CHAPTER 13: INTEGRATING THE SKILLS OF THE INSIGHT STAGE

Multiple-Choice Questions

13.01. The following are steps for doing the insight stage:

a. set the stage
b. look for markers of client readiness for insight
c. determine intentions
d. follow up
e. all of the above *

13.02. Markers that the client is ready for awareness include:

a. expressions of ambivalence
b. contradictions
c. passive-aggressiveness
d. manic-depression
e. a and b *

13.03. Markers that the client is ready for insight include:

a. a clear statement of awareness of the problem
b. statement of a lack of understanding
c. stated eagerness for understanding
d. all of the above *
e. a and c
13.04. Markers of readiness for immediacy are:
   a. client is acting unusually friendly toward you *
   b. client is sad
   c. you are feeling depressed about your life
   d. you are feeling like you are really helpful
   e. all of the above are good times to use immediacy

13.05. For clients to incorporate insight interventions,
   a. helpers may have to repeat them many times.
   b. clients need to work collaboratively with helpers to construct understanding.
   c. the helper must give interpretations.
   d. all of the above.
   e. a and b *

13.06. Josie, a beginning helper, is frustrated because her client is resisting her insight interventions. She thinks that she may have to terminate the relationship. Of the following, what would not be a wise strategy?
   a. disclose her feelings to her client in a caring way
   b. try to explore her client’s issues again
   c. check for her client’s reactions to the interventions
   d. begin to generate action plans for her client *
   e. openly discuss with her client the “resistance” in simple language
13.07. At the end of the insight stage, clients should be able to
   a. identify patterns and make connections.
   b. have a deeper understanding of their inner dynamics.
   c. see things similarly to the therapist.
   d. do all of the above.
   e. do only a and b.*

13.08. According to the textbook, the best time to use challenges is when the client is feeling
   a. anxious
   b. depressed
   c. stuck
   d. ambivalent
   e. only c and d *

13.09. Sources for interpretations do NOT include:
   a. the client’s childhood
   b. transference
   c. existential concerns
   d. connecting seemingly disparate concerns
   e. countertransference issues *
13.10. Self-disclosures of insight should be used when
   a. other insight skills would be too threatening.*
   b. the helper feels a lot of empathy with the client.
   c. the client asks for the helper’s opinion.
   d. the helper is confused.
   e. the client is angry at the helper.

13.11. Immediacy can be used
   a. when the client’s behavior is maladaptive.
   b. when feedback would be helpful for the client.
   c. when there are problems in the therapeutic relationship.
   d. when the client is interested in learning about how she or he comes across.
   e. all of the above *

13.12. Caveats about using the insight skills do NOT include:
   a. the therapeutic relationship must be strong
   b. clients must trust the helper
   c. helpers must have a base of knowledge from which to formulate insight interventions
   d. the client must be ready
   e. the client must be resistant *

13.13. It is best to encourage clients to come to their own insights, if possible.
   a. true *
   b. false
13.14. If clients are actively involved in gaining insight, helpers should
   a. use immediacy to deal with the therapeutic relationship.
   b. use challenges to break through the client’s defenses.
   c. use deep interpretations because the client is ready and able to hear them.
   d. probe with open questions to encourage them to attain their own insight.*
   e. b and c

13.15. Insight skills
   a. are moderately effective with all clients.
   b. are facilitated by mild countertransference.
   c. need to be repeated many times in diverse ways.*
   d. are most effective when used with action skills.
   e. all of the above

13.16. “I wonder if your problems in trusting your husband are related to the anger you felt at
your mother for abandoning you when you were a child?” This intervention is an example of a (an)
   a. insight
   b. challenge
   c. interpretation *
   d. disclosure
   e. immediacy
13.17. The most frequently used skills in the insight stage are:

a. exploration skills *

b. insight skills

c. action skills

d. negotiation skills

e. self-awareness skills

13.18. Helpers’ interpretations can be influenced by

a. their cultural values.

b. their life experiences.

c. countertransference.

d. transference.

e. all of the above *

**Short Answer**

13.19. List at least four difficulties helpers have in implementing the insight stage and at least two strategies for overcoming these difficulties.

13.20. Please read the following case example: James, a 35-year-old White man, has been involved with Eric, a 29-year-old African American man, for five years. James feels very comfortable with his sexuality and is open about being gay. Eric has not yet told his family about his relationship with James because he is afraid that his family, whom he loves very much, will disown him. James comes to counseling to deal with his frustration with Eric. He stated, “I really care about Eric, but I am sick and tired of lying and pretending. I don’t know if I want to go on like this. I don’t want to give up the best
relationship I have ever had. My last relationship of eight years ended when my partner wouldn’t tell people he was gay. It nearly broke my heart. How could I have gotten into this situation again?”

Provide examples of helpful responses using the following skills:

a. a challenge

b. an interpretation

13.21. Please read the following case example: Lisa is a 40-year-old African American woman who has been in counseling for two months. She is struggling with an eating disorder and fluctuates between starving herself and bingeing and purging. She claims to want help but seems to resist all her helper’s efforts to assist her. She said that it takes her a long time to trust someone. Lisa’s mom struggled with mental illness and was often hospitalized when Lisa was small. She died of liver failure three years ago.

Provide examples of helpful responses using the following skills:

a. a challenge

b. an interpretation

c. a disclosure for insight

13.22. Create a realistic, helpful dialogue between a helper and client, using each of the following helping skills at least once: approval–reassurance, open questions, restatement, reflection of feelings, silence, challenge, interpretation, disclosure of insight, immediacy.
Essay Questions

13.23. Please read the following case example: Jessica is a 19-year-old Asian American sophomore who has come to counseling because she thinks she is a lesbian. She is afraid and confused because her parents have always made it very clear that good people grow up and get married. Her parents are already displeased with her because she values a career over family. Jessica has confided in her roommate, who told her she is perfectly normal. But Jessica feels anything but normal. She cannot concentrate on her studies because she is so overcome with feelings of inadequacy.

Compare and contrast the possible effects of challenges versus interpretations (make at least three distinct points) with this client. In addition, provide one example of an interpretation and one challenge that might be effective with this client.

13.24. How would you know when enough insight had been gained to end the insight stage?

13.25. Discuss the idea that insight might not be appropriate for all clients.

13.26. Discuss multicultural considerations in the use of insight skills.