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25. The social-learning perspective is to the psychodynamic perspective as ________ are to ________.
   a. bodily events; social and cultural forces  b. social and cultural forces; bodily events  c. environmental conditions; unconscious dynamics  d. unconscious dynamics; environmental conditions

26. The process of saying freely whatever comes to mind in connection with dreams, memories, fantasies, or conflicts, in the course of a psychodynamic therapy session, is referred to as ________.
   a. systematic desensitization  b. flooding  c. free association  d. exposure treatment

27. Which of the following is not a behavioral therapy?
   a. Flooding  b. Skills training  c. Exposure  d. Unconditional positive regard

28. The primary goal of ________ therapy is to find meaning in life.
   a. rational-emotive  b. reality  c. existential  d. transactional analysis

29. Which of the following pairings of problem and the most successful therapy for that problem is INCORRECT?
   a. Childhood behavior problems and existential therapy  b. Specific phobias and systematic desensitization  c. Depression and rational-emotive therapy  d. Panic disorder and behavior therapy

30. The bond of confidence and mutual understanding established between therapist and client is called the ________.
   a. therapeutic window  b. therapeutic alliance  c. clubhouse model  d. window of opportunity

31. An apparent treatment success that is due to the patient's expectation or hopes rather than the treatment itself is called ________.
   a. the placebo effect  b. the nocebo effect  c. the therapeutic window  d. an empirically validated treatment

32. In ________ therapy, the therapist uses logical arguments to challenge a client's unrealistic beliefs or expectations.
   a. client-centered  b. rational-emotive behavior  c. existential  d. aversive conditioning

33. Systematic desensitization and "flooding" are ________ therapies.
   a. behavioral  b. psychodynamic  c. reality  d. Adlerian

34. Which of the following types of psychotherapists would be most likely to use free association and transference?
   a. Rational-emotive behavior therapists  b. Behavior therapists  c. Psychodynamic therapists  d. Client-centered therapists

35. ________ is a humanist approach that emphasizes the tragic aspects of life, the burden of responsibility, and the need to face the inevitability of death.

36. According to Carl Rogers, ________ is love and support given to another with no strings attached.
   a. the condition of worth  b. unconditional positive regard  c. existentialism  d. self-actualization
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37. Which of the following pairs of personality theorists and perspectives is INCORRECT?
   a. Abraham Maslow; existentialist  b. Carl Rogers; humanist  c. Carl Jung; genetic  d. Sigmund Freud; psychodynamic

38. Which of the following terms is associated with transactional analysis?
   a. Free association  b. Unconditional positive regard  c. Irrational beliefs  d. Complementary transactions

39. Which one of the following does NOT belong with the other three?

40. The withdrawal of reinforcement until the conditioned response no longer occurs is known as:
   a. extinction  b. elimination  c. discrimination  d. punishment

41. Freud is to ego, id, and superego as ___________ is to parent, adult, and child.

42. Developed by Luft and Ingham, ___________ asserts that there are four parts to the personality: the public self, the blind self, the private self, and the unknown self.
   a. neurolinguistic programming  b. the concept of the collective unconscious  c. the concept of the family constellation  d. the concept of the Johari window

43. In which is the focus on the meaning of life and the relevance of the individual experience?

44. Popular techniques of this approach are role playing, "empty chair," and "making the rounds."

45. Popular techniques of this approach are examination of client’s memories, “spitting in the client’s soup,” and “catching oneself.”

46. In this therapeutic approach, the counselor’s emphasis is on being authentic while concentrating on verbal and nonverbal messages.

47. Paradoxical intention, implosive therapy, and thought stopping are all techniques used by ___________ counselors.
   a. Psychoanalytic  b. Behavioral  c. TA  d. Reality therapy

48. Stress inoculation is a concept introduced by:
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49. According to Freud, ________________ is the most important defense mechanism. An example of this defense mechanism is when a woman who has been physically abused by her spouse doesn’t remember ever being hurt by him.
   a. regression  b. repression  c. reaction formation  d. denial

50. A dog that has been trained to stop and stand at attention when she hears a duck call does not stop and stand at attention when she hears a goose call. This is an example of:
   a. stimulus generalization  b. higher-order conditioning  c. conditioned response  d. stimulus discrimination

51. The disadvantage of closed-ended questions is that the client usually fails to:
   a. disclose personal information  b. come up with an answer to the questions  c. continue to dialogue with the counselor  d. Both A and C.

52. Rational-emotive behavior therapy follows a five-step system using ABCDE, where D stands for:
   a. the affect  b. the effect  c. the external event  d. disputing the irrational belief

53. The goals of this type of therapy include gaining knowledge about the self and recognizing and integrating the self.

54. In order to elicit a conditioned response, the neutral stimulus that will become the conditioned stimulus must ________________ the unconditioned stimulus.
   a. follow  b. precede  c. occur at the same time as  d. randomly occur sometime near

55. In contrast to feeling sorry for the client, the counselor needs to demonstrate ____________ toward the client.
   a. empathy  b. sympathy  c. emotionality  d. stability

56. In order to facilitate growth in a client, the counselor uses all of the following strategies EXCEPT:
   a. confrontation  b. reflection  c. abandonment  d. interpretation

57. A(n) ____________ schedule of reinforcement is the most difficult to extinguish.
   a. intermittent  b. consistent  c. systematic  d. ratio

58. The primary distinction between reinforcement and punishment is that reinforcement ____________ the likelihood of the behavior to occur again, while punishment ____________ the likelihood of the behavior to occur again.
   a. increases; increases  b. decreases; increases  c. increases; decreases  d. decreases; decreases

59. Negative reinforcement ____________ the behavior by ____________ a reinforcer;