

Lesson Quiz 17-1



Therapy and Change

DIRECTIONS: True/False In the blank, indicate whether the statement is true (T) or false (F).

- _____ 1. Prior to the 1800s, exorcism was a common treatment for a person with a psychological disorder.
- _____ 2. Carl Rogers believed that therapists should be in complete control of psychotherapy treatments.
- _____ 3. The primary goal of psychotherapy is to strengthen the patient's control over his or her life.
- _____ 4. When a person attends a family therapy session, the therapist is likely to tell that person how to change his or her behavior.
- _____ 5. Hans Eysenck would likely recommend eclectic psychotherapy as more effective than psychoanalysis.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. Sigmund Freud would most likely utilize _____ when treating patients.
 - A. hypnosis
 - B. humanistic therapy
 - C. client-centered therapy
 - D. antidepressants
- _____ 7. A cognitive therapist would employ which of the following means to achieve her goal in treating a patient?
 - A. verbal processes
 - B. surgical procedure
 - C. revising thoughts
 - D. behavioral training
- _____ 8. Which of the following are medical doctors?
 - A. counseling psychologists
 - B. psychiatrists
 - C. social workers
 - D. counselors
- _____ 9. Which of the following is an advantage of group therapy?
 - A. The therapist receives more compensation than if treating each patient individually.
 - B. A group of therapists focus their attention on a single patient.
 - C. Patients can focus on the uniqueness of their condition.
 - D. People can interact with others struggling with problems similar to their own.
- _____ 10. The studies analyzed by Mary Lee Smith and Gene V. Glass support the conclusion that
 - A. psychoanalysis is the most effective approach.
 - B. behavior therapy is the most effective approach.
 - C. cognitive therapy is the most effective approach.
 - D. most forms of therapy have similar effects.

Lesson Quiz 17-2



Therapy and Change

DIRECTIONS: Completion Enter the appropriate word(s) to complete the statement.

1. For a long time, _____ was the only formalized psychotherapy practiced in Western society.
2. A patient telling his therapist about what he ate for breakfast, his high school prom, a TV show he watched, and whatever else comes to mind is engaging in free _____.
3. If a woman started fearing her therapist in the same way she feared her mother, this would be an example of the process of _____.
4. During therapy, Marketa's therapist echoes back, as clearly as possible, the feelings Marketa has expressed. The therapist is practicing a communication technique called _____ listening.
5. With _____ therapy, the therapist does not guide the discussion; clients are encouraged to speak freely about any troubling matters.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. If a therapist encourages his patients to tell him about a recent nightmare, he is most likely a

A. cognitive therapist.	C. client-centered therapist.
B. behavioral therapist.	D. psychoanalyst.
- _____ 7. Recalling that a flock of cardinals swooped over one's head in a dream is an example of

A. resistance.	C. manifest content.
B. transference.	D. latent content.
- _____ 8. Client-centered therapy is conducted in an atmosphere of emotional support that Carl Rogers calls

A. free association.	C. contingencies of reinforcement.
B. unconditional positive regard.	D. the humanistic zone.
- _____ 9. Carl Rogers would be most interested in
 - A. analyzing a client's dream.
 - B. measuring the gap between a client's "real self" and "ideal self."
 - C. convincing a client to transfer her feelings about her father to her therapist.
 - D. helping a client build up his resistance in therapy sessions.
- _____ 10. Short-term dynamic psychotherapy is a shortened version of
 - A. psychoanalysis.
 - B. humanistic therapy.
 - C. client-centered therapy.
 - D. nondirective therapy.

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Lesson Quiz 17-3



Therapy and Change

DIRECTIONS: True/False In the blank, indicate whether the statement is true (T) or false (F).

- _____ 1. Reconceptualization occurs when a client must face evidence that contradicts his existing beliefs.
- _____ 2. A person's belief that he or she will be crushed by a loved one's rejection is an example of a thought that a psychologist would try to treat with rational-emotive therapy.
- _____ 3. Building an anxiety hierarchy about one's fear of snakes is an example of something one would do during counterconditioning.
- _____ 4. Eric promises himself a new iPad if he gets good grades; he is practicing aversive conditioning.
- _____ 5. Cognitive-behavior therapy emphasizes changing a client's interpretation of his or her situation.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. Which of the following is a way in which cognitive theories are similar?
 - A. They all follow at least one of the principles of disconfirmation, reconceptualization, and insight.
 - B. They all employ the techniques of dream analysis and free association.
 - C. They all focus on past events rather than present events.
 - D. They all place little emphasis on changing the way that people think.
- _____ 7. Albert Ellis taught that behaviors followed which path?
 - A. belief system, activating event, consequences
 - B. consequences, belief system, activating event
 - C. activating event, belief system, consequences
 - D. activating event, consequences, belief system
- _____ 8. Which of a following was a technique often used by Aaron T. Beck?
 - A. teaching clients to make overgeneralizations about themselves
 - B. analyzing clients' dreams
 - C. performing frontal lobotomies on clients
 - D. giving clients homework assignments
- _____ 9. A therapist thought a patient should unlearn fearful behavior around dogs; the therapist is likely a

A. psychoanalyst.	C. humanistic therapist.
B. behavioral therapist.	D. cognitive therapist.
- _____ 10. Systematic desensitization is a counterconditioning technique used to
 - A. help a patient overcome irrational fears and anxieties.
 - B. increase a client's fears about a situation.
 - C. allow clients to imitate the therapist's behavior.
 - D. make certain actions unpleasant to a client.

Lesson Quiz 17-4**networks****Therapy and Change**

DIRECTIONS: Completion Enter the appropriate word(s) to complete the statement.

1. _____ therapy uses methods such as medication, electric shock, and surgery to help people with psychological disorders.
2. The most widely used biological therapy for psychological disorders is _____ therapy.
3. A person diagnosed with schizophrenia would most likely be prescribed _____ drugs.
4. People with bipolar disorder are often prescribed _____ stabilizers to help minimize their extreme shifts in thinking and behavior.
5. If psychotherapy and drug therapy do not achieve desired results for a patient, mental health care professionals might recommend _____ therapy, commonly called *shock treatment*.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. A patient taking lithium salts most likely is experiencing
 - A. hallucinations.
 - B. epileptic seizures.
 - C. unipolar depression.
 - D. a bipolar disorder.
- _____ 7. Which of the following is true about drug therapy?
 - A. Drugs treat only the symptoms of a disorder.
 - B. Symptoms usually do not reappear after the patient stops taking the medication.
 - C. Drug therapy often removes the causes of the disorder.
 - D. Most pills used in drug therapy are placebos.
- _____ 8. If a man experienced anxiety and excessive excitability, his doctor would most likely prescribe which of the following?
 - A. sertraline (Zoloft)
 - B. alprazolam (Xanax)
 - C. duloxetine (Cymbalta)
 - D. paroxetine (Paxil)
- _____ 9. How is electroconvulsive treatment different today from decades ago?
 - A. It is used more often today.
 - B. It is usually applied to both brain hemispheres today.
 - C. It causes less memory loss today.
 - D. It is a more painful procedure today.
- _____ 10. Most modern mental health professionals consider psychosurgery
 - A. safer than drug therapy.
 - B. the treatment least likely to produce side effects.
 - C. an underappreciated treatment method.
 - D. a last resort.