

Attempt Score 93 out of 111 points

Time Elapsed 2 hours, 39 minutes out of 2 hours and 40 minutes

Results Submitted Answers
Displayed

- **Question 1**

1.5 out of 1.5 points

Which theoretical orientation is the most effective overall?

Selected Answer: While some treatment methodologies work better for specific problems, no single treatment approach has been found to be the most effective overall

- **Question 2**

0 out of 1.5 points

According to Freud, a key thing that the analyst does is

Selected Answer: help the client connect with the collective unconscious

- **Question 3**

1.5 out of 1.5 points

No psychoanalytic theories have offered an alternative to Freud's theory of psychosexual development.

Selected Answer: False

- **Question 4**

1.5 out of 1.5 points

Trauma therapists have criticized Freud's psychosexual theory of development because it can lead to a denial of sexual abuse.

Selected Answer: True

- **Question 5**

1.5 out of 1.5 points

From a Gestalt perspective, one of the main causes of people's lack of full awareness is

Selected Answer: preoccupation

- **Question 6**

1.5 out of 1.5 points

The focal issue for treatment in BPT is usually

Selected Answer: dysfunctional interpersonal interactions and patterns

- **Question 7** 1.5 out of 1.5 points

An important goal of the person-centered counselor is to

Selected demonstrate empathy, congruence, and unconditional
Answer: positive regard

- **Question 8** 0 out of 1.5 points

Analysis of the transference is not part of brief psychodynamic treatment.

Selected True
Answer: e

- **Question 9** 0 out of 1.5 points

Brief psychodynamic treatment is rarely if ever recommended for treatment of

Selected all of
Answer: these

- **Question 10** 1.5 out of 1.5 points

Which of the following is true of the Object Relations Therapists, Self Psychologists, and Relational Psychoanalysts

Selected B&C
Answer: only

- **Question 11** 1.5 out of 1.5 points

Tamar is intently reading a book and is oblivious to the radio playing. Identify the figure and ground in this example

Selected The book is the figure and the radio is the ground
Answer:

- **Question 12** 1.5 out of 1.5 points

In Gestalt therapy, work with dreams is

Selected designed to promote integration
Answer:

- **Question 13** 1.5 out of 1.5 points

Adam, a legislator, was asked by a special interest group to vote for legislation which he did not truly support. Despite his feelings, Adam voted for the law because he had offended the group in the past and wanted to garner their support for future legislative efforts. In existential terms, Adam is

Selected wearing a mask of inauthenticity
Answer:

- **Question 14** 1.5 out of 1.5 points

In Gestalt theory, self-actualization is

Selected seen as an important human goal

Answer:

- **Question 15**

1.5 out of 1.5 points

Narrative therapists believe that stories supporting the dominant theme

Selected are the ones most easily accessed

Answer:

- **Question 16**

1.5 out of 1.5 points

Existential clinicians do not hold back their views

Selected True

Answer: e

- **Question 17**

1.5 out of 1.5 points

According to Freud, the MOST powerful source of human behavior is _____

Selected the unconscious

Answer:

- **Question 18**

1.5 out of 1.5 points

Choose the best example of a Rogerian empathic response to the following client statement:

“My life is so hectic right now. I work, I have two small children, and my husband travels frequently. On top of all that, my parents have reached the age where they need a lot of help, and I am an only child”

Selected It sounds like you’re feeling pretty overwhelmed

Answer:

- **Question 19**

1.5 out of 1.5 points

Dana stressed to her client the importance of staying within the time scheduled for their session, but Dana was consistently late for appointments herself. This is an example of a lack of

Selected congrue

Answer: nce

- **Question 20**

1.5 out of 1.5 points

Existential therapists seek “I to thou” relationships with their clients

Selected True

Answer: e

- **Question 21**

1.5 out of 1.5 points

Which of the following is NOT true about Freud's classic psychoanalysis?

Selected Classical psychoanalysis continues to be one of the most popular forms of treatment practiced by therapists

Answer:

- **Question 22**

1.5 out of 1.5 points

Neanalytic approaches to counseling originated in Freud's models but then deviated slightly or significantly. Which theory seems the closest to traditional psychoanalysis?

Selected Answer: Ego Psychologist (EP)

• **Question 23**

1.5 out of 1.5 points

According to Freud, which entity is guided by the reality principle?

Selected Answer: Ego

• **Question 24**

1.5 out of 1.5 points

Issues of shame and doubt arise during the _____ stage, according to Freudian theory.

Selected Answer: anal

• **Question 25**

0 out of 1.5 points

Relational psychoanalysis focuses on the relationship between the client and counselor

Selected Answer: False

• **Question 26**

1.5 out of 1.5 points

According to Perls, living in the here-and-now leads to

Selected Answer: fuller awareness

• **Question 27**

1.5 out of 1.5 points

The Rogerian therapists believe that humans are engaged in an ongoing process of evaluating their experiences to see if the experiences are growth enhancing and life producing or if the experiences detract from growth and vitality. This process is called the:

Selected Answer: Organismic valuing process

• **Question 28**

1.5 out of 1.5 points

According to Karen Horney, an Ego Psychologist, the most powerful human drive is

Selected Answer: security

• **Question 29**

1.5 out of 1.5 points

Freud's theory that children unconsciously wished to eliminate their same-sex parent to take over that parent's place sexually with the spouse (the Oedipal complex in boys and the

Electra complex in girls) inadvertently led to disbelieving some cases of legitimate childhood sexual abuse.

Selected Answer: True

• **Question 30**

1.5 out of 1.5 points

Research on counseling effectiveness

Selected Answer: shows that counseling is generally effective

• **Question 31**

1.5 out of 1.5 points

Existential guilt results when we

Selected Answer: fail to take responsibility for making our lives meaningful

• **Question 32**

1.5 out of 1.5 points

The existential concept of “dasein” includes

Selected Answer: being present

• **Question 33**

1.5 out of 1.5 points

Trauma therapists view the following ideas from Freud as positive EXCEPT

Selected Answer: the Oedipal Complex in boys and Electra Complex in girls

• **Question 34**

1.5 out of 1.5 points

Humanistic treatment modalities incorporate which of the following elements?

Selected Answer: All of these

• **Question 35**

1.5 out of 1.5 points

A counselor who believes that a thorough understanding of a client’s childhood is necessary for successful treatment might exemplify_____ theory

Selected Answer: psychodynamic

• **Question 36**

1.5 out of 1.5 points

According to Freud, which entity is guided by the pleasure principle?

Selected Answer: Id

• **Question 37**

1.5 out of 1.5 points

The growing emphasis on spirituality in counseling is consistent with the existential

perspective

Selected Answer: True

• **Question 38**

1.5 out of 1.5 points

Which two of the following, according to Freud, are most likely to be in conflict with each other?

Selected Answer: the superego and the id

• **Question 39**

1.5 out of 1.5 points

Which of the following is most likely to be used by person-centered therapists?

Selected Answer: reflections

• **Question 40**

0 out of 1.5 points

All of the following treatment modalities were greatly influenced by person-centered counseling in their development except one. Which one was not?

Selected Answer: existential therapy

• **Question 41**

1.5 out of 1.5 points

Darby, age 12, always wants to stay up late. His father lets Darby stay up as late as he wants, but insists that Darby get up on time and get to school. Darby protests, saying that he is too tired. Father insists, and Darby drags himself out of bed and off to school. The father is using which Adlerian technique?

Selected Answer: allowing natural consequences

• **Question 42**

1.5 out of 1.5 points

Denise's therapist points out that Denise often experiences feelings of powerlessness and failure as well as a sense of grandiosity and invincibility. Her Gestalt therapist is attending to which of the following Gestalt constructs?

Selected Answer: polarities

• **Question 43**

1.5 out of 1.5 points

Although Emotion-Focused Therapy is an empirically supported treatment for depression, Christian versions of EFT have yet to be investigated in the treatment of depression.

Selected Answer: True

• **Question 44**

1.5 out of 1.5 points

Edwards and Davis note that Process-experiential therapists believe that the primary way

that clients cope with problematic emotions is through avoidance.

Selected Answer: True

- **Question 45**

1.5 out of 1.5 points

Process-experiential therapists do not use confrontation, according to Edwards and Davis.

Selected Answer: False

- **Question 46**

1.5 out of 1.5 points

Tan observes that therapeutic change in clients results from client and therapist factors more than from techniques.

Selected Answer: True

- **Question 47**

1.5 out of 1.5 points

Mortification and vivification are two unique processes in Christian counseling, according to Dr. Eric Johnson.

Selected Answer: True

- **Question 48**

1.5 out of 1.5 points

This theological concept helps us understand how God can use an atheist or non-Christian to develop something good or helpful for humanity.

Selected Answer: Common grace

- **Question 49**

1.5 out of 1.5 points

Tan notes that Adler emphasized the equality of men and women.

Selected Answer: True

- **Question 50**

1.5 out of 1.5 points

Moriarty (2008) believes a client can develop a healthy God image through a healing relationship with a therapist.

Selected Answer: True

- **Question 51**

1.5 out of 1.5 points

Gestalt Therapy, according to Tan, may predispose a person to judge ethically challenging situations by how different outcomes would benefit the person rather than an objective moral standard.

Selected Answer: True

• **Question 52**

0 out of 1.5 points

Moriarty notes that time-limited dynamic psychotherapy (TLDP) has a theory of God image difficulties are maintained. This theory states

Selected Answer: the problems in relationship with God arise as a wish fulfillment

• **Question 53**

0 out of 1.5 points

Jung saw God like Christianity does, as being holy and good, with no bad in Him.

Selected Answer: True

• **Question 54**

1.5 out of 1.5 points

The goals of process-experiential therapy, according to Edwards and David, include the following EXCEPT

Selected Answer: all of these are process-experiential goals

• **Question 55**

1.5 out of 1.5 points

Tan believes Rogers' emphasis on the therapeutic triad of unconditional positive regard, congruence, and empathy are equivalent with God's agape love.

Selected Answer: False

• **Question 56**

1.5 out of 1.5 points

Tan notes that the most popular theoretical orientation self-reported by mental health professionals is

Selected Answer: eclectic/integrative therapy

• **Question 57**

0 out of 1.5 points

A counseling theorist who presupposes God does not exist will be more likely to pathologize faith in God than a counseling theorist who presupposes God does exist.

Selected Answer: False

• **Question 58**

1.5 out of 1.5 points

Adler's focus on correcting mistaken life goals and distorted private logic is consistent with the Bible's emphasis on renewing the mind, according to Tan.

Selected Answer: True

Answer: e

- **Question 59**

1.5 out of 1.5 points

Moriarty (2008) believes that each developmental stage in a client's maturation process impacts how the God image is experienced.

Selected True
Answer: e

- **Question 60**

1.5 out of 1.5 points

This philosophical perspective acknowledges that there is a real world outside of our subjective experience and that discovering universal principles is possible; however, it also recognizes that our subjective experiences will limit our ability to know this real world.

Selected Critical
Answer: Realism

- **Question 61**

1.5 out of 1.5 points

This philosophy seen in some counseling approaches focuses on each person's unique subjective experience (her thoughts, feelings about the world, people, her thoughts/feelings about herself), as well as the person's current five sense experience—what she's seeing, hearing, feeling in her body, etc. There are no universal truths, only unique individual experiences.

Selected Phenomenology
Answer: ogy

- **Question 62**

1.5 out of 1.5 points

Crucial process skills in process-experiential therapy include the following EXCEPT

Selected maintaining a "blank slate"
Answer: therapeutic stance

- **Question 63**

1.5 out of 1.5 points

The efficacy of Christian-accomodative psychodynamic treatments has been well-established, according to Edwards and Davis.

Selected False
Answer: e

- **Question 64**

1.5 out of 1.5 points

Tan includes the following as unique characteristic(s) of the Christian counselor

Selected All of these
Answers: these

- **Question 65**

1.5 out of 1.5 points

One way to look at the human tendency to self-actualize is that it's

Selected Answer: a natural growth orientation that's a part of our creation in God's image

• **Question 66**

1.5 out of 1.5 points

Moriarty (2008) notes that time-limited dynamic psychotherapy (TLDP) has empirical support.

Selected Answer: True

• **Question 67**

1.5 out of 1.5 points

This book of the Bible exemplifies the intentional expression of emotions, according to Kim-van Daalen and Johnson.

Selected Answer: the Psalms

• **Question 68**

1.5 out of 1.5 points

Moriarty notes this factor(s) as influencing the development of time-limited dynamic psychotherapy (TLDP).

Selected Answer: all of these

• **Question 69**

0 out of 1.5 points

The stages of Christian Emotion-Focused Therapy, according to Kim-van Daalen and Johnson, involve the following EXCEPT

Selected Answer: Recover

• **Question 70**

0 out of 1.5 points

The emphasis in psychoanalytic therapy models on the darkness in the human heart has some similarities with

Selected Answer: the Biblical concept of sin

• **Question 71**

1.5 out of 1.5 points

Which statement below aligns with a Biblical perspective on the role of the past in counseling?

Selected Answer: We are new creations in Christ (2 Corinthians 5:17) and we are called to renew our minds as part of the progressive sanctification process (Romans 12:1-2). Since no one hit the delete key to the programming our past has put in us, looking at our pasts may be useful sometimes to help us renew our minds, especially in today's cultural context compared to the early church's.

• **Question 72**

1.5 out of 1.5 points

According to Tan, in many states having a sexual relationship with a client is not only unethical, it's also illegal.

Selected Answer: True

- **Question 73**

0 out of 1.5 points

From a Christian perspective, secular Existential Therapy asks the right questions but gives the wrong answers.

Selected Answer: False

- **Question 74**

0 out of 1.5 points

Existential Therapy has no objective way of determining what is a truly authentic way of being for a client. Any subjective, self-originating answer from the client about what s/he perceives to be an authentic way of being is acceptable.

Selected Answer: False

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