CHAPTER 18: INTEGRATING THE THREE STAGES

Multiple-Choice Questions

18.01. When beginning the first session with a client, helpers should do all of the following, except:

   a. discuss confidentiality
   b. describe the helping process
   c. introduce themselves
   d. administer a psychological assessment measure *
   e. use exploration skills

18.02. The most ethical thing for the helper to do if she or he determines that the client is not ready for therapy is to

   a. refer the client to a more appropriate helper.
   b. talk with the client and suggest that he or she wait for therapy until ready.*
   c. persuade the client that therapy is the best thing for her or him.
   d. continue seeing the client and plan strategies to motivate him or her.
   e. seek supervision.

18.03. Developing a focus in a session

   a. is relatively easy.
   b. involves the helper being self-aware.
   c. is a crucial task of the first session but not so important later.
   d. is a crucial task in every session.*
   e. involves the client being self-aware.
18.04. Toward the end of sessions, helpers might do all of the following, *except*:

a. find out what did and did not work
b. be aware of time to be able to stop on time
c. disregard topics that are brought up when there is not enough time left *
d. be genuinely interested in hearing about client reactions to the session
e. reinforce clients for what they have accomplished in the session

18.05. In between sessions, helpers need to

a. think about their clients.
b. conceptualize their clients’ problems.
c. listen to tapes of the session.
d. do process notes.
e. all of the above *

18.06. Process notes do NOT involve helpers’ writing about which of the following?

a. manifest content
b. personal assessment
c. client distortions
d. client defenses and barriers to change
e. action plans *
18.07. Dr. Heider has been Diane’s helper for the past two years; it is now time for them to terminate. During the termination phase, she keeps telling him what a wonderful helper he has been and how she owes much of her progress to him. It would probably be best for Dr. Heider to

a. modestly insist that he’s not that important and to tell Diane that she’s done most of the work.

b. consider that Diane’s underlying message may be that she will miss him and to explore the feelings of sadness and grief surrounding their impending termination.*

c. ask Diane to focus on identifying the progress that she’s made in therapy.

d. ask Diane to specifically identify the techniques he used that were helpful to her, so he can use them to help other clients.

e. none of the above.

18.08. Clues for determining the appropriate time to terminate helping include:

a. external time limits (e.g., 12 sessions allowed)

b. the client’s deciding that he or she is tired of therapy, has reached a plateau, or is ready for a break

c. the client’s accomplishing as much as he or she can with a particular helper.

d. all of the above *

e. a and c
18.09. Catherine is in her last session with Dr. Mills. She wants to spend the session talking about what he has meant to her, but he wants to focus solely on helping her identify specific issues she can work on so she can continue to make progress after she leaves therapy. Whose actions are inappropriate?
   a. Catherine’s
   b. Dr. Mills’s *
   c. both
   d. neither

18.10. Which of the following is usually NOT discussed during termination?
   a. losses and how these losses were handled by the client
   b. a review of what occurred in therapy
   c. a new issue that is causing concern for the client *
   d. feelings about ending
   e. support systems available to the client

18.11. Nora had a difficult time leaving home and coming to college. She left many friends behind and misses her family a great deal. She is accustomed to relying on her support system and feels very alone. What might be the most difficult part of therapy for Nora?
   a. exploring her feelings of sadness
   b. terminating the therapeutic relationship *
   c. establishing a relationship with someone new
   d. taking action because she feels so alone, sad, and hopeless
   e. none of the above
18.12. The three steps involved in effective termination are:

a. asking about reactions, processing the relationship, and planning for the future
b. looking back, looking forward, and saying goodbye *
c. exploration, insight, and action
d. analyzing what worked, eliciting feelings, and planning actions
e. none of the above

18.13. The helpers and clients who have the most trouble with termination are those who have no history of painful losses.

a. true
b. false *


a. reluctance is typically active whereas resistance is often passive.
b. reluctance is typically passive whereas resistance is often active.*
c. reluctance is due to the client whereas resistance is due to the helper.
d. reluctance is due to the helper whereas resistance is due to the client.
e. They are the same thing.

18.15. Suggestions for dealing with reluctance and resistance do NOT include:

a. recognize that they are sometimes due to avoidance and not ill will toward the helper
b. explore your own reluctance and resistance
c. learn to see them as normal
d. examine the quality of your interventions
e. ignore them because they usually go away on their own *
18.16. Suggestions for dealing with overly talkative clients include:
   a. interrupt gently
   b. use immediacy skills
   c. empathize with clients about their difficulties in communicating
   d. all of the above *
   e. a and c

18.17. Helpers’ feeling sexual attraction for a client
   a. is a common occurrence in therapy relationships.*
   b. is an uncommon occurrence in therapy relationships.
   c. should be avoided if at all possible.
   d. is unethical.
   e. shows that the helper is deeply connected with the client.

18.18. When dealing with a client who is verbally abusive toward them, most helpers
   a. feel afraid.
   b. feel angry.
   c. immediately seek supervision.
   d. terminate with the client.
   e. a and b *

18.19. To avert the negative consequences associated with inappropriately managing client anger, several authors have suggested that helpers
   a. should respond to client anger like they would any other emotion.
   b. work with clients to uncover the underlying feelings.
   c. think about altering their behaviors if the anger is justified.
Essay Questions

18.20. Why does Hill continually suggest that beginning helpers seek personal therapy and supervision? Do you agree with her suggestion? Provide a rationale for your position.

18.21. You are a counseling psychologist who has treated Kirsten for 12 sessions. You recently informed Kirsten that you will be terminating with her because you are relocating (the result of a career change for your partner). Kirsten has been sad and unresponsive toward you since hearing the news. Identify the three steps that you would use in terminating with this client. Within each step, suggest one issue that might be salient to address to effectively facilitate the termination process.

18.22. Sean is a 29-year-old White man who has just learned that he has been denied custody of his children. He is seeking help because he is depressed. He cannot believe the judge didn’t grant him custody because his ex-wife has not been a part of their lives for five years. His ex-wife lives in another state, and Sean is afraid that she will not allow him to see the children. He told the judge that if he was denied custody, his life would be over. Describe how you would handle this situation. In your answer, refer back to the ethics chapter (chapter 3).

18.23. How would you go about training beginning helpers to work with difficult client situations such as clients who are verbally abusive, feeling sexual attraction to a client, clients who are suicidal, clients who are reluctant or resistant, or clients who are overly talkative.
18.24. Describe how an ideal termination with a client would proceed.

18.25. Describe your theoretical orientation.

18.26. Provide an evaluation of the three-stage model of helping. What do you like and dislike about this model? How would you change the model if you were writing the text?