



Assessment 2 answers

Introduction to Psychological intervention perspectives (University of South Africa)



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Which theoretical perspective states that anxiety, depression, and dreams are present in people of all cultures?

Psychoanalytic Theory

Which theory is associated with the general goal of increasing client self-awareness and reducing reliance on ineffective mechanisms to cope with problems?

Person-centred

Which defence mechanism is used by a teenager who starts wetting their bed after a traumatic experience?

Regression

What is the name of the psychoanalytic technique where the therapist makes one or more suggestions to a client with the aim of unconsciously redirecting the behaviour?

Hypnotherapy

Which of the following best describes the concept of transference in a therapeutic relationship?

The client's projection of past emotions and experiences onto the therapist.

What is the therapeutic process where the therapist constantly encourages the client to work with hidden fantasies and drives?

Resistance analysis

The statement: "We all have a need to realise our highest potential," is a reflection of which theoretical approach to motivation?

Person-Centred Theory

The belief that individuals are intrinsically motivated to change and be the best they can be reflects a.....

Person-Centred perspective

A phenomenological approach allows the therapist to.....

Accurately understand and reflect their client's feelings.

Within a therapeutic relationship, which of the following is not a function of unconditional positive regard?

Increase in the genuineness of the clients.

Which of the following characteristics best defines active listening within a therapeutic relationship?

Empathetically focusing on the client's words, gestures, and emotions.

When the therapist explores emotions and feelings that are being experienced in the moment, they are using...

Immediacy

Which concept refers to a person striving to realise the best of themselves and the movement toward autonomy and self-worth?

Self-actualised

The process of change according to Carl Rogers, is guided by the presence of three basic conditions. Which of the following is not one of those conditions?

listening

Which approach to psychological intervention primarily focuses on changing the significance of thoughts and actions?

Person-centred Theory

To understand human behaviour and change, Skinner focuses mainly on.....

Conditioning

Which of the following statements does not reflect a cognitive-behavioural approach to psychological intervention?

Focusing on self-acceptance and personal growth in the present moment.

Which concept does not fit into behaviour-based assessment?

Classical conditioning

Which cognitive-behavioural therapeutic intervention gradually increases the quality of a behaviour through reinforcement?

Shaping

Peter does his homework every time the schoolbooks are placed next to the TV screen. This behaviour change is encouraged by means of

Discriminative stimulus

Who initiated the implementation of cybernetic systems in human interaction?

Gregory Bateson

Who provided the first detailed description of the family life cycle?

Jay Haley

Which statement best describes Bordin's working alliance model?

It highlights the importance of the client's partnership with the therapist in combating the shared threat of pain and self-defeating behaviour.

Who recommended mapping the relationship dynamics in the families of gay or lesbian clients?

Magnuson, Norem, and Skinner (1995)

Which statement is false in relation to first-order change?

The family therapist encourages the family to seek big dreams.