Multiple-Choice Questions

16.01. A particularly effective technique for anxiety-producing situations is:
   a. in vivo conditioning
   b. relaxation *
   c. positive reinforcement
   d. extinction
   e. flooding

16.02. The main components of relaxation are
   a. a good mental attitude and a hierarchy of difficult situations.
   b. progressive muscle relaxation and a hierarchy of difficult situations.
   c. progressive muscle relaxation and repetition of any word, sound, prayer, thought, phrase, or muscular activity.
   d. repetition of any word, sound, prayer, thought, phrase, or muscular activity; and progressive muscle relaxation.
   e. repetition of any word, sound, prayer, thought, phrase, or muscular activity; and the passive return to repeating when other thoughts intrude.*

16.03. Which of the following are NOT steps involved in behavior change?
   a. identify a specific problem
   b. explore the idea of action on this problem
   c. assess previous change attempts and resources
   d. generate options together
16.04. The final step in behavior change is

a. values clarification.

b. check on progress and modify assignments.*

c. do an outcome assessment.

d. evaluate the relationship.

e. finalize the decision.

16.05. Homework can be particularly effective in

a. making the helper take more responsibility for treatment planning.

b. combating client resistance.

c. providing opportunities for clients to practice newfound skills.*

d. providing social support for clients.

e. building rapport.

16.06. Exploring the idea of change in behavior change

a. is not necessary because helper and client have already gone through the exploration and insight stages.

b. is necessary because most clients are ambivalent about changing.

c. is not necessary because it is better to move directly to devising an action plan.

d. is necessary because some clients want to change inappropriate things.

e. b and d *
16.07. Deirdre is having a difficult time moving toward action. She feels hesitant to confront her mom and to move out of the house. Deirdre may be struggling because

a. she has gained too much insight.
b. her helper has a psychodynamic orientation.
c. she needs to learn assertiveness skills.*
d. all of the above.
e. only a and c.

16.08. Helpers typically assess previous change attempts to

a. avoid encouraging actions that clients have already tried.
b. avoid encouraging actions that have not worked in the past.
c. indicate respect for the client’s past change efforts.
d. let the client know the helper is aware that the client has been trying to solve problems.
e. all of the above *

16.09. Which of the following is NOT a step involved in decision making?

a. articulate the options
b. collect baseline data about past decisions *
c. values clarification
d. rate the options based on the values
e. evaluate the results and revise the weightings
Short Answer

16.10. List the steps involved in behavior change and give at least one example of a helping skill you might use to implement each step.

16.11. List the steps that Benson (1975) suggests for teaching clients to relax.

16.12. List the steps for behavioral rehearsal.

16.13. List the steps for decision making.

Essay Questions

16.14. Katherine has a problem standing up to her roommate about taking her turn cleaning the apartment. If you were her helper, indicate how you would use behavioral rehearsal to help her.

16.15. Describe some problems that might occur in the action stage if helpers are too invested in making their clients change.

16.16. Discuss the role of social support in going through the steps of behavior change.

16.17. Discuss why Hill suggests that the helper should assess previous change attempts in working with behavior change.

16.18. Discuss how you could prevent or reduce client resistance in going through the steps for each of the four types of action.

16.19. Create a realistic dialogue of a helper helping a client make a decision.