Multiple-Choice Questions

4.01. Key component(s) of the exploration stage is (are):

a. the development of a relationship between the client and the helper *
b. the helper assisting the client in exploring possible new ways of being
c. the process of helping clients gain new understandings
d. the helper aiding the client in identifying underlying themes
e. all of the above

4.02. During the exploration stage, a helper does all of the following except:

a. assist the client in determining her or his role in the issue *
b. establish rapport with the client
c. help the client to explore her or his feelings
d. begin to develop the therapeutic relationship
e. provide a safe place for the client to tell her or his story

4.03. Francesca talked with her helper about her issues with her father. She focused on her feelings and her pain and considered her thoughts in depth. Francesca and her helper are likely in the

a. exploration stage.*
b. insight stage.
c. action stage.
d. termination stage.
e. none of the stages above.
4.04. According to Carl Rogers’s view of human nature:

a. individuals possess an innate tendency toward fulfilling their own potential.

b. individuals possess an organismic valuing process, which is an internal guide that lets them know what feels right or wrong.

c. incongruence results from parents placing conditions of worth on children.

d. all of the above *

e. only a and b apply

4.05. David felt unhappy and empty but did not know why. In his work with a Rogerian helper, David was likely to discover that

a. he may have been misinterpreting his experience to make it compatible with his self-concept.

b. he had a state of incongruence between his experience and his self-concept.

c. he may not have acknowledged his experiences because they were inconsistent with the picture he had of himself.

d. all of the above are true *

e. only b and c are true

4.06. According to Carl Rogers, all human beings have a tendency toward:

a. fulfilling needs of sex and aggression

b. self-efficacy

c. self-actualization *

d. self-confidence

e. empathy
4.07. According to Rogers, a defense that involves misinterpreting one’s experience to make it compatible with one’s self-concept is called

   a. disintegration of the self.
   b. denial.
   c. perceptual distortion.*
   d. projective identification.
   e. reintegration.

4.08. According to Rogers, the only basic motivational force(s) is (are)

   a. a desire to be at peace with oneself.
   b. a tendency to equate one’s self-concept with external circumstances.
   c. ego strength building.
   d. a tendency toward self-actualization.*
   e. only b and c

4.09. The client-centered helper consistently shows her acceptance of and concern for her adolescent client, even when the client is angry and nonresponsive. According to Rogers, this most likely will lead to

   a. an increase in conditions of worth.
   b. the client’s self-acceptance.*
   c. an increase in positive countertransference.
   d. all of the above
   e. only a and b
4.10. Juan comes to therapy to discuss his difficulty with concentrating in the classroom. In the first session, his helper recommends that Juan bring a tape recorder to class and then go over the lecture at home. If the helper was supposed to stay in the exploration stage, he

a. did a very good job.

b. went into giving advice prematurely.*

c. made a direct interpretation of the client’s problem.

d. was likely negatively affecting the working relationship.

e. overempathized with Juan’s problem.

4.11. Which of the following did Carl Rogers not believe is (are) necessary and sufficient for therapeutic change?

a. empathy

b. friendliness *

c. genuineness

d. unconditional positive regard

e. all of the above are necessary

4.12. The main difference between sympathy and empathy is that

a. the helper has sympathy and the client has empathy in the helping relationship.

b. sympathy involves the helper feeling pity for the client, whereas empathy involves the helper trying to feel what the client is experiencing.*

c. empathy can be achieved if the helper has had a similar experience, whereas this is not necessary to express sympathy.
d. clients seem to prefer sympathy over empathy because they know the helper cannot truly feel what they feel.

e. none of the above are true

4.13. When individuals experience incongruence between experience and their self-concept, they feel threatened. In response to this threatening feeling, people respond with anxiety and use methods such as __________ and ________ to reduce this anxiety.

 a. dissociation, isolation

 b. alienation, rebellion

 c. distortion, denial *

 d. repression, idealization

 e. none of the above

4.14. Brenda believes that empathy, genuineness, and unconditional positive regard are necessary but not sufficient for client growth. This belief is consistent with that of

 a. Rogers

 b. Freud

 c. Hill *

 d. Goldfried

 e. a and c

4.15. Recent meta-analyses show that client-centered and humanistic psychotherapies are:

 a. not effective

 b. as effective as other approaches to psychotherapy *

 c. more effective than cognitive-behavioral therapy
d. more effective than psychoanalytic therapy

e. more effective than rational-emotive therapy

**Short Answer**

4.16. State the six conditions that Rogers (1957) considered to be necessary and sufficient for therapeutic change to occur.

**Essay Questions**

4.17. Describe Rogers’s theory of personality development.

4.18. Describe Rogers’s theory of personality reintegration.

4.19. Discuss the facilitative conditions that Rogers (1957) said were necessary and sufficient.

Provide a rationale for your stance about whether you think these conditions are necessary and sufficient.

4.20. Define and discuss the construct of empathy as compared to other related constructs.

4.21. Of Rogers’s six necessary and facilitative conditions, which do you think are necessary and sufficient for therapeutic change? Why?

4.22. Please read the following case example:

A 23-year-old African American woman, Suzanne, comes into counseling because she is feeling sad and empty inside. She is a senior in college but may not graduate because she has been so sad that she stopped going to class. To deal with her feelings of sadness and emptiness, she goes out almost every night and drinks large quantities of alcohol. She feels better when she’s drinking but feels horrible about herself the next day. She has been avoiding her parents, and they are very concerned about her. She says that they have done
everything for her, and she has just messed things up. She doesn’t know how she “got to be this terrible person” and wants some help to stop drinking and finish her classes.

Discuss the ways in which Carl Rogers would conceptualize the client, providing

(1) Rogers’s view of human nature.

(2) the role of the therapeutic relationship.

(3) the origins of this client’s problems.