Treatment and Therapy

Myers

1.) In an effort to help a child overcome a fear of dogs, a ____________ therapist might pair a trigger stimulus (something associated with dogs) with a new stimulus that causes a response that is incompatible with fear (for example, an appealing snack or toy).
   a. Psychodynamic
   b. Behavior
   c. Biomedical
   d. Client-centered
   e. Humanistic

2.) Which of the following is a similarity between humanistic and psychoanalytic therapies?
   a. Both approaches focus on the present more than the past
   b. Both approaches are more concerned with conscious than unconscious feelings
   c. Both approaches focus on taking immediate responsibility for one’s feelings
   d. Both approaches focus on growth instead of curing illness

3.) A psychotherapist professing to use a blend of therapies is practicing what kind of approach?
   a. Eclectic
   b. Psychodynamic
   c. Cognitive
   d. Cognitive-behavioral
   e. Humanistic

4.) Some patients whose depression has resisted drugs have benefited from an experimental treatment called
   a. Transference
   b. Meta-analysis
   c. Antipsychotic drugs
   d. Deep-brain stimulation
   e. Resistance

5.) Which kind of drug is most closely associated with increasing the availability of norepinephrine or serotonin?
   a. Antidepressant
   b. Antipsychotic
   c. Antianxiety
   d. Mood-stabilizing
   e. Muscle relaxant
6.) Which of the following is seen as an effective treatment for severe depression?
   a. Lobotomy  
   b. Token economy  
   c. ECT  
   d. Crisis debriefing  
   e. EMDR therapy

7.) Echoing, restating, and seeking clarification of what a person expresses (verbally or nonverbally) in a therapy session is called 
   a. Active listening  
   b. Virtual reality exposure therapy  
   c. Systematic desensitization  
   d. Family therapy  
   e. Classical conditioning

8.) Most psychodynamic therapists would contend that experiencing strong positive or negative feelings for your analyst is a sign of 
   a. Counterconditioning  
   b. Meta-analysis  
   c. Transference  
   d. Tardive dyskinesia  
   e. Aversive conditioning

9.) Which kind of therapist would be most likely to note the following during a session: “Blocks in the flow of free association indicate resistance.”? 
   a. Cognitive  
   b. Psychodynamic  
   c. Rogerian  
   d. Behavioral  
   e. Client-centered

10.) Which kind of therapy is most closely associated with the goal of altering actions and thoughts? 
    a. Rational-emotive  
    b. Psychodynamic  
    c. Client-centered  
    d. Family  
    e. Cognitive-behavioral

11.) Allowing people to discover, in a social context, that others have problems similar to their own is a unique benefit of what type of therapy? 
    a. Psychodynamic  
    b. Psychopharmalogical  
    c. Group  
    d. Cognitive  
    e. Humanistic
12.) Which of the following therapeutic approaches is scientifically supported?
   a. Recovered-memory therapies  
   b. Rebirthing therapies  
   c. Cognitive therapy  
   d. Energy therapies  
   e. Crisis debriefing

13.) Most conventional antipsychotic drugs are similar enough to molecules of the neurotransmitter __________ to occupy its receptor sites and block its activity.
   a. Adrenaline  
   b. Epinephrine  
   c. Serotonin  
   d. Dopamine  
   e. Acetylcholine

14.) Which of the following is not recommended by therapists as a way to help prevent or get over depression?
   a. Sleeping fewer than 7 hours per night  
   b. Aerobic exercise  
   c. Light exposure  
   d. Social connecting  
   e. Anti-rumination strategies

15.) A psychotherapist states, “Getting people to change what they say to themselves is an effective way to change their thinking.” This statement exemplifies which kind of therapeutic approach?
   a. Behavioral  
   b. Psychodynamic  
   c. Biomedical  
   d. Cognitive  
   e. Active listening

**Fast Track to a 5**

16.) What type of therapist has a medical degree and therefore is able to prescribe medications?
   a. Clinical psychologist  
   b. Social worker  
   c. Counselor  
   d. Psychiatrist  
   e. Psychiatric nurse
17.) Psychoanalysis is a method of
   a. Treatment that helps patients gain an understanding and possible resolution of conflicts hidden in the unconscious that may be responsible for psychological disorders
   b. Reversing learned behaviors that are now associated with psychological disorders
   c. Developing and promoting a healthy self-concept
   d. Examining thoughts and actions connected with psychological disorders
   e. Group interaction and social skill development

18.) The process in psychoanalysis in which a patient reports on whatever thoughts, memories, or concerns come to mind is called
   a. Resistance
   b. Empathy
   c. Transference
   d. Latent content
   e. Free association

19.) In a psychoanalytical session, the following dialogue demonstrates which term? Psychoanalyst: “Why don’t you tell me more about your mother?” Patient: “You were never there for me—why did you do the things that you did?”
   a. Resistance
   b. Transference
   c. Empathy
   d. Unconditional positive regard
   e. Manifest content

20.) Who developed client-centered therapy?
   a. Sigmund Freud
   b. Fritz Perls
   c. Carl Rogers
   d. B.F. Skinner
   e. Albert Ellis

21.) Suzy doesn’t like to make speeches. Every time she gets up in front of people she starts to shake and becomes increasingly nervous. Which therapeutic perspective would explain Suzy’s response as a result of negative associations?
   a. Humanistic
   b. Psychodynamic
   c. Cognitive
   d. Gestalt
   e. Behavior
22.) Who conducted the first research to use the technique of counterconditioning?
   a. Joseph Wolpe
   b. Mary Cover Jones
   c. Carl Rogers
   d. Fritz Perls
   e. Margaret Floy Washburn

23.) In certain rehabilitation centers, patients are given coupons for good behavior that later can be used to buy desirable merchandise or acquire certain privileges. This process is referred to as
   a. Systematic desensitization
   b. Client-centered therapy
   c. Gestalt therapy
   d. Token economics
   e. Transference

24.) Facing a fear in a controlled and non-harmful manner is an example of which type of therapy?
   a. Group therapy
   b. Exposure therapy
   c. Psychodynamic therapy
   d. Client-centered therapy
   e. Gestalt

25.) What factor would Albert Ellis agree could potentially contribute to a psychological disorder?
   a. Learned behaviors
   b. Conflicts that occur within the unconscious
   c. A defeated self-concept
   d. The negative outcome of an event

26.) Who would suggest that cognitive distortions or errors in logic that are blown out of proportion could lead to psychological disorders?
   a. Sigmund Freud
   b. Ivan Pavlov
   c. Carl Rogers
   d. Aaron Beck
   e. Mary Cover Jones
27.) A form of therapy that tends to be cost effective and involves interaction among several people is
   a. Systematic desensitization
   b. Psychodynamic therapy
   c. Client-centered therapy
   d. Gestalt therapy
   e. Group therapy

28.) Prefrontal lobotomies are an example of which type of therapy?
   a. Psychosurgery
   b. Electroconvulsive therapy
   c. Psychodynamic therapy
   d. Client-centered therapy
   e. Behavior therapy

29.) Which drug has been used as an alternative to lithium for treating bipolar disorder?
   a. Thorazine
   b. Prozac
   c. Paxil
   d. Depakote
   e. Valium

30.) Tardive dyskinesia was associated with which type of psychoactive drug?
   a. Antidepressant medications
   b. Neuroleptics (antipsychotic medications)
   c. Antianxiety medications
   d. Lithium
   e. Tranquilizers

Kaplan

31.) The concept most associated with Rogerian or client-centered therapy is
   a. Flooding
   b. Free association
   c. Unconditional positive regard
   d. Positive reinforcement
   e. Punishment

32.) The concept most associated with a form of behavioral therapy is
   a. Dream analysis
   b. Free association
   c. Unconditional positive regard
   d. Positive reinforcement
   e. Hypnosis
33.) A client goes to see a therapist and is diagnosed with schizophrenia. He is likely to be prescribed
   a. Haldol
   b. Prozac
   c. Risperdal
   d. Lithium
   e. Zoloft

34.) Which of the following psychologists developed the concept of systematic desensitization?
   a. Freud
   b. Rogers
   c. Skinner
   d. Wolpe
   e. Wundt

35.) A patient is given the task of restructuring the way she thinks about the issues in her life. This is an example of _______ therapy.
   a. Cognitive
   b. Psychoanalytic
   c. Behavioral
   d. Biological

36.) A patient who suffers from a phobia will most likely to be treated with
   a. Psychoanalytic therapy
   b. Drug therapy
   c. Systematic desensitization
   d. Cognitive restructuring
   e. Rogerian theory

37.) Which of the following is NOT a technique utilized by practitioners of Freudian psychoanalysis?
   a. Progressive relaxation
   b. Transference
   c. Free association
   d. Dream analysis
   e. Projective tests

38.) A client is asked to express his perspective no matter what people think of him. The therapist is going to give him unconditional positive regard and accept the person for who he is. This is a form of
   a. Client-centered therapy
   b. Freudian therapy
   c. Cognitive therapy
   d. Drug therapy
   e. Behavioral therapy
39.) Which of the following forms of therapy has been found to have the most experimental evidence supporting its effectiveness?
   a. Client-centered therapy
   b. Freudian therapy
   c. Cognitive therapy
   d. Talk therapy
   e. Behavioral therapy

40.) A client feels as though he is beginning to develop feelings for the therapist. He previously had the same feelings for someone else. According to Freudian theory, this is a process called
   a. Projection
   b. Repression
   c. Regression
   d. Denial
   e. Transference

41.) The goal of cognitive therapy is to
   a. Understand the theories of behavior
   b. Treat the symptoms of the client
   c. Help the client see inconsistencies in thoughts and behaviors
   d. Understand the reasons behind behavior
   e. Treat the disorder medically

42.) You have a dream that you go to class but you have forgotten an important assignment. You are embarrassed as the teacher points out to everyone that you did not follow instructions. According to Freud, this description of the dream is
   a. True meaning
   b. Deep structure
   c. Latent content
   d. Manifest content
   e. Surface structure

43.) With that same dream, if Freud said that it was really a response to a threat and you were feeling scared of dealing with that threat, that would be called the _______ of the dream.
   a. True meaning
   b. Deep structure
   c. Latent content
   d. Manifest content
   e. Surface structure

44.) A person who is suffering from depression might take
   a. Thorazine
   b. Prozac
c. Risperdal
d. Xanax
e. Paxil

45.) Therapy is a difficult process. One reason stated in the text is that
   a. It is expensive
   b. It is time consuming
   c. It is not effective
   d. We treat the symptoms, not the disease
   e. We don’t have enough therapists

46.) According to cognitive therapists, clients who think that their problems are
   much bigger than they actually are said to be
   a. Confabulating
   b. Exaggerating
   c. Catastrophizing
   d. Projecting
   e. Sublimiating

47.) Which of the following techniques was NOT used by Sigmund Freud?
   a. Dream analysis
   b. Hypnosis
   c. Free association
   d. Drug therapy
   e. Cognitive restructuring

48.) “A person suffers from depression because she has been reinforced for
   acting depressed in the past.” Which of the following perspectives might provide
   this explanation for depression?
   a. Behavioral
   b. Cognitive
   c. Rogerian
   d. Psychoanalytic
   e. Medical

49.) Client-centered therapy was originally developed by
   a. Wpole
   b. Rogers
   c. Freud
   d. Wundt
   e. Skinner

50.) Someone with anxiety might take
   a. Paxil
   b. Risperdal
   c. Lithium
d. Ritalin  
e. Thorazine

**McGraw Hill**

51.) Jenna is telling her therapist about the dream she has last night and her therapist begins to interpret it for her. Which approach to psychotherapy does Jenna’s therapist probably represent?  
   a. Group  
   b. Behavioral  
   c. Gestalt  
   d. Cognitive  
   e. Biomedical

52.) In contrast to a clinical psychologist, a psychiatrist is more likely to  
   a. Schizophrenia  
   b. Obsessive-compulsive disorder  
   c. Dissociative identity disorder  
   d. Major repression  
   e. Antisocial personality disorder

53.) Which of the following disorders is most likely to be treated with electroconvulsive therapy as a last resort?  
   a. Schizophrenia  
   b. Obsessive-compulsive disorder  
   c. Dissociative identity disorder  
   d. Major depression  
   e. Antisocial personality disorder

54.) Tommy came to Dr. Chambers seeking help with his fear of heights. First, Dr. Chambers asked Tommy to list all of the situations concerning heights that led to his fear response. After they had ordered them from least fear-provoking to most fear-provoking, Dr. Chambers had Tommy listen to soothing music and slowly relaxed him as he imagined each step. Which of the following best describes Dr. Chambers’s treatment?  
   a. The exposure technique of flooding  
   b. Systematic desensitization  
   c. Rational emotion therapy  
   d. Aversive conditioning  
   e. The social cognitive technique of modeling

55.) The goal of psychoanalytic therapy is  
   a. To change maladaptive behavior to more socially acceptable behavior  
   b. To change negative thinking into more positive attributions  
   c. To attain self-actualization  
   d. To unite the mind and body elements into a whole
e. To being unconscious conflicts to conscious awareness and gain insight

56.) Proactive preventive services available from many community mental health centers include all of the following EXCEPT
a. 24-hour hotline services
b. Mental health screening for depression
c. Prenatal care for mothers in low-income families
d. Psychoanalytic therapy
e. Outreach programs for at-risk children

57.) An unplanned social change that occurred as a result of deinstitutionalization was
a. The rise of multitude of group homes to provide fare for these former patients
b. A rise in the number of better psychotropic drugs to treat schizophrenia and bipolar illness
c. An increase in the number of schizophrenias among the homeless population is urban centers
d. An increase in the use of the insanity plea to avoid long-term incarceration
e. An increase in the number of mental hospitals across the nation

58.) Vic is encouraged to take charge of the therapy session and his therapist uses an active listening approach to mirror back the feelings he hears from him. Which therapy is most likely being described?
   a. Client-centered therapy
   b. Cognitive therapy
c. Psychodynamic therapy
d. Existential therapy
e. Rational-emotive therapy

59.) The antidepressants Prozac, Paxel, and Zoloft work to
a. Block dopamine receptors
b. Decrease the level of acetylcholine in the blood steam
c. Break down the level of acetylcholine in the bloodstream
d. Decrease the amount of GABA at the postsynaptic neuron
e. Block the reuptake of serotonin

60.) All of the flowing are potential benefits of group therapy EXCEPT
a. Is often more economical therapy than 1:1 treatment
b. It does not require the services of a mental health professional
c. Clients with similar problems can provide helpful insight and feedback to peers
d. Group members can see how their problems might impact others
e. It can reduce the resistance of patients who have experienced difficulties in 1:1 settings
61.) Drew’s depression seems an outgrowth of his belief that everyone should like him. If his therapist were to utilize REBT, how might he proceed in treating Drew’s depression?
   a. He would suggest a mild antidepressant drug like Prozac to elevate his mood state
   b. He would give him unconditional positive regard and encourage him to open up about his feelings
   c. He would challenge Drew’s belief so that in defending it Drew will recognize just how absurd it sounds
   d. Using the cognitive triad of Self, World, and Future, he would determine Drew’s assumptions in all three areas
   e. He would search Drew’s early childhood for the root cause of his distortion of reality.

62.) Antabuse is a drug that, when paired with alcohol in the bloodstream, brings about nausea. For many motivated alcoholics, this has proven to be an effective treatment. Under which umbrella of psychotherapy would it most likely be used?
   a. Insight therapy
   b. Aversive conditioning
   c. Gestalt therapy
   d. Self-help therapy
   e. Flooding exposure therapy

63.) Andre suffers from mood swings, alternating from wild episodes of euphoria and spending sprees to motionless staring and hopelessness. A drug to treat his condition is
   a. Lithium carbonate
   b. Haladol
   c. Zanax
   d. Thorazine
   e. Ritalin

64.) The belief that Greeks such as Hippocrates and Galen about the cause of abnormal behavior was closest to which of the following modern approaches of psychology?
   a. Psychoanalytic
   b. Behavioral
   c. Humanistic
   d. Cognitive
   e. Biomedical

65.) After concluding a meta-analysis of over 475 outcome studies on the effectiveness of psychotherapies, psychologists concluded that
   a. Evidence is no more effective than talking to a friend
   b. Psychotherapy is no more effective than talking to a friend
c. The potential to do further harm to the patent with psychotropic drugs outweighs its effectiveness

d. Psychotherapy proves no more beneficial than no treatment at all

e. Of all treatments, psychoanalysis proved the most beneficial over all other types of therapy

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66. The concept of *accurate emphatic understanding* is most closely associated with which of the following therapeutic approaches?
   a. Psychoanalytic therapy
   b. Inductive therapy
   c. Client-centered therapy
   d. Implosion therapy
   e. Reductionist therapy

67. Behavioral therapeutic approaches, such as systematic desensitization, have been most often used with those experiencing or diagnosed with
   a. Fugue
   b. Dementia
   c. Dissociative disorder
   d. Schizophrenia
   e. Phobia

68. A psychoanalytically orientated therapist would most likely be in accord with which of the following criticism regarding behaviorally orientated therapies?
   a. Behaviorally orientated therapies often take years to complete and create an onerous financial burden for the patient.
   b. Behaviorally oriented therapies are concerned solely with the modification of troubling behavioral symptoms and do not address the underlying problems which many have produced those symptoms.
   c. Behaviorally oriented therapies can be performed only by therapists who have had the longest and most rigorous training, and as a result, can never impact as many people as can other treatment approaches.
   d. Behaviorally orientated therapies are relatively uninterested in the development of an egalitarian client-therapist relationship and miss opportunities to promote emotional growth and empowerment.
   e. Behaviorally orientated therapies avoid the technique of role-playing and may not be suitable for group or family therapy situations.

69. The cognitively orientated therapeutic approach known as rational-emotive behavior therapy is most closely associated with
   a. Julian Rotter
   b. Albert Ellis
   c. Abraham Maslow
   d. Raymond Cattell
Which of the following is not a major class of drugs used for psychotherapeutic effect?

a. Anticoagulants
b. Anxiolytics
c. Monoamine oxidase inhibitors
d. Lithium salts
e. Selective reuptake inhibitors
Key

1.) B  
2.) E  
3.) A  
4.) D  
5.) A  
6.) C  
7.) A  
8.) C  
9.) B  
10.) E  
11.) C  
12.) C  
13.) D  
14.) A  
15.) D  
16.) D  
17.) A  
18.) E  
19.) B  
20.) C  
21.) E  
22.) B  
23.) D  
24.) B  
25.) D  
26.) D  
27.) E  
28.) A  
29.) D  
30.) B  
31.) C  
32.) D  
33.) C  
34.) D  
35.) A  
36.) C  
37.) A  
38.) A  
39.) E  
40.) E  
41.) C  
42.) D  
43.) C  
44.) B  
45.) A  
46.) C  
47.) E  
48.) A  
49.) B  
50.) A  
51.) C  
52.) B  
53.) D  
54.) B  
55.) E  
56.) D  
57.) C  
58.) A  
59.) E  
60.) B  
61.) C  
62.) B  
63.) A  
64.) E  
65.) A  
66.) C  
67.) E  
68.) B  
69.) B  
70.) A