Foundations of Group Counseling 1st edition Capuzzi Test Bank

SKU: 9780134844800-TEST-BANK

This work is protected by US copyright laws and is for instructors' use only.

Pearson

Instructor's Manual and Test Bank

For

Foundations of Group Counseling

1st Edition

David Capuzzi, Ph.D., *Walden University*

Mark D. Stauffer, Ph.D., *Walden University*

Prepared by

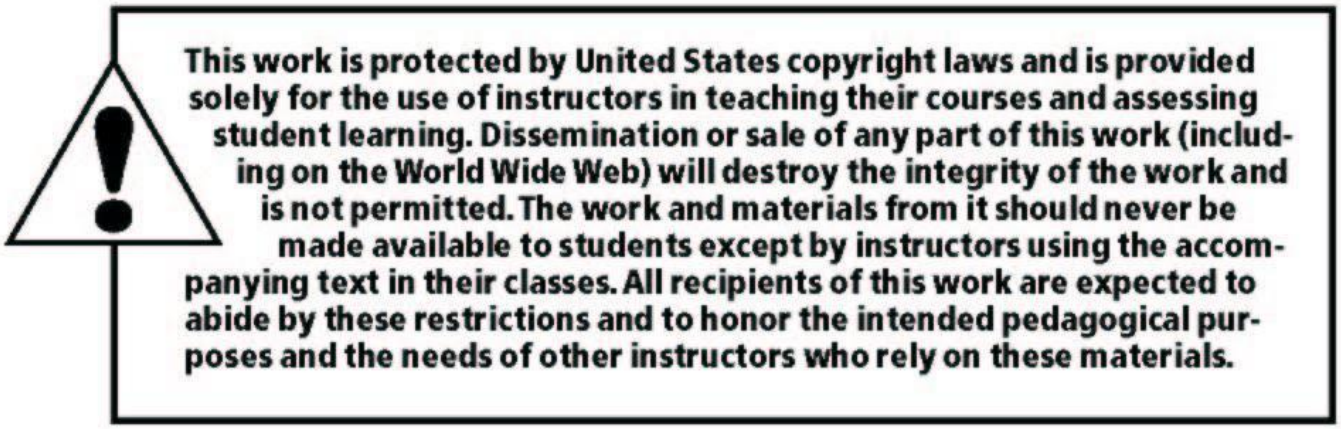
Melinda A. Haley, Ph.D., *Walden University*

Boston Columbus Indianapolis New York San Francisco Hoboken

Amsterdam Cape Town Dubai London Madrid Milan Munich Paris Montreal Toronto

Delhi Mexico City Sao Paolo Sydney Hong Kong Seoul Singapore Taipei Tokyo

Foundations of Group Counseling 1st edition Capuzzi Test Bank



Copyright © 2019 by Pearson Education, Inc. or its affiliates. All Rights Reserved. Printed in the United States of America. This publication is protected by copyright, and permission should be obtained from the publisher prior to any prohibited reproduction, storage in a retrieval system, or transmission in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise. For information regarding permissions, request forms and the appropriate contacts within the Pearson Education Global Rights & Permissions Department, please visit www.pearsoned.com/permissions/.

Instructors of classes using ***Foundations of Group Counseling,1st Edition, by David Capuzzi and Mark D. Stauffer,*** may reproduce material from the Instructor's Resource Manual and Test Bank for classroom use.

10 9 8 7 6 5 4 3 2 1

ISBN-10: 0134869249

ISBN-13: 9780134869247

Pearson

www.pearsonhighered.com

Foundations of Group Counseling 1st edition Capuzzi Test Bank

CONTENTS

PART 1: FOUNDATIONS FOR GROUP WORK

1. An Overview of Group Work 1
2. Group Work: Stages and Issues 8
3. Group Counseling: Elements of Effective Leadership 14
4. Group Work: Theories and Applications 20
5. Ethical/Legal Considerations with Groups 27
6. Diversity and Multicultural Group Counseling 34
7. Efficacy and Evaluation of Group Work 41
8. The Four Types of Groups: Work/Task, Psychoeducational, Counseling, and Psychotherapy Groups 48

PART 2: USEFUL APPROACHES AND BEST PRACTICES

9. Creative Approaches to Group Work 54
10. Facilitating Groups with Challenging Member Behaviors 61
11. Groupwork with Children: Applications for School and Other Settings 67
12. Groups for Adolescents 72
13. Groups with Individuals, Couples, and Families in Mental Health Settings 77
14. Groups in Rehabilitation Settings 83
15. Groups with Older Adults: Loss, Transitions, and End of Life Issues 89
16. Support Along the Journey: Groups Focused on Addiction and Recovery 96
17. Group Work: Gay, Lesbian, Bisexual, And Transgender Clients 102

ANSWER KEYS 108

Pearson

Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

PART ONE: FOUNDATIONS FOR GROUP WORK

CHAPTER ONE

AN OVERVIEW OF GROUP WORK

Journaling Exercises:

(1) Explore the websites for the American Society of Group Psychotherapy and Psychodrama (ASGPP), the American Group Psychotherapy Association (AGPA), and The Association for Specialists in Group Work (ASGW). What are the similarities and differences between these organizations? What resources does each organization have that you might find useful? If you had to join one of these organizations, which one would it be? Why?

(2) Conduct a scavenger hunt. Explore the websites for the American Society of Group Psychotherapy and Psychodrama (ASGPP), the American Group Psychotherapy Association (AGPA), and The Association for Specialists in Group Work (ASGW) and find the following items:

a. Which organization has this in their mission statement: This organization "is rooted in the philosophy of Dr. Moreno."
b. Which organization is a division of the American Counseling Association?
c. Which organization gives members the opportunity to create their own personalized group therapy video profile?
d. Which organization is approved to provide continuing education hours for re-credentialing by the following professional organizations: NAADAC, NBCC and NRCGP.
e. Which organization publishes the *International Journal of Group Psychotherapy*?
f. Which organization has the following as a part of their mission statement: "____exists so that members and other helping professionals are empowered with the knowledge, skills, and resources necessary to practice effective, socially just, and ethical group work in a diverse and global society?"

Reflection Questions:

1. Which organization's website did you like the best? Why?
2. Which organization's website did you think had the most useful information? Why?
3. If you were to join one of these organizations, which one would it be? Why?

Pearson

Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

Answers for Instructor:

(a) The American Society of Group Psychotherapy and Psychodrama (ASGPP)
(b) The Association for Specialists in Group Work (ASGW)
(c) The American Group Psychotherapy Association (AGPA)
(d) The American Society of Group Psychotherapy and Psychodrama (ASGPP)
(e) The American Group Psychotherapy Association (AGPA)
(f) The Association for Specialists in Group Work (ASGW)

(3) Think of an issue that you are either currently experiencing, or have experienced in the past, for which the group counseling modality would be a good fit. Briefly describe the issue. Only share what you are comfortable in sharing. Then explore the different goals in general for groups, the goals for specialized groups, and the goals for groups based upon theoretical orientation. Which goals do you think would best fit your needs for the issue you described. What about these goals do you think would best facilitate the resolution of your issue? Why?

Discussion Exercises:

(1) Pick one historical period that most interests you related to the development of group counseling in the United States as defined by your textbook. Find outside resources that discuss this historical period in more detail. These resources can be journal articles, organizational websites ending in .org, .edu. or .gov, or books. Then discuss the following:

a. What about this historical period interested you?
b. What did you learn about this historical period that you did not learn from your textbook chapter?
c. In what specific ways do you think this historical period has impacted the way that group counseling, group therapy, psychoeducational groups, or task/work groups are conducted today?

(2) Pick one historical period related to the development of group counseling in a country other than the United States that most interests you. Find outside resources that discuss this historical period in more detail. These resources can be journal articles, organizational websites ending in .org, .edu. or .gov, or books. Then discuss the following:

a. What about this historical period interested you?
b. What did you learn about this historical period for that particular country?
c. In what specific ways do you think this historical period has impacted the way that group counseling, group therapy, psychoeducational groups, or task/work groups are conducted today?

Pearson
Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

(3) Choose one other country that also uses group counseling and compare the development of groups within that country to the development of group counseling within the United States. What are the similarities and differences between the development of group counseling between these two countries?

Group Exercises:

(1) Divide the class into eight groups. This is the number of historical periods related to group counseling discussed in the textbook. Assign each group one period of history related to group counseling. Have each group investigate the history of group counseling in more depth during their assigned time period. Then have each group provide a brief presentation to the rest of the class regarding what additional information they found on their group's assigned historical time period.

(2) Ask the class for six students to volunteer to engage in a mock T-Group or Psychodrama group experience. Provide a 20-minute demonstration of the method you choose as the instructor. After the demonstration, ask the students who participated in the experience to reflect on what they experienced within the group. Have observing class members also provide their reflections on what they found to be helpful from this type of group demonstration. Ask students whether they would choose to engage in such a group experience? What did they like about it? What did they not like about it?

(3) Divide the class into smaller groups. Have each group choose one group modality or model for which the group has an interest to further explore (e.g., task/work, psychoeducational, counseling, therapy) or subgroups of a modality (e.g., psychodrama, T-groups, personal growth groups, sensitivity groups). Have each group either write a paper, develop a presentation, or develop a video that explores the history, main features, and benefits and limitations for their chosen group modality.

Pearson

Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

TEST ITEMS

Multiple Choice:

1. Who was the physician who applied the "class" method to aid patients with tuberculosis in Boston, Massachusetts?
    a. Joseph Hersey Pratt
    b. Cody Marsh
    c. Edward Lazell
    d. Rudolf Dreikurs

2. Who used collective therapy with families and children during his child guidance clinics in Vienna in the 1920s?
    a. Rudolf Dreikurs
    b. Joseph Hersey Pratt
    c. Alfred Adler
    d. Frank Parsons

3. Which individual was known for his work in vocational guidance in Boston?
    a. Jesse B. Davis
    b. Frank Parsons
    c. Alfred Adler
    d. Trigant Burrow

4. During which decade did Alcoholics Anonymous begin?
    a. 1930s
    b. 1950s
    c. 1960s
    d. 1990s

5. During what decade did the encounter groups begin?
    a. 1930s
    b. 1950s
    c. 1960s
    d. 1990s

6. In which stage of a group does each member develop a clear understanding of the goals of the group experience?
    a. The personal engagement stage
    b. The group engagement stage
    c. The termination stage
    d. The definitive stage

Pearson

Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

7. Which type of group can be described as longer term, more remedially and therapeutically focused, and more likely to be facilitated by someone with doctoral-level preparation?
    a. Psychoeducational groups
    b. Therapy groups
    c. Task/Work groups
    d. None of the above

8. What type of group was developed in the 1940s and is used to help members develop self-awareness and sensitivity to others through the verbalization of feelings?
    a. T-Groups
    b. Encounter Groups
    c. Psychodrama Groups
    d. Psychoeducational Groups

9. What type of group was developed in the 1920s where participants stage a production in which they sometimes play themselves and sometimes play the alter egos of others?
    a. T-Groups
    b. Encounter Groups
    c. Psychodrama Groups
    d. Psychoeducational Groups

10. Which of the following definitions, best describes therapeutic factors in a group?
    a. An element that contributes to improvement in a patient's condition and is a function of the actions of a patient.
    b. An element that contributes to improvement in a patient's condition and is a function of the actions of fellow group members.
    c. An element that contributes to improvement in a patient's condition and is a function of the theoretical orientation of the group member and the interventions used.
    d. An element that contributes to improvement in a patient's condition and is a function of the actions of a group therapist, the patient, or fellow group members.

11. Who is the theorist and therapist who is best know for introducing the concept of curative factors in groups?
    a. Yalom
    b. Corsini
    c. Adler
    d. Freud

Pearson

Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

12. According to your textbook, all the following are characteristics of good group leaders EXCEPT:
    a. Personal power
    b. Stamina and energy
    c. Sense of humor
    d. Conflict resolution skills

13. What best describes the concept that everyone benefits from group experience?
    a. It is a well-known researched fact.
    b. It is a myth.
    c. It was initially stated by Alfred Adler.
    d. None of the above

14. What best describes the concept that for a group member to benefit from a group, a member must be dysfunctional?
    a. It is a well-known researched fact.
    b. It is a myth.
    c. It was initially stated by Jacob Moreno.
    d. None of the above

15. Which of the following definitions best describes the curative factor of catharsis?
    a. Accepting responsibility for one's life, including decisions, meaning making, and spiritual dimensions
    b. Sharing feelings and experiences
    c. developing new insights and correcting past interpretations
    d. sharing with others and being willing to reach out

16. Which of the following definitions best describes the curative factor of altruism?
    a. Accepting responsibility for one's life, including decisions, meaning making, and spiritual dimensions
    b. Sharing feelings and experiences
    c. developing new insights and correcting past interpretations
    d. sharing with others and being willing to reach out

17. Which of the following definitions best describes the curative factor of existential factors?
    a. Accepting responsibility for one's life, including decisions, meaning making, and spiritual dimensions
    b. Sharing feelings and experiences
    c. developing new insights and correcting past interpretations
    d. sharing with others and being willing to reach out

Pearson

Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

18. Which of the following definitions best describes the curative factor of interpersonal learning?
    a. accepting responsibility for one's life, including decisions, meaning making, and spiritual dimensions
    b. sharing feelings and experiences
    c. developing new insights and correcting past interpretations
    d. sharing with others and being willing to reach out

Essay:

1. What are the characteristics of both a heterogeneous and homogenous group?

2. What are the characteristics of both an open and a closed group?

3. Name and describe four of Yalom's curative factors that are present in groups.

Pearson

Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

ANSWER KEY TO

TEST QUESTIONS

CHAPTER 1

Multiple Choice

1) a; 2) c; 3) b; 4) a; 5) c; 6) d; 7) b; 8) a; 9) c; 10) d; 11) a; 12) d; 13) b; 14) c; 15) b; 16) d; 17) a; 18) c

Essay:

1. **Feedback**: There are two general approaches to combining members of a group: the heterogeneous approach and the homogeneous approach. The *heterogeneous* or *mixed-gender* group addresses fundamental assumptions for creating groups composed of both men and women. The heterogeneous group is a microcosm of society, self-defeating behavior can be identified and confronted more easily in a group approximating the composition of society, the group focus is on the present rather than on the past, reality testing can and does occur, and the heterosexual group situation generates anxiety that produces change. A *homogeneous group* consists entirely of members of a given population or members who share a specific need, concern, or situation; for example, a women's recovering group (WRG) for substance use disorders are homogenous in two ways (Greenfield et al., 2014). The cohesiveness theory underlies this approach to group composition and supports the idea that similarity of members can lead to a great deal of cohesion, openness, and exploration of issues (Perrone & Sedlacek, 2000).

2. **Feedback**: Closed and open groups are subcategories of most groups. A *closed group* is characterized by a membership that remains together until the group terminates. In an *open group*, new members are added during the life cycle of the group. Both the closed group and open group models have advantages and disadvantages. Open groups permit members to resolve problems and issues in their own timeframe and then leave the group. New members may enter the groups as openings occur. Although new members coming in at various times may be viewed as adding stimulation to the group, the group may go through a process of regression, with accompanying fluctuations in cohesion and trust, when a new member is added. By contrast, closed groups offer stability of membership and facilitate cohesion and trust. Because not all members of a group progress at the same rate, however, some group members lose the advantage of being able to work hard and terminate their membership in a manner consistent with their own ability to learn, resolve intrapersonal or interpersonal issues, and obtain closure based on an appropriate resolution (Gruner, 1984). The closed format also can impact virtual group formats by only allowing those in the group to join, for example, an ongoing synchronous virtual meeting or asynchronous discussion forum monitored by the counselor (Lemma & Fonagy, 2013).

Pearson

Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank

3. **Feedback**: In what is now considered a landmark classification of *curative factors*, Yalom (1970, 1975, 1985, 1995) proposed a list of therapeutic elements based on research that he and his colleagues conducted:

    1. *Instillation of hope:* receiving reassurance that the group experience will be constructive
    and helpful
    2. *Universality:* developing an awareness that what seems to be a unique problem may be like the experience of another member of the group
    3. *Imparting of information:* learning about mental health and mental illness via group
    discussion
    4. *Altruism:* sharing with others and being willing to reach out
    5. *The corrective recapitulation of the primary family group:* reliving family-of-origin
    conflicts and resolving them through the group
    6. *Development of socializing techniques:* learning social skills
    7. *Imitative behavior:* imitating positive behaviors modeled by other group members
    8. *Interpersonal learning:* developing new insights and correcting past interpretations
    9. *Group cohesiveness:* developing bonds of trust, support, and caring
    10. *Catharsis:* sharing feelings and experiences
    11. *Existential factors:* accepting responsibility for one's life, including decisions, meaning making, and spiritual dimensions

CHAPTER 2

Multiple Choice

1) c; 2) b; 3) a; 4) d; 5) a; 6) d; 7) a; 8) c; 9) b; 10) a; 11) c; 12) d; 13) b; 14) b; 15) d; 16) b

Essay:

1. **Feedback**: Providing for a formal termination and closure process for group members is important for the following reasons:
    - It allows for the group leader and group members to recognize and explore group member individual growth over the course of the group process, as well as, the group's growth from the initial group session to the ending session.
    - It provides for a discussion of how group members can reinforce and commit to those changes without the influence or support of the group.
    - It provides for an opportunity for group members and group leaders to provide final feedback.
    - It gives group members and the group leader a chance to say goodbye to each other.
    - It gives group members an opportunity to explore their often conflicting emotions of anxiety, excitement, and grief and loss of the connections they made with the group.
    - It provides the group leader the opportunity to plan for any follow-up activities that might need to occur either for the group or for an individual.

Pearson
Copyright © 2019 Pearson Education, Inc. All Rights Reserved

Foundations of Group Counseling 1st edition Capuzzi Test Bank