Groups A Counseling Specialty 8th edition Gladding Test Bank

SKU: 9780135166895-TEST-BANK

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

Pearson

Instructor's Manual with Test Bank

For

Groups: A Counseling Specialty

Eighth Edition

Samuel T. Gladding, *Wake Forest University*

Prepared by

Nathaniel N. Ivers, *Wake Forest 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

Groups A Counseling Specialty 8th edition Gladding Test Bank



This work is protected by United States copyright laws and is provided solely for the use of instructors in teaching their courses and assessing student learning. Dissemination or sale of any part of this work (including on the World Wide Web) will destroy the integrity of the work and is not permitted. The work and materials from it should never be made available to students except by instructors using the accompanying text in their classes. All recipients of this work are expected to abide by these restrictions and to honor the intended pedagogical purposes and the needs of other instructors who rely on these materials.

Copyright © 2020, 2016, 2012 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 *Groups: A Counseling Specialty, 8e*, by *Samuel T. Gladding,* may reproduce material from the Instructor's Manual with Test Bank for classroom use.

10 9 8 7 6 5 4 3 2 1

ISBN-10: 0135169690

ISBN-13: 9780135169698

Pearson

www.pearsonhighered.com

Groups A Counseling Specialty 8th edition Gladding Test Bank

PREFACE

This Instructor's Manual is designed to provide group work educators with several basic tools to enhance class preparation and instruction. It accompanies Samuel T. Gladding's ***Groups: A Counseling Specialty,*** Eighth Edition.

For each chapter, the chapter topic and major subtopics are written as ***learner objectives*** (written in "the learner will" format). Each chapter includes a brief chapter overview, key vocabulary, and where appropriate the names of people important to the chapter. Each chapter has an expanded selection of assessment items in multiple choice, fill-in the blank, short answer, and essay formats.

This manual is constructed to follow the text explicitly; however, in no way is this manual intended to minimize instructors' creativity to design, deliver, and facilitate effective learning environments and teaching methods. It is hoped this manual will be of help toward all group work educators' ambitious end: teaching students the wonders of effective group work.

Groups A Counseling Specialty 8th edition Gladding Test Bank

CONTENTS

PART I **Group Development**

Chapter 1 Types of Group and Group Work 1

Chapter 2 Group Dynamics 6

Chapter 3 Effective Group Leadership 12

Chapter 4 Forming a Group 18

Chapter 5 The Transition Period in a Group: Storming and Norming 23

Chapter 6 The Working Stage in a Group: Performing 28

Chapter 7 Adjourning or Closing a Group 34

PART II **Diversity, Social Justice, Creativity, and Ethical/Legal Aspects of Groups**

Chapter 8 Diversity and Social Justice in Group Work 40

Chapter 9 Specialty Groups and Creativity in Groups 45

Chapter 10 Ethical and Legal Aspects of Working with Groups 51

PART I1I **Groups Throughout the Life Span**

Chapter 11 Groups for Children 57

Chapter 12 Groups for Adolescents 62

Chapter 13 Groups for Adults 67

Chapter 14 Groups for Older Adults 72

PART IV **Theoretical Approaches to Groups and a History of Group Development**

Chapter 15 Reality Therapy, Adlerian, & Person-Centered Groups 77

Chapter 16 Existential, Gestalt, REBT, & Transactional Analysis (TA) Groups 82

Chapter 17 Solution-Focused, Narrative Therapy, and Psychodrama Groups 88

Chapter 18 History of Group Work 94

Answer Key 100

Groups A Counseling Specialty 8th edition Gladding Test Bank

Chapter 1
Types of Groups and Group Work

Learner Objectives

1. The learner will understand and describe different classifications of groups
2. The learner will define and give examples for each of the following Models of Specialty Groups:
   a. Task/Work Groups
      An Example of Task/Work Groups:
      Teams
   b. Psychoeducational Groups
      An Example of Psychoeducational Group Work:
      Life-Skills Development Group
   c. Counseling Groups
      An Example of Counseling Group:
      Counseling Group for Counselors
   d. Psychotherapy Groups
      An Example of Group Psychotherapy:
      Group Work with Abusers and the Abused
   e. Mixed Groups and a Proposed Regrouping of Categories
      An Example of a Mixed Group:
      Consumer-Oriented Group
3. The learner will be able to compare and contrast models of specialty groups.

Chapter Overview

The purpose of this chapter is to introduce core group skills and the four major types of groups. Also included are the hybrids or mixed groups that do not fall neatly into one specific category and a proposed reorganization of group types. Mastering basic group skills is essential for a group leader to be effective in leading all varieties of groups.

Key Terms and Concepts

adventure groups
airtime
closed-ended
contact-focused group theory
counseling/interpersonal problem-solving groups
counseling groups
educational groups or guidance groups
group dynamics
GAP matrix for groups
group-as-a-whole approach
group psychotherapy
group work
psychoeducational groups
life-skill group
life-skill group
life skills training
mixed groups
mutual help groups
open-ended
out-of-group homework exercises
self-help groups
specialty/standards model
support groups
task/work groups
team
TRAC model of groups
yearbook feedback

Groups A Counseling Specialty 8th edition Gladding Test Bank

Multiple Choice Questions

1. Gazda's unique emphasis which distinguished among 'three group types' included that they could be _____.
   a. viewed as on a continuum.
   b. conceived as identical.
   c. conceptualized by leader responsibility.
   d. all of the above

2. These groups may disband abruptly after accomplishing their goals.
   a. encounter groups
   b. work groups
   c. T-groups
   d. Psychotherapy groups

3. In general _____groups stress "growth through knowledge".
   a. counseling
   b. task
   c. psychotherapy
   d. psychoeducational

4. For counseling groups, it is recommended that the number of members _____for groups with children compared to groups for adults.
   a. increase
   b. remain constant
   c. decrease
   d. none of the above

5. In life-skills training for psychoeducational groups, it is believed that individuals can be taught on a(n) _____ level how to stop potential problems from occurring.
   a. intrapersonal
   b. extrapersonal
   c. interpersonal
   d. relational

6. Kottler asserts that a "counseling group for counselors" can help counselors deal more effectively with the _____ that comes from working with people in pain.
   a. anxiety
   b. toxic effect
   c. depression
   d. burnout risk

7. One of the primary aims of a membership in a psychotherapy group is_____, meaning to improve personalities or intrapersonal functioning.
   a. problem-solving
   b. relationship enhancement
   c. conflict-management
   d. reconstruction

8. Task/work groups differ from the other three types of groups most dramatically in that they do not focus on _____.
   a. interpersonal dynamics
   b. specific outcomes
   c. changing individuals
   d. all of the above

Groups A Counseling Specialty 8th edition Gladding Test Bank

9. _____ groups encompass multiple ways of working with members and may change their emphasis at different times in the development of the group.
   a. Psychotherapy
   b. Psychoeducational
   c. Mixed
   d. Task/work

10. In Waldo and Bauman's GAP Matrix, the "P" in the acronym GAP stands for _____.
   a. progress
   b. proficiency
   c. process
   d. product

11. This type of group may have 20 to 40 members on average.
   a. mixed
   b. psychoeducational
   c. counseling
   d. psychotherapy

12. Although distinction between "self-help groups" and "support groups" can be subtle, a difference in _____ is often evident.
   a. leadership and membership
   b. control and membership
   c. leadership and control
   d. membership and termination

13. Guidance/psychoeducational groups were originally designed for _____settings.
   a. hospital
   b. work
   c. educational
   d. community center

14. Life-skills groups are an example of this type of group _____.
   a. counseling
   b. psychoeducation
   c. work/task
   d. psychotherapy

15. The leader of group psychotherapy is responsible for _____in the group
   a. dictating
   b. yearbook feedback
   c. facilitating
   d. none of the above

16. In working with abusive individuals, _____groups seem to be rather effective.
   a. psychotherapy
   b. work/task
   c. brief therapy
   d. psychoeducational

Groups A Counseling Specialty 8th edition Gladding Test Bank

17. Tina, a mental health professional in a community agency, wants to design and run a group to help individuals with mild to moderate mental health concerns improve their interpersonal skills and intrapersonal awareness. Based on this information, which type of group is Tina considering?
    a. work/task
    b. mixed
    c. psychotherapy
    d. counseling

18. Kyle, a school counselor, wants to get other school counselors together to develop a new classroom guidance curriculum that provides a greater emphasis on current challenges that students face, such as phone addictions and cyber-bullying. What kind of group is Kyle envisioning?
    a. work/task
    b. mixed
    c. psychotherapy
    d. counseling

19. Denise would like to start a group for mothers with fertility issues in which, she, herself, would participate because of her own fertility challenges. Based on this information, what kind of group is Denise envisioning?
    a. mixed
    b. counseling
    c. psychotherapy
    d. support

20. Richard, who works at an agency that provides intensive outpatient and inpatient services, is beginning a group with individuals with severe mental health issues. The focus of the group is to help these individuals work on personal and interpersonal problems of living. What type of group is Richard starting?
    a. mixed
    b. counseling
    c. supervision
    d. psychotherapy

Short Answer Questions

1. A style a group uses, designed to enhance emotional and physical abilities that involves safe, risk-taking events is _____.

2. The overall goal of psychoeducational groups is _____ rather than remediation.

3. Subgroups should be small enough in order to not limit the _____ of members.

4. _____is the term given for saying nice but insignificant things about a person in a group.

5. _____groups allow new members to join at any time as opposed to not admitting new members after the first session.

6. A group that is considered _____ might use multiple ways of working with members and may change emphasis often.

Groups A Counseling Specialty 8th edition Gladding Test Bank

Essay Questions

1. Describe elements of a successful task/work group.

2. Compare and contrast psychotherapy groups with counseling groups.

3. What advantages can you identify if a psychotherapy group had a membership with diverse presenting issues and degrees of severity?

4. Define mixed-groups and then discuss the importance of the self-help group movement.

5. Describe several advantages that Waldo and Baum's GAP Matrix model (revised) offers over the current ASGW four group types for the classification of groups.

Groups A Counseling Specialty 8th edition Gladding Test Bank

Chapter 1
Answer Key

Multiple Choice Questions

1. a. viewed as on a continuum.
2. b. work groups
3. d. psychoeducational
4. c. decrease
5. a. intrapersonal
6. b. toxic effect
7. d. reconstruction
8. c. changing individuals
9. c. Mixed
10. c. process
11. b. psychoeducational
12. c. leadership and control
13. c. educational
14. b. psychoeducation
15. c. facilitating
16. a. psychotherapy
17. d. counseling
18. a. work/task
19. d. support
20. d. psychotherapy

Short Answer

1. Adventure counseling
2. Prevention
3. Airtime
4. Yearbook
5. Open ended
6. Mixed

Essay Questions

Answers will vary.

Groups A Counseling Specialty 8th edition Gladding Test Bank