Multiple-Choice Questions

9.01. One of the differences between the exploration stage and the insight stage is that

a. the exploration stage involves challenging discrepancies and the insight stage involves trying to put all the skills together.
b. the exploration stage involves nonjudgmental listening and the insight stage involves putting all the skills together.*
c. the exploration stage involves challenging discrepancies and the insight stage involves figuring out reasons for client behaviors.
d. the exploration stage involves listening and the insight stage involves probing.
e. none of the above

9.02. The insight stage of the Hill model is designed to help clients

a. experience their feelings.
b. understand the origins of their feelings and behaviors.*
c. share their thoughts and feelings with another.
d. communicate their perspective without judgment.
e. make important changes in their maladaptive thoughts.
9.03. According to Freud’s view of consciousness, the largest percentage of mental energy is in

   the

   a. unconscious.*
   b. conscious.
   c. preconscious.
   d. libido.
   e. Oedipal Complex.

9.04. Which of the following is NOT an example of a defense mechanism?

   a. projection
   b. overinvolvement *
   c. intellectualization
   d. undoing
   e. reaction formation

9.05. According to Freud, what serves as the critical voice that represents the “mores of society”

   and the standards of the parents?

   a. the personal unconscious
   b. the internalized parent
   c. the superego *
   d. the overarching ego
   e. the adult id
9.06. In a helping session, Sam the client says to his helper, Lanita, “You are always being critical of me, just like my mother.” In this situation

a. transference might be operating.*

b. countertransference might be operating.

c. Lanita is likely being critical of Sam.

d. Sam is using projective identification.

e. only b and d are true.

9.07. The phenomenon when helpers’ perceptions about clients are distorted by their own experiences is called

a. ego dystonic maintenance

b. transference

c. countertransference *

d. proactive projection

e. unethical behavior

9.08. Several common “pitfalls” that occur in the insight stage include all of the following, except:

a. needing to make brilliant connections and insights

b. moving into insight prematurely

c. trying to connect the insights with what was discussed in the exploration stage *

d. giving insight, even though clients do not want or need it

e. all of the above are common pitfalls
9.09. Elliott et al. (1994) described four typical aspects of insight. Which one of the following does not belong in this classification?

a. seeing oneself in a new light

b. making connections or understanding patterns, links, reasons, causes, categorizations, or parallels

c. recognizing that something can be done or changed with insight *

d. sensing newness and feeling like one made a new discovery

e. sensing suddenness and feeling surprised

9.10. In the insight stage, Kathleen suddenly felt as though she had been hit in the face with a sudden realization. This is referred to as

a. learning something new about what she thinks and what the helper believes.

b. seeing links between relationships.

c. seeing oneself in a new light.

d. having an “aha” experience.*

e. all of the above

9.11. Eddie suddenly said, “Wow, I never thought of that before. I never realized that I treat you like I treat my father.” Eddie has

a. come to an insight.

b. experienced a feeling of discovery.

c. made a new connection.

d. became aware of his transference feelings.

e. all of the above *
9.12. According to this textbook, countertransference
   a. can be helpful in helping if it occurs as an internal experience.
   b. occurs in all work with clients.
   c. can be harmful in helping if it is acted out.
   d. all of the above *
   e. a and c

9.13. This textbook suggested which of the following to be true of emotional arousal in regard to the process of client change:
   a. emotional arousal is too overwhelming and difficult for the client and precludes the client from becoming deeply involved in the helping process toward change
   b. emotional arousal disguises or covers up the client’s real feelings and therefore blocks exploration
   c. emotional arousal seems necessary for change to occur and provides a strong awareness of feelings *
   d. emotional arousal has no impact on the helping process and the process of change
   e. none of the above

9.14. Which of the following theoreticians is not associated with the insight stage?
   a. Erikson
   b. Bowlby
   c. Watson *
   d. Fromm
   e. Freud
9.15. Bowlby (1969 and 1988) suggested that attachment explains the behavioral and emotional responses that keep young children in close proximity to their caregivers.

   a. true *
   b. false

9.16. In an observational study of young children, Ainsworth, Blehar, Waters, & Wall (1978) found three patterns of attachment:

   a. slow to warm up, moderate, agitated
   b. endomorph, ectomorph, mesomorph
   c. secure, anxious-ambivalent, anxious-avoidant *
   d. secure, ambivalent, agitated
   e. none of the above

9.17. Free association:

   a. is relevant only for dream interpretation
   b. refers to saying whatever thoughts come to mind without censure
   c. is a technique used to make the unconscious conscious
   d. is a technique used to make the conscious unconscious
   e. b and c *

9.18. Therapists who strictly follow Freudian principles are considered to be psychodynamic, whereas those who modify principles or use them more liberally are considered psychoanalytic.

   a. true
   b. false *
Short Answer

9.19. Pick three defense mechanisms and define them.

Essay Questions

9.20. Compare and contrast Freud with Rogers in terms of their theories about personality development and therapy.

9.21. Discuss the importance of the therapeutic relationship in the insight stage.

9.22. Discuss the differences between transference and countertransference.

9.23. Discuss the role of defenses in psychological functioning.

9.24. Argue for and against the position that early childhood experiences form the foundation for personality development.

9.25. Defend your position for or against the need for insight in behavior change.

9.26. Compare and contrast the helper’s role in the exploration and insight stages.

9.27. Define the difference between awareness and insight.

9.28. Discuss the difference between intellectual and emotional insight.