

Answers

25. C. Whenever psychoanalysis or psychodynamics is mentioned, you should automatically think of unconscious processes, as this is the hallmark of such an approach. Of course, the social-learning perspective deals with social aspects, but more intently it deals with environmental conditions. Bodily events or bodily functions would be more aligned with a biological approach of some sort. Remember that learning involves interacting with the environment.
26. C. One way you can think of free association is as speaking freely about whatever comes to mind. Free association is a technique used by psychoanalysts and psychodynamic therapists.
27. D. The only technique that is not behavioral is unconditional positive regard, which is client centered, or Rogerian. To help you think about this, imagine a Rogerian-oriented therapist reflecting back whatever a client says as a way to show empathy or unconditional regard. Behaviorists do not address feelings at all, so unconditional positive regard would not be something a behaviorist would even consider offering to a client directly.
28. C. One way to think about the existential perspective is in terms of the human condition and what it means to be human; or in other words, what the meaning of life is. When it comes to rational-emotive therapy, think about the word "rational" and then attribute that to helping individuals move from irrational to rational thoughts. A good way to think about reality therapy is to focus on helping individuals formulate realistic plans for improvement. Transactional analysis involves looking at individuals' "transactions" as they go through their life scripts (parent, adult, child).
29. A. The clue here should be child behavior problems. Right away you should be able to eliminate existential therapy from that because behavior problems are best handled using behavioral techniques, not finding meaning. All of the other pairs are appropriate. When it comes to dealing with specific phobias, the treatment of choice is usually systematic desensitization, which is a behavioral technique. Depression usually involves having a client look at his/her own irrational thoughts that contribute to the depression. A panic disorder is also usually addressed using some sort of behavioral techniques.
30. B. The only realistic answer is the therapeutic alliance. The clubhouse model and window of opportunity have nothing to do with counseling. The therapeutic window normally describes a range of time or doses of medication at which some positive effects will be noticed.
31. A. When improvement occurs just by the fact that someone is expecting improvement, that is the placebo effect. The opposite, the nocebo effect, occurs when an innocuous substance (a sugar pill) causes a person to get sick or to feel worse. The therapeutic window describes a range of time or doses of medication at which some positive effects will be noticed. An empirically validated treatment is one in which the treatment has been systematically tested and validated through some research and found to be successful.
32. B. In rational-emotive therapy, a client's irrational beliefs are challenged. In existential therapy, the focus is on the choices a client makes in order to find what is meaningful. Personal freedom and awareness are emphasized. In aversive conditioning, a person is conditioned using something aversive to stay away from or refrain from engaging in some inappropriate behavior. And client-centered therapy focuses on self acceptance and self exploration.
33. A. Behavioral techniques include: operant and classical conditioning, systematic desensitization, implosion, flooding, time-out, stress inoculation, and thought stopping. Techniques of the psychodynamic approach include: free association, dream analysis, and interpretation of transferences. Adlerian therapy techniques include: emphasizing client's strengths, examination of client's memories, focus on interpretation, and "spitting in the client's soup." Reality therapy techniques include: role playing, role modeling, defining limits, and helping the client make a plan.
34. C. The focus of psychodynamic therapy is bringing to the surface that which is unconscious; the therapist uses free association and transferences to make this occur. Another way to look at this is to remember that psychodynamic therapy has roots in Freudian theory. Freud spent much of his time discussing early childhood experiences and defense mechanisms. Think of rational-emotive behavior therapy as looking at irrational thoughts and beliefs. Strictly behavioral therapy looks at observable behavior, and client-centered therapy focuses on making clients feel good about themselves.
35. C. Think about existential therapy as looking at the human condition in its totality from birth to death and everything in-between. "Social interest" is a term synonymous with Adlerian counseling, while self-actualization is a term used by Maslow when he talked about his hierarchy of needs. Psychoanalysis looks at bringing what is unconscious to the conscious level.
36. B. If you remember one thing about client-centered counseling, unconditional positive regard is it. Carl Rogers emphasized personal warmth, empathy, acceptance, and genuineness when he described his approach. He focused on giving support and providing total acceptance without limits.

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37. C. Abraham Maslow is associated with existentialism and Carl Rogers is considered a humanist. When you think of Freud, you should automatically think of psychoanalysis or psychodynamics. Jung is a Neo-Freudian.
38. D. The key word here is “transactions.” Transactional analysis looks at the interactions or transactions that occur within an individual (parent, adult, child). Free association is paired with the psychoanalytic or psychodynamic approach. Unconditional positive regard is affiliated with the client-centered counseling of Carl Rogers. And irrational beliefs are associated with rational-emotive behavior therapy.
39. B. Glasser is associated with reality therapy, while the other three are Neo-Freudians. Karen Horney is associated with object relations, Jung with the collective unconscious and archetypes, and Adler with birth order and family constellations.
40. A. All of the terms are associated with operant or classical conditioning except elimination. When Person A wants to eliminate a previously conditioned response in Person B, Person A withholds any reinforcement when the response occurs so that Person B no longer elicits the behavior. This is known as extinction. Discrimination occurs in classical and operant conditioning as well. Under this condition, a person learns to respond to only specific stimuli, while not responding to other similar stimuli. The person learns to distinguish between similar stimuli. “Punishment” is also a term associated with operant conditioning. It is a behavior modification technique that is used to decrease the probability that a particular behavior will occur again. Punishment can be either the presentation of an aversive stimulus or the taking away of a positive stimulus.
41. D. If you recognize “parent, adult, child,” you would know that this set of terms is associated with transactional analysis, associated primarily with Eric Berne (1910–1970). Fritz Perls is associated with rational-emotive behavior therapy. Carl Jung is associated with analytic psychology, and Adler is associated with individual psychology.
42. D. Questions about the Johari window show up fairly often on this exam. It got its name from the two individuals who developed the concept—Joe Luft and Harry Ingham. They believed that clients come into counseling with all sorts of information, some of it known to the client and others, some unknown to the client but known by others, some known only by the client, and some unknown by everyone. Luft and Ingham believed that it is important to uncover that which is unknown. The collective unconscious is associated with Carl Jung. Neurolinguistic programming, or NLP, is a system of treatment that integrates psychology, linguistics, and communications. It was created by Richard Bandler and John Grinder. The family constellation is part of Adlerian counseling.
43. A. Any time you think about existentialism, you should think about philosophical questions such as, “What is the meaning of life?” and “Is there life in the hereafter?” The focus of Adlerian counseling is on developing and maintaining social interests. The focus of Gestalt therapy is congruence and the here and now. Reality therapy is focused on becoming psychologically well by taking responsibility for oneself and formulating realistic plans.
44. C. It will be important for you to know some of the key strategies and techniques that the various therapies utilize. Gestalt therapy utilizes the empty-chair technique as well as psychodrama. Free association and dream analysis are popular techniques used by psychoanalysis. Adlerian counseling utilizes examination of clients’ memories, catching oneself, and spitting in the client’s soup. Client-centered counselors utilize active/passive listening, open-ended questions, positive regard, and reflection of feelings.
45. A. Adlerian counselors utilize examination of clients’ memories, catching oneself, and spitting in the client’s soup. Free association, analysis of transferences, and dream analysis are popular techniques used by psychoanalysis. Popular techniques used by reality therapy are role modeling, defining limits, and feedback. Counselors who use rational-emotive therapy often use homework assignments, bibliotherapy, and shame attacks.
46. C. In existential counseling, the role of the counselor is to be authentic and understanding of the client while stressing the personal relationship and sharing experiences. The role of the behavioral counselor is to assist the client in clarifying goals and modifying behaviors while teaching, directing, and advising. The rational-emotive

Gestalt therapist is to be in the present while helping the client resolve unfinished business and be congruent in verbal and nonverbal messages.

47. A. When you think about behavioral techniques, remember to include techniques employed in classical and operant conditioning (reinforcement, shaping, extinction) as well as systematic desensitization, implosion, flooding, time-out, and thought stopping. In psychoanalysis, the counselor relies on free association, dream analysis, analysis of transferences, and interpretation to advance therapy progress. A counselor who uses TA (transactional analysis) uses interrogation, confrontation, illustration, and concentration on early memories to assist clients. The reality therapist uses humor, confrontation, role modeling, role playing, and defining limits.

48. D. All four of these men are associated with behavioral counseling in some way, but Donald Meichenbaum developed the behavioral technique called stress inoculation training. The purpose is to help the client deal with future stress. The three-step process involves having the client monitor the impact of the inner dialogue on behavior when under stress, rehearsing new self-talk, and implementing new self-talk during the stressful situation. Joseph Wolpe developed systematic desensitization, which is a step-by-step process used to address phobias. John Krumboltz is more known in the field of career counseling but has written books on behavior modification. Albert Bandura is usually associated with social learning but more specifically with learning through observation.

Answers

49. B. Freud described some of the unconscious processes that individuals use to protect themselves from conflicts and anxiety. These unconscious processes are called defense mechanisms, with the most important being repression. Repression occurs when a threatening memory, idea, or emotion is blocked from consciousness. Regression is a defense mechanism that occurs when a person reverts to a previous phase of psychological development. Denial occurs when a person refuses to admit that something unpleasant is happening. Finally, reaction formation occurs when an individual transforms his/her unconscious anxiety into its opposite outwardly.
50. D. Stimulus generalization occurs when, after conditioning, the subject responds almost identically to a stimulus that is similar to the conditioned stimulus. Higher-order conditioning is a procedure by which a neutral stimulus becomes a conditioned stimulus through the association with an already established conditioned stimulus. A conditioned response is a response that is elicited by a conditioned stimulus. It occurs after the conditioned stimulus is associated with an unconditioned stimulus. Stimulus discrimination occurs when a stimulus that resembles a conditioned stimulus fails to evoke the conditioned response.
51. D. If you think about this logically, you can see how A and C are correct answers. Closed-ended questions are those that can be answered with one- or two-word responses (e.g., yes or no). A client who is asked a closed-ended question answers the question or says yes or no and generally does not add any other information. When an open-ended question is asked, the client has to give more information in order to answer the question completely. The conversation continues and personal information is offered more freely.
52. D. The ABCDE system goes as follows: A is the external event; B is the belief about the event; C is the accompanying feeling; D is the disputing of the irrational belief that is causing the accompanying feeling; and E is the change that is made in the self-talk as a result of the therapy process.
53. B. Jungian therapists believe in a collective unconscious. Another key concept of Jungian therapy is the archetype. The goal of Jungian therapy is to transform the self by gaining knowledge about the self (collective unconscious, archetypes, personal unconscious) and then recognizing and integrating all aspects of the self (archetypes, etc.).
54. B. If you think about it logically, a neutral stimulus remains a neutral stimulus unless it can be associated with something that already elicits some sort of response. If a stimulus that already elicits a response is presented first, the response has already occurred. The neutral stimulus coming after the unconditioned stimulus (US) does nothing because the response has already occurred. Therefore, the neutral stimulus must be presented before the US so that it gets associated with the US and can then evoke a response similar to the unconditioned response. Although simultaneous occurrence with the US would evoke a conditioned response, in everyday life two things do not get presented at the exact same time very often. Presenting a neutral stimulus at random will not allow for any association to be made between it and the US.
55. A. A counselor needs to be able to understand the client's predicament, not feel sorry for the client. Understanding the client's predicament is called empathy. Feeling sorry for someone's predicament is sympathy and does nothing to empower the client. Although providing stability in the session, it is not what helps the client to work through the predicament. A counselor needs to keep his/her own emotions in check when working with a client. Emotionality on the part of the counselor usually serves to confuse the client or to add additional burden onto the client.
56. C. Confrontation is often used by counselors to point out discrepancies between a client's thoughts/beliefs and the behavior. Making the client aware of these discrepancies is a necessary skill for

a counselor. When a counselor uses interpretation, she is pointing out the real meaning of a client's behavior. Reflection is another skill that a counselor uses to help clients. When a counselor reflects something back to a client, he is paraphrasing what the client said in order to emphasize the importance of the feelings associated with the statement and to project empathy. It is considered unethical to abandon a client.

57. A. If a person uses a slot machine, he gets some of his money back occasionally, but he still gets reinforced for using the slot machine. If you know that you will get money from a slot machine after every tenth try, the thrill is gone. It is still reinforcing, but boredom sets in. The unpredictability of an intermittent schedule of reinforcement makes it the hardest to extinguish because you don't know if you will get reinforced the next time or in five minutes or after twenty tries. All the other schedules of reinforcement are predictable.

58. C. All you need to remember here is that reinforcement increases the likelihood of a behavior occurring again, and punishment decreases the likelihood of the behavior occurring again. Reinforcements are positive and you want them, so you perform behaviors to get them. Punishments are negative and you do not want them, so you avoid performing certain behaviors so you don't get punished.

59. A. Don't confuse negative reinforcement with punishment. Negative reinforcement involves the taking away of something you don't like so that you get more of what you like. Positive reinforcement involves receiving something you like so that you get more of what you like. A child does his homework so that his mom will stop nagging him about doing it (increases by taking away a reinforcer). A child gets to watch a few extra minutes of a cartoon because he did his homework (increases by adding a reinforcer). The parent wants the child to do his homework.

60. C. There are five stages in the group process: forming, initial, transition, working, and closing. In the forming stage, the group leader recruits, screens, and orients potential group members. The initial stage involves tasks such as setting the ground rules, introducing members, and discussing confidentiality. During the working stage, members work on specific issues while sharing personal information. At the closing stage, the leader begins the termination process.