CHAPTER 11: SKILLS FOR FACILITATING INSIGHT

Multiple-Choice Questions

11.01. Challenges are different from interpretations because:
   a. challenges point out contradictions, whereas interpretations point out discrepancies
   b. challenges raise awareness by pointing out discrepancies, whereas interpretations point out defense mechanisms
   c. challenges raise awareness by pointing out discrepancies, whereas interpretations suggest underlying reasons *
   d. challenges point out defenses, whereas interpretations raise awareness
   e. none of the above apply

11.02. The most helpful interpretations
   a. occur very frequently.
   b. can occur at any time.
   c. are often developed by the client in collaboration with the helper when the client is ready.*
   d. are made by the most experienced counselors.
   e. relate to the client’s childhood.

11.03. According to the textbook, the best interpretations are those that:
   a. are deep and accurate
   b. stick to the surface so as not to frighten the client
   c. are based on the client’s transference reactions
   d. are of moderate depth* are presented in the form of self-disclosures
11.04. According to Hill, interpretations are:
   a. the same as confrontations
   b. used to point out discrepancies
   c. provide possible reasons *
   d. the least powerful intervention available to helpers
   e. none of the above

11.05. Select the best interpretation from the following responses:
   a. “We’re out of time, but perhaps you could think about whether you are thinking
      of cheating on your wife because your father was unfaithful to your mother.”
   b. “I wonder if you are attracted to this woman primarily because she is so different
      from your first wife.” *
   c. “On the one hand, you say you love your wife, but on the other hand, you are
      thinking about doing something that will hurt her.”
   d. “You should think twice about this because you have regretted other impulsive
      decisions in the past.”
   e. “You are feeling angry toward your wife, and you want to hurt her badly.”

11.06. Helpful hints for using interpretation include all of the following, except:
   a. wait until the client has explored the problem thoroughly
   b. include the client when developing the interpretation
   c. present the client with a thoughtful interpretation early on to facilitate
      exploration *
   d. be tentative when you provide the interpretation
   e. all of the above are helpful hints
11.07. Interpreting countertransference is one of the best types of interpretation.
   a. true
   b. false *

11.08. The accuracy of an interpretation is not possible to determine, so helpers have to depend more on whether the client finds the interpretation helpful.
   a. true *
   b. false

11.09. Which of the following does NOT define an interpretation?
   a. makes connections between seemingly isolated statements or events
   b. points out themes or patterns in behaviors, thoughts, or feelings
   c. explicates defenses, resistance, or transference
   d. identifies emotions that the client was not aware of *
   e. offers a new framework to understand behaviors, thoughts, feelings, or problems

11.10. Interpretations are important because they provide a conceptual framework that explains problems and offers a rationale for overcoming concerns.
   a. true *
   b. false

11.11. Psychoanalytic theorists postulate that interpretations
   a. are the central technique for producing self-knowledge and change.
   b. are valuable because they provide a discrepant view from that of the client.
   c. help change the way schemas are structured.
   d. help make unconscious material conscious.
   e. a and d *
11.12. Sources of data for developing interpretations do NOT include:

a. verbal content of client speech
b. past client experiences
c. defenses
d. existential issues and culture
e. helper’s feelings toward the client *

11.13. Markers that the client is ready and eager for an interpretation do NOT include:

a. a high level of client experiencing *
b. a high level of affective distress associated with the problem
c. statement with a lack of understanding
d. a clear statement of the problem
e. a willingness to understand

11.14. Therapeutic reasons for using disclosures of insight include:

a. they have been found to be effective
b. disclosures are sometimes less threatening than interpretations
c. disclosures can alter the power balance
d. all of the above *
e. a and b

11.15. The helper should first ask open questions to stimulate client insight before offering interpretations.

a. true *
b. false
11.16. Dangers in using disclosures of insight do NOT include:
   a. helpers projecting their own feelings and reactions onto the client
   b. helpers using this intervention to solve their own problems
   c. helpers trying to make their self-disclosures perfect
   d. helpers trying to be too empathic *
   e. helpers forgetting what stage they are in

11.17. Dr. Brown says, “I remember when I was in college, I also felt really overwhelmed and anxious during finals because I never felt confident in my abilities.” This is an example of what type of self-disclosure?
   a. challenging disclosure
   b. disclosure of feelings
   c. disclosure of insight *
   d. empathizing disclosure
   e. disclosing limitations

11.18. According to the textbook, the primary reason for using disclosures in the insight stage is to
   a. develop the therapeutic relationship.
   b. normalize the client’s situation.
   c. promote insight.*
   d. show the client that the helper is a “real person.”
   e. prepare for the action stage.
11.19. Disclosures are used
   a. in the action stage only.
   b. in the exploration stage only.
   c. throughout the three-stage model of helping.*
   d. to facilitate the therapeutic relationship in the action stage.
   e. only once or twice in treatment.

11.20. Select the best disclosure for insight from the following responses:
   a. “I stayed with my ex-husband until he hit the kids.”
   b. “On the one hand, you say you want to lead a happy life, but on the other hand,
      I’m hearing you say that you would do anything to stay in this unhappy
      relationship.”
   c. “Leaving my ex-husband was initially devastating and empowering for me
      because I had never been on my own.” *
   d. “My experiences in getting my degree in psychology lead me to believe that you
      and your children would be happiest if you left this abusive situation.”
   e. “I’d leave the loser if I were you.”

11.21. Helpers do NOT use disclosures for insight to
   a. help clients attain realizations of which they had not been aware.
   b. be less threatening than with challenges or interpretations.
   c. help a client understand something more about him or herself.
   d. show that the helper also grapples with important human concerns.
   e. none of the above applies *
11.22. In the two studies cited (Hill et al., 2007; Knox et al., 2008), the most helpful intervention for helping clients gain insight into their dreams is:

   a. interpretation
   b. challenge
   c. disclosure of insight
   d. open question for insight
   e. probes for insight *
Short Answer

11.23. List the appropriate and inappropriate intentions for interpretation.

11.24. List four helpful hints for giving interpretations.

11.25. List two dangers that helpers face when doing interpretations.


11.27. List at least three difficulties that beginning helpers have in using self-disclosures of insight.

Essay Questions

11.28. Give an example of a situation where it would be appropriate to offer an interpretation.

11.29. How would you evaluate the “accuracy” of an interpretation?

11.30. Compare and contrast psychoanalytic, information-processing, and cognitive theories about interpretations.

11.31. Compare and contrast different skills for facilitating insight.

11.32. Compare and contrast the views of traditional psychoanalytic theory and humanistic theory on helper self-disclosure.

11.33. Compare and contrast facilitating insight through an interpretation versus through a disclosure of insight.