Crisis Intervention Strategies 9th edition James Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01 - Approaching Crisis Intervention

1. In the disequilibrium that accompanies crisis, what role does anxiety play?
   a. Anxiety is absent in crisis situations.
   b. Anxiety is always present and serves as an impetus for change.
   c. Anxiety is a rare occurrence during crises.
   d. Anxiety only affects certain individuals in crisis.

ANSWER: b

2. In the context of crisis intervention, why is the term "individual crisis" considered somewhat contradictory?
   a. Because crises typically remain confined to one person without affecting others.
   b. Because crises, such as date rape, tend to have a ripple effect on numerous individuals.
   c. Because individual crises are isolated incidents with no broader impact.
   d. Because crises rarely unfold and usually have minimal impact on those connected to the person in crisis.

ANSWER: b

3. How is a mega crisis characterized in the context of crisis intervention?
   a. Mega crises are manageable challenges within defined boundaries.
   b. Mega crises generate predictable outcomes based on past reaction models.
   c. Mega crises threaten the existence of the systems they affect and defy boundaries and limits.
   d. Mega crises have linear consequences that can be easily addressed.

ANSWER: c

4. What is a key difference between basic crisis theory and brief therapy?
   a. Basic crisis theory aims to remediate ongoing emotional problems, while brief therapy focuses on temporary affective, behavioral, and cognitive distortions.
   b. Brief therapy primarily addresses trauma-related issues, while basic crisis theory deals with ongoing emotional problems.
   c. Both basic crisis theory and brief therapy exclusively focus on ongoing emotional problems.
   d. Brief therapy seeks to restore equilibrium in trauma survivors, while basic crisis theory aims to provide ongoing emotional support.

ANSWER: a

5. In the cognitive model of crisis intervention, what is the primary focus for addressing crises?
   a. The events or situations surrounding the crisis.
   b. The events themselves or the facts of the events or situations.
   c. Developing avoidance strategies for crisis events.
   d. Awareness and change of views and beliefs about the crisis events or situations.

ANSWER: d

6. How did the COVID-19 pandemic impact the provision of psychotherapy and crisis intervention:
   a. It had no significant impact on the traditional format of psychotherapy.
   b. It led to a historic shift from face-to-face to telebehavioral therapy.
   c. It resulted in reduced reliance on technology in therapy.
   d. It had minimal influence on legal considerations for service provision.

ANSWER: b

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7. Which of the following best represents the goal of "Linkage with Collaborative Services" in crisis intervention?
   a. To provide immediate solutions to survivors' problems.
   b. To assess survivors' long-term mental health needs.
   c. To link survivors with available services needed at the time or in the future.
   d. To establish long-term therapeutic relationships with survivors.

ANSWER: c

8. Which of the following movements played a critical role in shaping crisis intervention into an emerging specialty?
   a. Civil Rights Movement
   b. Environmental Movement
   c. Alcoholics Anonymous (AA)
   d. Industrial Revolution

ANSWER: c

9. Which of the following is an individual crisis definition:
   a. Crisis occurs when a person’s homeostatic is balanced.
   b. People are in crisis when they reach their goals.
   c. Crisis is a temporary breakdown of coping.
   d. Crisis is a gain of psychological equilibrium.

ANSWER: c

10. What is a recognized component of many crisis centers and agencies, often playing a key role in getting the agency started?
   a. Professional crisis workers
   b. Paid veteran crisis workers
   c. Trained volunteers
   d. Menial chores staff

ANSWER: c

11. How does systems theory, as applied to crisis intervention, view the dynamics among individuals in crisis?
   a. Systems theory focuses on the internal emotional processes of individuals.
   b. Systems theory emphasizes the independence of individuals in crisis.
   c. Systems theory emphasizes the interrelationships between people and events.
   d. Systems theory only considers the needs of individuals in crisis.

ANSWER: c

12. Which of the following is a key aspect of interpersonal theory, according to Rogers (1977), that enhances personal self-esteem and contributes to individuals overcoming a personal state of crisis?
   a. The belief that people are not resilient under tough circumstances.
   b. Promoting external locus of control in individuals.
   c. Building deep, empathic relationships with clients.
   d. Maintaining a state of crisis for an extended period enhances personal self-esteem.

ANSWER: c

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13. What is the goal of crisis intervention according to the psychosocial transition model?
    a. Promoting genetic development
    b. Encouraging reliance on external factors
    c. Maintaining crisis situations
    d. Helping clients gain control over their lives

ANSWER: d

14. Which of the following best describes the goal of "Contact and Engagement" in crisis intervention?
    a. To avoid any contact with survivors unless absolutely necessary.
    b. To intrusively initiate contact with survivors to gather information.
    c. To respond to contacts in a nonintrusive, compassionate, and helpful manner.
    d. To provide unsolicited advice and guidance to survivors without their request.

ANSWER: c

15. Which of the following is a personal characteristic of an effective crisis worker that remains calm and in control:
    a. Assertiveness
    b. Flexibility
    c. Resiliency
    d. Poise

ANSWER: d

16. The term "crisis" refers to the perception of an event or situation as an intolerable difficulty that exceeds the person's:
    a. ego strength.
    b. resources and coping mechanisms.
    c. ability to comprehend the crisis.
    d. anxiety level following the crisis.

ANSWER: b

17. Being aware that an individual in crisis is operating in a transcrisis state provides the crisis worker with important information regarding:
    a. transcrisis points that are generally marked by the client coming to grips with the problem.
    b. the kind and degree of therapeutic intervention that should be provided for the client.
    c. multicultural perspectives that might have a significant impact on the crisis.
    d. a brief therapy approach that can be used to elevate a crisis.

ANSWER: b

18. A crisis which is not properly dealt with may become submerged from awareness, where it forms a disease reservoir. The phenomenon in which such a crisis reemerges later in life, causing the person's previous crisis symptoms to recur has been termed:
    a. necessity.
    b. regression.
    c. recidivism.
    d. transcrisis.

ANSWER: d

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19. The Equilibrium model of crisis intervention is:
    a. generally useful with persons who are unable to make appropriate choices during their crisis.
    b. used to blend a variety of approaches equally into an eclectic whole.
    c. to reduce psychological balance of a submerged crisis that occurred later in life.
    d. designed for use with persons who are coping effectively and able to solve problems in a state of crisis.

ANSWER: a

20. Grassroots movements are:
    a. always successful in changing society.
    b. government organizations.
    c. groups of individuals personally affected by a common problem.
    d. staffed primarily with paid staff.

ANSWER: c

21. A model of crisis intervention that reaches outside the individual and promotes change in the systems in need of change is the:
    a. cognitive-milieu model.
    b. psychoanalytic model.
    c. psychosocial transition model.
    d. disequilibrium model.

ANSWER: c

22. Transcrisis points tend to occur in:
    a. regular intervals.
    b. response to unconditioned aversive stimuli.
    c. unpredictable intervals.
    d. progressively increasing incidents.

ANSWER: c

23. An eclectic approach to crisis intervention means:
    a. perceiving crisis as an internal and external state of affairs.
    b. that people are viewed as products of both heredity and social learning.
    c. not being locked into any theoretical approach in a dogmatic fashion.
    d. dealing with the equilibrium/disequilibrium aspects of the crisis.

ANSWER: c

24. Interpersonal theory states that:
    a. the total ecological system is involved in resolving the crisis.
    b. the crisis cannot be sustained when people believe in their ability to overcome the crisis.
    c. maladaptive thinking and behaving is changed to more adaptational thoughts and behaviors.
    d. crises result from disequilibrium in coping responses.

ANSWER: b

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25. Lindemann's basic crisis theory was important because his work negated the prevailing perception that clients manifesting crisis responses should be treated as:
    a. abnormal or pathological.
    b. permanently immobile.
    c. mentally incompetent.
    d. stuck in a state of disequilibrium.

ANSWER: a

26. Characteristics of effective crisis workers include:
    a. having the same experiences.
    b. being of the same race, sex, religion, etc.
    c. being older and having the experience of age.
    d. resiliency, poise, and flexibility.

ANSWER: d

27. What theory is based on the view that the disequilibrium which accompanies crisis can be understood by gaining access to the client's unconscious thoughts and past emotional experiences?
    a. Developmental theory
    b. Systems theory
    c. Psychoanalytic theory
    d. Adaptational theory

ANSWER: c

28. Chaos theory is really a theory of:
    a. evolution applied to human functioning.
    b. eclecticism applied to human functioning.
    c. random events applied to human functioning.
    d. problem-solving applied to human functioning.

ANSWER: a

29. Successful crisis work may be described as:
    a. curing long term pathology.
    b. successfully resolving long-standing trauma.
    c. “one man’s fruit may be another man’s poison.”
    d. tapping into the client’s reservoir of resiliency.

ANSWER: d

30. Of the following components of basic crisis theory, which:
    a. basic crisis theory is equivalent to brief therapy.
    b. is where ordinary behaviors overcome the problem.
    c. the problem is viewed as tolerable.
    d. emotional disequilibrium is always experienced.

ANSWER: d

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31. Psychological First Aid involves which of the following?
    a. Initiating contact in a compassionate manner
    b. Confronting hysterical paralyzing behaviors
    c. Identifying long term needs
    d. Ignoring the immediate needs of disaster survivors in favor of resolving developmental problems

ANSWER: a

32. A crisis theory that views the person's crisis as the result of defense mechanisms that have stopped working is:
    a. adaptational.
    b. interpersonal.
    c. chaos.
    d. psychoanalytic.

ANSWER: d

33. The Contextual-Ecological Model of crisis is:
    a. really a disequilibrium model as well that occurs between the individual and the system.
    b. contextual elements are layered, and reciprocal impact occurs between the individual and the system.
    c. focused only on the relationship between the social environment where the crisis occurred.
    d. a model that assumes people are products of their genes plus the learning they have absorbed.

ANSWER: b

34. In the United States, suicide intervention is about how many years old?
    a. 20
    b. 100
    c. 150
    d. 120

ANSWER: b

35. Institutionalization of crisis services usually occurs when:
    a. the government starts funding a project.
    b. the general population gets concerned and starts demanding change.
    c. politicians see the political necessity for alleviating the crisis.
    d. special-interest groups such as MADD form.

ANSWER: c

36. The major providers of crisis intervention services in the United States are:
    a. volunteers.
    b. social workers.
    c. psychologists.
    d. counselors.

ANSWER: a

37. Successful crisis work may be described as:
    a. positive addicting behavior for the worker.

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b. successfully resolving long standing trauma of the client.
c. stopping transcrisis events before they occur.
d. generating in the client a long-term resiliency to ward off future crisis.

ANSWER: d

38. The ACT model is an acronym for what?
a. Action, Cognition, Trauma
b. Activation, Confluence, Transcrisis
c. Assessment, Connecting, Traumatic
d. Assess, Create, Treat

ANSWER: c

39. A crisis worker encounters a client manifesting definite symptoms of an internalized *transcrisis state.* Describe the typical behaviors that such a client might emit during periods of emotional stress or when encountering stressful or anxiety producing events.
ANSWER: Answers may vary.

40. Compare and contrast two of the theories of crisis intervention.
ANSWER: Answers may vary.

41. How is eclectic crisis intervention different from the other approaches?
ANSWER: Answers may vary.

42. You are a crisis worker at a high school. Earlier in the day, a fight happened between two cultural groups who are also rivals in the community. The situation was badly handled by school administrators. How might this crisis metastasize?
ANSWER: Answers may vary.

43. Provide a historical overview of the origins of crisis intervention, including key events or influences that contributed to its development.
ANSWER: Answers may vary.

44. Discuss the three basic crisis intervention models: the equilibrium model, the cognitive model, and the psychosocial transition model, as presented by Leitner (1974) and Belkin (1984).
ANSWER: Answers may vary.

45. Discuss the risks associated with misguided idealism and a rose-colored view, especially when aiming to become a Florence Nightingale and solve global problems. Explore how such views may not only be ineffective for clients but could also lead to burnout among workers.
ANSWER: Answers may vary.

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