Systematic desensitization
- D. Beck's Cognitive Therapy
- E. rTMS

Jamal's therapist does not offer interpretations of his comments or give him specific directions as to how to improve his life. Instead, the therapists listens and encourages Jamal to pursue things that help him achieve a sense of personal satisfaction. Which type of therapy is likely being used?

- A. Free Association
- B. Aversive therapy
- C. A token economy
- D. Cognitive restructuring
- E. Client-centered therapy

When paired with alcohol, the drug antabuse causes significant nausea and sickness. A therapist using antabuse to treat an alcohol addiction is using which of the following?

A. Psychoanalytic therapy

B. Aversive therapy

C. Existential therapy

D. Gestalt therapy

E. Exposure therapy

Which of the following psychologists would most agree with the following statement?  
“There are three musts that hold us back- I must do well. You must treat me well. And the world must be easy”

- A. Mary Cover Jones
- B. John Watson
- C. Albert Ellis
- D. Sigmund Freud
- E. Fritz Perls

Which of the following drugs works by blocking the reuptake of the neurotransmitter serotonin?

- A. Lithium
- B. BuSpar
- C. Xanax
- D. Thorazine
- E. Prozac

Aaron Beck's cognitive triad refers to a patient's thoughts about

- A. Themselves, events in their life and the future
- B. Themselves, significant others and peripheral others
- C. Significant others, peripheral others and self image
- D. The past, the present and the future
- E. The world, the self and others



Which kind of therapist is most likely to analyze a client's dreams?

A. Behaviorist

B. Cognitive

C. Humanistic

D. Psychoanalytic

E. biomedical

Coretta's therapist says little during their sessions and never makes any recommendations about what Coretta ought to do. What kind of therapy does Coretta's therapist most likely practice?

- A. Psychodynamic
- B. Behavioral
- C. Cognitive
- D. Biomedical
- E. humanistic

Craig saw a behaviorist to treat his crippling test anxiety. After a few months, Craig no longer experiences any fear when taking tests, however he has developed an obsessive compulsive disorder. According to psychoanalysts, Craig is experiencing

- A. Free association
- B. Symptom substitution
- C. An anxiety hierarchy
- D. Problem transference
- E. interpretation

# Systematic desensitization is to in vivo desensitization as

- A. Flooding is to aversion therapy
- B. Modeling is to implosive therapy
- C. Aversion therapy is to modeling
- D. Implosive therapy is to flooding
- E. Implosive therapy is to in vivo implosive therapy

# Who is credited with creating client-centered therapy?

- A. Fritz Perls
- B. Carl Rogers
- C. Albert Ellis
- D. Aaron Beck
- E. John Watson

# Which process involves counter conditioning?

- A. RET
- B. ECT
- C. Transference
- D. Somatic Therapy
- E. Systematic desensitization

Which of the following is used as a somatic therapy for depression?

A. MAO inhibitors

B. Client-centered therapy

C. Cognitive therapy

D. Dream analysis

E. Free Association

All of the following methods of treatment are or may be based on classical conditioning principles  
EXCEPT

A. Token economy

B. Implosive therapy

C. Flooding

D. Systematic desensitization

E. Aversion therapy



Maria has been in analysis for over a year. Recently, she has begun to suspect that she has fallen in love with Dr. Chin, her analyst. When she confesses her feelings, Dr. Chin is likely to tell Maria that she is experiencing

A. Resistance

B. Transference

C. A breakthrough

D. Irrational expectations

E. Unconditional positive regard

Jeb has been working for the same company for three years. While his responsibilities have increased, but his salary has not. Every time he resolves to talk with his supervisor about a raise, he loses his nerve. In therapy, Dr. Flores and her assistant demonstrate how Jeb might go about asking for a raise. Then the assistant pretends to be Jeb's boss, and Jeb practices asking for a raise. This process most closely resembles

- A. RET
- B. Existential Therapy
- C. Modeling
- D. Free Association
- E. Aversion Therapy

One difference between psychoanalytic and cognitive modes of treatment is that cognitive therapists

- A. Say little during sessions
- B. Emphasize the primacy of behavior
- C. Focus on the present
- D. View repressed thoughts about one's childhood as the root of most problems
- E. Do not face their clients

# Which method of therapy is most eclectic?

A. Psychodynamic

B. Client-centered

C. Aversive conditioning

D. Psychoanalytic

E. Token economy

Schizophrenia is most likely to be  
treated with

- A. Prozac
- B. Lithium
- C. Miltown
- D. Haldol
- E. Valium

# A common side effect of ECT is

A. Tardive dyskinesia

B. Memory loss

C. Hallucinations

D. Hysteria

E. Violent episodes

An unanticipated result of the deinstitutionalization movement was

- A. An increase in the homeless population
- B. An increase in drug related crime
- C. An increase in the incidence of catatonic schizophrenia
- D. A decrease in the availability of antipsychotic drugs.
- E. A decrease in the population of mental institutions.