The Couple Marriage and Family Practitioner - Contemporary Issues Interventions and Skills 1st edition Flynn Test Bank

SKU: 9780826187741-TEST-BANK

The Couple Marriage and Family Practitioner - Contemporary Issues Interventions and Skills 1st edition Flynn Test Bank

CHAPTER 2: INTRODUCTION TO THE THEORY AND PRACTICE OF COUPLE, MARRIAGE, AND FAMILY THERAPY

MULTIPLE-CHOICE QUESTIONS

1. During the 1980s, there was a revival of interest in what is considered depth psychology, or the study that explores how the unconscious aspects of the human experience influence psychological conditions and treatment. What was (were) the main reason(s) for this revival?
   a. Systemic clinicians recognized the importance of personal introspection into the past
   b. The theoretical tenets within the psychodynamic theory are changing
   c. There was no longer a need to deeply explore clients' personal conflicts and fixations
   *d. Both a and b

Answer: **d.** a. This is only one of the two reasons for this revival. b. This is only one of the two reasons for this revival. c. This is why systems theory and case conceptualization were embraced. **d.** Both a and b are the reasons for the revival.

2. Within behavioral therapy, what is the focus of the treatment with clients?
   a. To follow the teachings of John B. Watson as closely as possible
   *b. To change the factors that are thought to strengthen, maintain, and/or trigger problematic behaviors
   c. To avoid triggering behaviors and/or consequences from learned behaviors
   d. To focus on testing and studying human and animal behaviors to treat mental health concerns

Answer: **b.** a. This is not the focus of behavioral therapy treatment. **b.** This is the main focus of behavioral therapy treatment. c. This is the opposite of the work done in behavioral therapy treatment. d. This is part of the work but not the main focus of behavioral therapy treatment.

3. Operant conditioning, first developed by B. F. Skinner, made an enormous impact on the psychological world. Operant conditioning focuses on behaviorism through reinforcement, neutral operant, and punishment. What is the important caveat to remember with operant conditioning?
   *a. Reinforcement and punishment are in the eyes of the beholder
   b. Every reinforcement and punishment paradigm is the same for all clients regardless of background
   c. Neutral operant conditions are not as important to behaviorism as reinforcement or punishment
   d. Only certain clients can benefit from operant conditioning as their therapeutic treatment may impact how operant conditioning can work

Answer: **a. a.** We as clinicians can assume what will be a punishment or a reinforcer, but only the client can fully decide that for themselves. b. This is not true for clients. c. This is not true as neutral operant conditions are part of the balance of operant conditioning. d. Operant conditioning can work for almost all clients as reinforcement and punishment are innate enforcers of behavior.

4. Humanism has been a well-established wave of psychology since the 1970s. While there are many important aspects of humanism that have been added to the field of psychology, what is the most distinct hallmark of humanism?
   a. The focus of the therapist as the teacher
   b. The idea of modeling as essential to family systems work

© Springer Publishing Company, LLC

The Couple Marriage and Family Practitioner - Contemporary Issues Interventions and Skills 1st edition Flynn Test Bank

*c. The cocreation of a meaningful and empathic therapeutic relationship
d. Focusing on dream theory to support the therapeutic work done in session

Answer: **c.** a. This is not a humanistic hallmark. b. This is not a humanistic hallmark, but a behavioral one. **c.** This is the most important clinical hallmark of the humanism wave. d. Dream theory is a psychoanalytic intervention, not humanistic.

5. Rogers's work with client-centered theory has remained at the forefront of therapeutic work since its creation. According to Rogers, what is the client goal in client-centered theory?
   a. Each person works to overcome their previous maladaptive experiences in therapy
   *b. Every client strives to be a creative and fully functioning being who endeavors to reach their potential
   c. The client goal is to identify coping skills that can aid in their therapeutic work
   d. The client goal is to lead a fulfilling life once the therapy process has ended

Answer: **b.** a. While this may be true for some clients, this is not the focus of client-centered theory according to Rogers. **b.** This is what Rogers said was the client goal in this theory. c. This is part of the work of therapy but not the main goal of client-centered theory. d. While this may be the wish of a lot of clients, it is not the main goal in client-centered theory.

6. Satir has been honored with the title "Mother of Family Therapy" due to the nature of her work in the field. What did Satir posit in her growth model as the foundation of mental health for both individuals and families?
   *a. A positive self-worth
   b. The meeting of needs
   c. Forming meaningful relationships
   d. Identifying maladaptive behaviors and working to change them

Answer: **a. a.** This is essential for good life and healthy functioning according to Satir. b. While this is important for therapeutic work to commence, it is not what Satir identified. c. While this is important for therapeutic work to commence, it is not what Satir identified. d. While this is important for therapeutic work to commence, it is not what Satir identified.

7. Cognitive therapy has had a tremendous amount of attention in the therapeutic field since its development. What is the main goal of cognitive therapy treatment?
   a. To improve communication, solve presenting issues, and create a better functioning home environment
   b. To teach clients that, although they cannot control every aspect of the world around them, they can take control of how they behave and respond to things in their environment
   c. To assist clients as they work to achieve maximum personal growth
   *d. To replace faulty and dysfunctional cognitions with adaptive and healthy ones

Answer: **d.** a. This is the main goal of family therapy. b. This is the main goal of cognitive behavioral therapy. c. This is the main goal of the Satir method. **d.** This is the main goal of cognitive therapy treatment.

8. Albert Ellis founded the rational emotive behavioral therapy (REBT), which set the stage for Beck's work in cognitive therapy. A major element of Ellis's REBT approach is the notion that people hold irrational assumptions about themselves and the world. How does an REBT practitioner help their clients according to Ellis?

© Springer Publishing Company, LLC

The Couple Marriage and Family Practitioner - Contemporary Issues Interventions and Skills 1st edition Flynn Test Bank

a. Helps clients focus on motivation, raise self-esteem, and contribute to presenting issues in therapeutic work
b. Helps clients create more helpful coping skills
*c. Helps clients take an analysis of these assumptions and develop a more rational way of thinking
d. Helps clients become fully functioning beings who work toward their full potential

Answer: **c.** a. This is how practitioners can help clients work on their cognitive distortions. b. This is not the way an REBT practitioner helps clients according to Ellis. **c.** This is the way an REBT practitioner helps clients according to Ellis. d. This is the focus of client-centered therapy.

9. As part of the couple, marriage, and family practitioner role, clinicians are expected to work with children whether individually or in family systems. Part of working with children is understanding the differences and limitations of therapeutic work between children and adults. Which statement accurately describes the difference when working with children in therapy?
   a. Children have access to the same confidentiality that adults would in therapy
   *b. Caregivers or parents typically have the right to access all information from the child's treatment
   c. Clients who are considered minors have the right to consent to confidentiality but not to assent
   d. Clinicians working with children require that parental figures be in the therapeutic room during sessions

Answer: **b.** a. Confidentiality with children includes limitations that do not apply to adults in therapy. **b.** This is the most accurate statement on confidentiality with children. c. Children can assent, but not consent, themselves to treatment; only caregivers can do that. d. Children can be in session alone with a therapist as long as the caregiver has given consent to treatment.

10. Working within family systems is an integral part of being a couple, marriage, and family practitioner. What is the typical role of the couple, marriage, and family practitioner?
   *a. To help family members become system experts who can understand their own family system so well that they can eventually change the rules and dynamics without the help of a professional
   b. To become an expert on this particular family system in order to exact the best change within it
   c. To remain neutral to family conflict and allow the members of the family to work out presenting issues
   d. To join with the family system in order to best help the family members create lasting change

Answer: **a. a.** This is the role of a couple, marriage, and family practitioner in family systems work. b. The couple, marriage, and family practitioner wants to help the family members become experts, not themselves. c. The couple, marriage, and family practitioner wants to help with presenting issues and conflict while teaching the members to begin working out these issues on their own once therapy has ended. d. This may be part of the work an couple, marriage, and family practitioner does, but not the role they play in family systems work.

TRUE/FALSE QUESTIONS

1. Contemporary behavioral treatment follows the teachings of John B. Watson as closely as possible.
   a. True
   *b. False

2. Operant conditioning only works for very specific issues.

© Springer Publishing Company, LLC

The Couple Marriage and Family Practitioner - Contemporary Issues Interventions and Skills 1st edition Flynn Test Bank

a. True
*b. False

3. Engaging the client in a teacher–student relationship is a hallmark of humanism.
a. True
*b. False

4. Satir has been honored with the title “Mother of Family Therapy.”
*a. True
b. False

5. Caregivers or parents have the right to access all information from the child’s treatment.
*a. True
b. False

© Springer Publishing Company, LLC

The Couple Marriage and Family Practitioner - Contemporary Issues Interventions and Skills 1st edition Flynn Test Bank