Counseling and Therapy for Couples 1st edition Young Test Bank

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Counseling and Therapy for Couples

An Integrative Model

First Edition

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Counseling and Therapy for Couples 1st edition Young Test Bank

TABLE OF CONTENTS

Chapter 1: The Couple Is a Unique System 1

Multiple-Choice Examination Questions 1

Essay Examination Questions 3

Chapter 2: Couples and Culture 4

Multiple-Choice Examination Questions 4

Essay Examination Questions 7

Chapter 3: The Integrative Model 9

Multiple-Choice Examination Questions 9

Essay Examination Questions 11

Chapter 4: The Integrative Model Part 2: Stages 2, 3, 4, and 5 13

Multiple-Choice Examination Questions 13

Essay Examination Questions 16

Chapter 5: The Assessment of Couples and Their Problems 17

Multiple-Choice Examination Questions 17

Essay Examination Questions 20

Chapter 6: Techniques and Foundational Practices in Couples Counseling 21

Multiple-Choice Examination Questions 21

Essay Examination Questions 23

Chapter 7: LGBTQ+ Couples 25

Multiple-Choice Examination Questions 25

Essay Examination Questions 27

Chapter 8: Communication and Relationship Education 29

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Counseling and Therapy for Couples 1st edition Young Test Bank

Multiple-Choice Examination Questions 29
Essay Examination Questions 32
Chapter 9: Sex and Intimacy for Couples 33
Multiple-Choice Examination Questions 33
Essay Examination Questions 35
Chapter 10: Infidelity in Couples 37
Multiple-Choice Examination Questions 37
Essay Examination Questions 39
Chapter 11: Violence and Trauma in Couple Relationships 40
Multiple-Choice Examination Questions 40
Essay Examination Questions 42
Chapter 12: Counseling Couples with Addictions 43
Multiple-Choice Examination Questions 43
Essay Examination Questions 45
Answer Key **47**

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Counseling and Therapy for Couples 1st edition Young Test Bank

Chapter 1: The Couple Is a Unique System

Multiple-Choice Examination Questions

1. Which of the following are distinctions between a family or friend relationship and a couple relationship according to Bubenzer and West (1992)?
   a. A couple relationship contains a balance of stability and growth, while family and friend relationships usually do not require continuous improvement/spontaneity.
   b. Friend and family relationships have a past, present, and future, while a couple relationship often relies on their shared memories.
   c. Resentment is a common experience in the couple relationship but does not present itself in friend or family relationships.
   d. A couple relationship is not easily distinguished from a friend or family relationship excluding sexual interaction.
2. Which of the following questions is expected to be a constant question that members of a couple ponder?
   a. “Where do I see myself in five years?”
   b. “What is my partner’s favorite thing about me?”
   c. “What aspects of my behavior affect my partner?”
   d. “Who does my partner expect me to be, and how does that compare to me now?”
3. Which of the following is a unique challenge associated with couples counseling?
   a. Couples are often unmotivated to engage in counseling.
   b. One member of a couple tends to be submissive and disengaged in counseling.
   c. Couples develop destructive patterns of behavior in which both people collude.
   d. Couples are resistant to discussing the past.
4. A *vertical stressor* refers to:
   a. Internal perceptions that an individual brings to the relationship from the family of origin
   b. Predictable life cycle stressors such as a child leaving home for college
   c. Unpredictable stressors such as an unexpected death or illness
   d. Pressures or obligations stemming from the nuclear family
5. A *horizontal stressor* refers to:
   a. Internal perceptions that an individual brings to the relationship from the family of origin
   b. Predictable life cycle stressors such as a child leaving home for college
   c. Unpredictable stressors such as an unexpected death or illness
   d. Pressures or obligations stemming from the nuclear family

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6. Which of the following describes the relationship between a couples counselor and the couple?
   a. The relationship often involves enmeshment and codependency.
   b. The relationship is more complicated and may involve jealousy or competition.
   c. The relationship mirrors that of individual counseling.
   d. The relationship is stronger and more resilient to therapeutic ruptures.
7. *Systems level* stressors include:
   a. Clashes over religion
   b. The pressure to have children
   c. Career pressures
   d. All of the above
8. *Obergefell v. Hodges* (2015) is:
   a. The definition of common law marriage
   b. The Supreme Court case that legalized same-sex marriage
   c. The law that requires individuals to be 18 years old to be married
   d. The right to "marry, establish a home, and bring up children"
9. Which of the following statements is true?
   a. College educated women are less likely to marry than non-college-educated women.
   b. Single people have more satisfying and more frequent sex than married people.
   c. Cohabitation decreases the likelihood of divorce.
   d. The arrival of children decreases satisfaction for both members of a couple.
10. Intimacy:
    a. Requires setting boundaries
    b. Involves expressing feelings
    c. Is impacted by expectations stemming from family of origin
    d. All of the above
11. Power differentials:
    a. Refer to whether one partner has more influence in making decisions or whether the couple shares power in the decision-making process
    b. Refer to how the couple manages control in conflict
    c. Refer to the degree of competition and cooperation in a marriage
    d. All of the above
12. All of the following are examples of myths commonly held by couples EXCEPT:
    a. If we love each other, we should be happy at all times.
    b. We should always be completely honest with the other person.

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c. We should want to be together all the time.
d. Having a child will be a strain on our marriage.

13. All of the following are tasks of marriage proposed by Wallerstein (1993) EXCEPT:
    a. Establishing new relationships to family of origin
    b. Establishing the sexual identity of the couple
    c. Establishing the marriage as a zone of safety and nurturing
    d. Establishing effective communication strategies
14. A healthy relationship is characterized by:
    a. A belief in relative rather than absolute truth
    b. A commitment to being partners, not friends
    c. The ability to avoid conflict
    d. All of the above
15. Which of the following is a predictable issue or dynamic that all couples encounter?
    a. Boundary violations
    b. Conflicts between individual and couple needs
    c. Dealing with expectations from family of origin
    d. All of the above

Essay Examination Questions

1. Describe four unique challenges associated with couples counseling.
2. Describe two of the five ethical issues that you may encounter as a couples therapist.
3. Describe marriage trends in the United States. How has marriage been redefined in recent years?
4. Identify three characteristics of healthy marriages.
5. What are the seven psychological tasks associated with marriage described in the book?

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Answer Key

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Chapter 1: Multiple-Choice Answer Key

1. A
2. C
3. C
4. A
5. A
6. B
7. D
8. B
9. D
10. D
11. D
12. D
13. D
14. A
15. D

Chapter 1: Essay Answer Key

Question 1

- Couples often wait to receive counseling until their problems are severe.
- Many couples have a long history of problems.
- Couples often develop destructive patterns of behavior.
- Couples often argue in the counseling session.
- Couples are more different than ever before.
- The relationship between the counselor and couple is more complex.

Question 2

- Counselors are expected to keep the confidences of their clients, yet there is an ethical dilemma when a client divulges something such as a sexual affair in their relationship and wishes to keep it secret from their partner.

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- Record-keeping most often becomes an ethical issue in couples work when the couple divorces and one member requests their joint folder to use as ammunition in the upcoming legal proceedings.
- Because the relationship between couple and counselor predicts a positive outcome, therapists must stay on top of our attitudes and ruptures in the relationship, or we are not doing the best for our clients.
- In some states, case notes require that every client have a diagnosis and a prognosis.
- A dilemma arises when the therapist sees a relationship as damaged beyond repair and the clients want to stay together in a destructive relationship.

Question 3

- Marriage rates have fallen.
- People are getting married later.
- Why we marry has changed.
- How we marry has changed.
- Divorce rates are high.
- Cohabitation is increasing.
- Same-sex marriage is legal.

Question 4

- A belief in relative versus absolute truth
- My partner is my friend and is on my team.
- Ability to deal with conflict
- A belief in something larger

Question 5

1. Consolidating psychological separation and establishing new connections with the family of origin
2. Building the couple identity—togetherness versus autonomy
3. Establishing the sexual identity of the couple
4. Establishing the marriage as a zone of safety and nurturing
5. Parenthood
6. Building a relationship that is fun and interesting

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7. Maintaining a dual vision of one's partner that combines early idealization with reality perception

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