

62. Who developed the first intelligence test?
- A. Alfred Binet and Theophilus Simon
 - B. Sigmund Freud
 - C. David Wechsler
 - D. Stanford University and Alfred Binet
63. What is the Rorschach also called?
- A. the random sample test
 - B. the personality evaluation
 - C. the inkblot test
 - D. all of the above
64. Which test is one of the most researched tests in history?
- A. Rorschach
 - B. MMPI
 - C. MBTI
 - D. Wechsler IQ
65. "Psychometrics" might also be called
- A. psychiatric interpretation.
 - B. psycho-monitoring.
 - C. psychological measurement.
 - D. a tool of psychoanalysis.
66. What's the Myers-Briggs Type Indicator?
- A. a test for personality disorders
 - B. a personality test
 - C. an intelligence test
 - D. a test of neurological function
67. You say a word to your client and he answers back with the first thing that comes to mind. What theorist developed the method you're using?
- A. Jean Piaget
 - B. Alfred Adler
 - C. Carl Jung
 - D. Sigmund Freud
68. Your client is having difficulty deciding what career she would like to pursue. You give her a test that will help her make an informed choice. What type of test did you give her?
- A. an achievement test
 - B. a psychoanalytic test
 - C. an aptitude test
 - D. a personality test

69. When did group counseling begin to be done more regularly?
- A. in the mid-1800s
 - B. after the 1960s
 - C. in the 1990s
 - D. in the early 1900s
70. Which early theorist engaged in group therapy?
- A. Alfred Adler
 - B. Carl Jung
 - C. Sigmund Freud
 - D. Carl Rogers
71. You have decided to organize a group therapy session that will be open only to patients suffering from depression, and will not allow new patients to join once the sessions have started. What type of group therapy are you offering?
- A. heterogeneous, closed group
 - B. homogeneous, open group
 - C. homogeneous, closed group
 - D. heterogeneous, open group
72. What are some aspects of a "closed group" therapy session?
- A. stronger cohesiveness within the group
 - B. less cost-effective
 - C. allows for greater diversity among members
 - D. both A and B
73. A common weakness in group therapy is
- A. not setting firm goals for the group.
 - B. having male and female co-leaders.
 - C. not noting problems in potential group members.
 - D. all of the above.
74. Why did R. K. Conyne create the "Group Work Grid"?
- A. to address psychotic issues among group members
 - B. to expand practical understanding of group work
 - C. in hopes of eliminating intergroup resistance issues
 - D. to clarify working relationships between group members
75. What is e-therapy?
- A. therapy that focuses on regularly spaced client evaluations
 - B. online psychological treatment
 - C. a new version of cognitive-emotive therapy
 - D. a psychoanalytic treatment modality

76. You're concerned about how your group therapy sessions are progressing. What can you do?

- A. have an outside observer assess the group
- B. you can evaluate the group dynamics yourself
- C. ask your group members to each evaluate the group sessions
- D. choose a single group member to evaluate the group dynamics

77. When counseling young children in a group setting, it is helpful to enlist the involvement of

- A. parents.
- B. siblings.
- C. teachers.
- D. pastoral professionals.

78. In a group therapy setting, what is a "gate keeper"?

- A. a way to ensure that therapy goals are set and consistently met
- B. the individual who ensures the group remains "open" or "closed"
- C. a role assumed by a group therapy member
- D. the means by which therapy goals are safeguarded

79. Someone who always agrees with anything the other group therapy members say is

- A. nonassertive
- B. assertive
- C. passive aggressive
- D. play-acting

80. There are various stages in group therapy. Which of the following is one of them?

- A. sublimation
- B. invitation
- C. initiation
- D. storming

81. In a group therapy setting, what is a "blocker"?

- A. someone who blocks the others from taking up previous discussions
- B. a counselor who severely restricts group discussion
- C. a member who blocks others from veering off topic
- D. a group member who blocks new ideas

82. A client comes to you because her house recently burned down and her husband has left her. She is depressed, and expresses suicidal ideation. Which of the following would you consider?

- A. medication
- B. individual psychotherapy
- C. group therapy
- D. both A and B

83. What does "group process" refer to?
- A. the manner in which the group processes information
 - B. analysis of the group's interactions
 - C. the material that is being discussed within the group
 - D. both B and C
84. What is "group content"?
- A. the manner in which the group processes information
 - B. analysis of the group's interactions
 - C. the material that is being discussed within the group
 - D. both B and C
85. Most therapists consider the best size for group therapy to be between
- A. 2 and 4 members.
 - B. 10 and 15 members.
 - C. 6 and 8 members.
 - D. 3 and 10 members.
86. What branch of psychology deals primarily with groups and social factors?
- A. Behavioral Psychology
 - B. Cognitive-Behavioral Psychology
 - C. Psychoanalytic Psychology
 - D. Social Psychology
87. Who is considered the Father of Sociology?
- A. Sigmund Freud
 - B. Alfred Adler
 - C. Eric Berne
 - D. Emile Durkheim
88. You are sent a client who is "culturally different" from yourself. Is it ethical for you to counsel this client?
- A. yes
 - B. no
 - C. it is only acceptable if the client agrees to avoid any culture-related discussion
 - D. it depends upon how culturally different the client is from you
89. What is proxemics?
- A. the idea that proximity impacts psychosis
 - B. the study of proximity
 - C. the ability of one individual to act as proxy for another
 - D. both A and B

61. The answer is C, "individual differences and intellect." J. P. Guilford was an American psychologist known primarily for his study of intellectual ability and individual differences. He also did research in creativity, which he associated with "divergent thinking." He believed that intelligence testing wouldn't be as effective with divergent thinking/creative people so he developed special tests for divergent thinkers, which are used with gifted children and others. He believed that creative people could actually achieve lower IQ scores because of the manner in which they approached the testing. He was one of the early theorists who believed intelligence to be a complex, diverse issue, and that a variety of differences and abilities must be taken into account.

62. The answer is A, "Alfred Binet and Theophilus Simon." The first intelligence test was developed in 1905 by Alfred Binet and Theophilus Simon. They began work on the test as a means to identify students with low intellectual abilities who could benefit from specialized education. Work continued on the test for some time following. The Stanford-Binet Intelligence Scale was developed out of that original test, and consists of four areas: verbal reasoning, quantitative reasoning, abstract/visual reasoning, and short-term memory. A larger, more diverse sample was used in its development, and it improved upon the original test by further correcting for racial and gender issues.

63. The answer is C, "the inkblot test." The Rorschach test was introduced in 1921 by Herman Rorschach. It came to be known as the "inkblot test" because the test consists of ten cards, each with the picture of an inkblot on them. Most are shades of black and grey, but a few have some color on them. The client tells the clinician what he sees in each inkblot, and the test is used to determine information about the client's personality. It is a very popular test in psychology, but is considered by some to be unreliable. Other tests similar to it have also been developed in recent years.

64. The answer is B, "MMPI." The Minnesota Multiphasic Personality Inventory (MMPI) is one of the most researched psychological tests. It was developed in the 1930s by Starke R. Hathaway and J.C. McKinley at the University of Minnesota. The MMPI is used for a variety of reasons, including in the criminal justice system, for determining suitability in some professions, and in child custody cases. However, it is most often used in determining psychological disorders. The test consists of ten scales, each focusing on a particular psychological disorder. There are also validity scales to highlight when a client is lying, or trying to influence the score one way or another, and other safeguards to aid in the interpretation of the results.

65. The answer is C, "psychological measurement." Psychology studies the inner workings of the mind and behavior, but psychometrics seeks to measure it. Psychometrics involves the design, administration, and interpretation of psychological testing. The testing could measure intelligence, traits, disorders, or any other number of psychology-related factors. Sir Francis Galton is often credited as the first pioneer in the field of psychometrics, with a free-association experiment he conducted and later wrote about in 1879. Charles Spearman developed that early work into the idea of measuring human intelligence. Alfred

for him to embrace a less individualized approach to therapy. As early as the 1920s, he was already involved in use of group therapy.

71. The answer is C, "homogeneous, closed group." A homogeneous group is one in which the members share a similarity. By contrast, the heterogeneous group is one made up of individuals who may not share a commonality. An open group allows new members to join throughout the therapy sessions, but a closed group does not admit new members to the group once the group therapy sessions have begun. The length of the group therapy sessions, the number of sessions, and any other factors are not dictated by these distinctions. Some types of groups, with particular populations, are more effective with one type of group or another, and the decision of which to offer should be made on a case-by-case basis.

72. The answer is D, "stronger cohesiveness within the group" and "less cost-effective." The closed group promotes greater cohesiveness within the group because of the stability of the membership. With the same members interacting with each other during each session, the group members can form closer relationships, and will have fewer inhibitions as time goes by. There is a lack of diversity/change, but that can be a good thing depending upon the dynamics and goals of the group setting. The closed group is less cost-effective because as members may drop out or miss sessions, you will not be able to replace them with new paying members.

73. The answer is A, "not setting firm goals for the group." Co-leaders of different gender can actually be a strength in the group setting. Likewise, noting possible problems in potential members is not always an issue, as they can be used within the group dynamics to the enhancement of the group process. A problem arises however, when firm goals are not set for the group. Depending upon the leader and members, it can be easy for the goals to be diluted if firm goals aren't set and adhered to at the start of the sessions. It takes a strong facilitator to keep the focus on the goals and move the group ahead.

74. The answer is B, "to expand practical understanding of group work." R.K. Conyne felt that the understanding of the range of group experiences found in group therapy was lacking, and the Group Work Grid is a result of that concern. The Group Work Grid is composed of two dimensions. One level addresses the level of the group intervention work, and the other refers to the purpose of the group work. "Purpose" is further divided into correction and enhancement subcategories, while the level of the group work is further composed of individual, organizational, interpersonal, and community. The Group Work Grid provides a working model of group typology that has depth and practical application for the clinician.

75. The answer is B, "online psychological treatment." E-therapy is also sometimes called cyber-therapy, e-counseling, tele-therapy, or just online therapy or counseling. It can involve either individual or group therapy, and is accomplished in a number of ways. Videoconferencing, chat rooms, e-mail, and instant messaging are some of the more common methods of providing counseling services. As e-therapy is still a new manner of

when group members begin to familiarize themselves with each other and test limits. Norming occurs when conflicts begin to be worked out, and some level of cohesiveness is achieved. In the Performing stage, the group is at its most mature and working toward common goals. The final stage is Adjourning, and is just as it sounds, the act of disbanding the group.

81. The answer is D, "a group member who blocks new ideas." A "Blocker" is one of several "self-oriented roles" that involve the group member's concern about their own place in the group dynamics rather than the progress of the group as a whole. The Blocker tends to waste the group's time with old issues, and is almost always negative, as well as resistant to new ideas. Other self-oriented roles would be those who are aggressive or seek attention. Some members also avoid issues or remain passive in the group setting, and there are others who may tend to dominate the group discussion, turning discussions back toward themselves and their own issues.

82. The answer is D, "both A and B." Clients who are in the midst of a personal crisis, suicidal, psychotic, sociopathic, or in other ways significantly impaired are often not good candidates for group therapy. Clients with traumatic brain injury or who are intellectually impaired also may not be good candidates. A client who is in the midst of a personal crisis, or otherwise fragile, is best treated with individual therapy until at a point where they are stable enough to join the group dynamic. Patients who enter a group situation before they are ready run the risk of dropping out or experiencing an exacerbation of their symptoms. They may also impede the group process for the other members.

83. The answer is B, "analysis of the group's interactions." "Group Process" refers to the interaction of the group members and analysis of how that interaction is working in terms of the group's goals. What the group members say to each other verbally, behavioral cues, and other factors are all taken into account in the interpretation of the group therapy sessions. This includes relationship issues, adherence to goals, individual and group progress, and a variety of other factors that made up the group dynamic.

84. The answer is C, "the material that is being discussed within the group." "Group Content" refers to the content being discussed among the group members in the group therapy session. This is different from Group Process, which refers to how the material and interactions between members are progressing in terms of the group's goals. Put simply, Group Content is what is said, and Group Process is the analysis of the content.

85. The answer is C, "6 and 8." Most groups seem to function best with six to eight members. However, for groups involving children or adolescents, a slightly smaller group may be advantageous. Likewise, with online group therapy, group size is often thought to be best if kept smaller. In cases of groups that are long-running, there will sometimes be a larger number of members participating in the group, but smaller tends to be the better choice. Keeping groups small allows for more interaction between members, increased time for each individual to be heard, and enhanced opportunity for the group leader to manage the group.