Groups Process and Practice 10th edition Corey Test Bank

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MULTIPLE CHOICE

1 : Those who are just beginning to lead groups are typically overwhelmed by:
A : the problems they face.
B : providing a safe, nurturing and open environment.
C : getting members to establish relationships with each other.
D : maintaining adequate control, authority and leadership.

Correct Answer : A

2 : The self-assessment of group leadership skills will help a beginning leader identify:
A : recent educational aspects of training that are less likely to be forgotten.
B : which will make them less likely to experience burnout.
C : their areas of strengths and weaknesses as a group leader.
D : less preconceived notions and biases.

Correct Answer : C

3 : Jasmine is leading her first group. Things are not going according to plan. As prolonged periods of silence follow, one after another, she must learn:
A : Ways in which to eliminate these uncomfortable moments
B : Measures to take to keep conversation going
C : That silence, though uncomfortable, is to be expected
D : That she must speak when silence prevails

Correct Answer : C

4 : Those new to group work often ask themselves questions. Which of the following would NOT be one of them?
A : What should I do if my parents attend?
B : What if I dont like one of the group members?
C : What should I do if a group member is not participating at all?
D : Will I be able to address cultural issues and be sensitive to diversity in my group?

Correct Answer : A

5 : In training group workers using a co-leadership model, the authors find it is useful to _____ so they can discuss what the trainees are actually doing as they facilitate a group.
A : record the trainees to point out their flaws and
B : observe the trainees as they co-lead
C : continually interrupt
D : ignore any issues

Correct Answer : B

6 : A behavior in which a group counselor addresses issues by setting an example of himself or herself is known as:
A : Exemplary leadership
B : Patterning
C : Leading by example
D : Modeling

Correct Answer : D

7 : The chance of _____ can be reduced by working with a coleader.
A : summarizing
B : confrontation
C : transference
D : burnout

Correct Answer : D

8 : Self-revelation on the part of the counselor should be used with group members:
A : Sparingly
B : Often, as it is a particularly effective tool for getting clients to open up
C : Spontaneously and only as the situation calls for it
D : Never; it detracts from the clients issues that should remain the paramount focus of therapeutic sessions

Correct Answer : C

9 : You always take Jennys side. Youre a racist! I cant believe somebody as dumb as you could become a therapist! As the group leader, its time for you to respond; all eyes are on you. Which describes the best way to respond?
A : The situation calls for you to respond forcefully
B : Only with a firm response can you maintain authority
C : The situation demands a non-defensive response
D : A warning should be issued, whereby a repeated outburst will result in removal from the group

Correct Answer : C

10 : By means of cultural influences, asking an African-American to tone things down can often be construed by the party as all of the following EXCEPT:
A : Racist
B : Offensive
C : Insulting
D : Appropriate only if the counselor is of the same race

Correct Answer : D

11 : Ideally, _____ informs your practice, and practice refines your approach to group work.
A : theory
B : countertransference
C : transference
D : burnout

Correct Answer : A

12 : When utilizing _____ in groups, it is particularly important to gauge the members non-verbal reactions.
A : Humor
B : Role-play
C : Modeling

D : Suggestiveness

Correct Answer : A

13 : The verbal reiteration of what a second individual has stated for purposes of clarification and so the other person can see that both of you understand the point is known as:
A : Therapeutic repetition
B : Rehashing
C : Reflecting
D : Interpreting

Correct Answer : C

14 : Anthony states: Since the accident left me paralyzed, Im unable to walk. Imagine what its like being a productive worker one day and being at home confined to a wheelchair now! Which of the following is an appropriate reaction of the counselor utilizing the principle of clarifying?
A : Anthony, you really sound as if you are at wits end.
B : You seem to sound angry and frustrated at not being able to work anymore. This is a normal reaction to someone in your situation.
C : A lot has changed Anthony. Youve been injured and can no longer work. Well help you get better.
D : Anthony, not only have you been severely injured. You are now left paralyzed. Your life has been altered in many ways, and I sense the frustration which you are feeling.

Correct Answer : D

15 : Alan and Arturo, members of a counseling group, have expressed similar feelings of inadequacy following divorce. Sensing this, the leader attempts to foster a line of communication regarding the commonality of the issue between these members. This attempt to build cohesiveness and interaction is known as:
A : Bridging
B : Linking
C : Mutuality
D : Mutual support

Correct Answer : B

16 : Isabella continually refers to Kyle in what often proves to be lengthy tangents regarding her college years. The name itself evokes a high degree of passion. The group leader can/should:
A : Cut off the conversation as being irrelevant
B : Ask the counselee politely to return to the here and now
C : Ask the counselee how this person relates to present issues
D : Ask the counselee to break confidentiality in order to discuss personal aspects of Kyle

Correct Answer : C

17 : A factor to be aware of when terminating a group is the leaders own history with _____.
A : Relapse
B : Decompensation
C : Loss
D : Repression

Correct Answer : C

18 : A stated disadvantage of the co-leadership model is:
A : Differences in power and privilege among leaders
B : Increased burnout
C : Counter-transference
D : Competition

Correct Answer : D

19 : Studies have determined that group therapy is:
A : Equally or, in some cases more, effective than individual therapy
B : Less effective than individual therapy, though more financially feasible
C : Less effective than individual therapy though more popular
D : Equal in effectiveness when compared to group therapy

Correct Answer : A

20 : _____ of a co-leader and time devoted to meeting together are essential.
A : Continuing education
B : Careful selection
C : Different theoretical perspectives
D : Clinical training

Correct Answer : B

21 : After each group session, its a good idea to reflect on the experience by:
A : writing down the things you were thinking but chose not to say or some of the feelings you had throughout the group.
B : thinking about how the group went without writing anything down.
C : relying on the group members to remember what happened.
D : video recording every session to be able to watch them again.

Correct Answer : A

22 : _____ is appropriate when people are facing a crisis, when they are facing frighteningexperiences, when they attempt constructive changes and yet feel uncertain about these changes, and when they are struggling to overcome old patterns that are limiting.
A : Humor
B : Forcing a group member to share
C : Journaling
D : Support

Correct Answer : D

23 : Because the practice of group counseling is growing rapidly, it is essential that group leadersbe:
A : older adults.
B : new in the profession.
C : both competent and ethical.
D : Extremely experienced.

Correct Answer : C

24 : During research, the theoretical model for group therapy most often investigated by international researchers was:
A : cognitive behavior therapy.
B : reality therapy.
C : psychoanalytic therapy.
D : Adlerian therapy.

Correct Answer : A

25 : Abundant research indicates the centrality of _____ as a primary factor in successfultherapy, and this is inextricably intertwined with the outcome of psychotherapy.
A : the person of the member
B : the supervision
C : the members family history
D : the person of the therapist

Correct Answer : D

26 : Which of the following countries emphasizes inpatient group therapy?
A : Norway
B : Sweden
C : Germany
D : Canada

Correct Answer : C

27 : Some students have shared that when leaders are _____ it can help to make them moreapproachable and less intimidating.
A : strict
B : playful
C : direct
D : critical

Correct Answer : B

28 : The importance of the _____ is a well-established critical component of effective therapy.
A : therapeutic alliance
B : therapist education
C : leader manipulation
D : member storytelling

Correct Answer : A

29 : It is important to maintain a sense of respect for group members when using _____;avoid language that diminishes their suffering or devalues them as people.
A : listening skills
B : journaling
C : supervision
D : humor

Correct Answer : D

30 : _____ in the emerging field of interpersonal neurobiology confirms that healingchanges can occur in the brain when clients experience a warm, nonjudgmental, empathicrelationship with a caring counselor.
A : Computer technology
B : Medical technology
C : Brain-imaging technology
D : Cancer technology

Correct Answer : C

31 : It is useful to systematically gather and use formal client feedback to do all of the followingEXCEPT:
A : inform treatment
B : guide treatment
C : evaluate treatment
D : prove treatment

Correct Answer : D

32 : A sincere interest in the welfare of others is essential in a group leader. Your main job in thegroup is to help members get what they are coming for, not to get in their way. Thisdescribes:
A : Presence
B : Willingness to model
C : Goodwill, genuineness, and caring
D : Openness

Correct Answer : C

33 : _____ means that you reveal enough of yourself to give the participants a sense of whoyou are as a person
A : Active listening
B : Openness
C : Goodwill genuineness, and caring
D : Willingness to interrupt

Correct Answer : B

34 : The feedback between coleaders can be both _____; exchanging perceptions canenhance their ability to function effectively as coleaders.
A : supportive and challenging
B : appreciated and non-challenging
C : non-supportive and non-challenging
D : unappreciated and unneeded

Correct Answer : A

35 : _____ does not entail domination of members or manipulation of them toward theleaders end.
A : Openness
B : Willingness to model
C : Presence

D : Personal power

Correct Answer : D

36 : Some mistakes students often make as they begin their co-leadership duties include all of thefollowing EXCEPT:
A : Having a plan or goal for the group but not communicating that to their co-leader.
B : Sitting across from one another and making continuous eye contact with their co-leader.
C : Taking turns leading rather than co-facilitating.
D : Remaining quiet and letting the coleader do most of the work.

Correct Answer : B

37 : Courage is demonstrated through your willingness to do all of the following EXCEPT:
A : to be vulnerable at times, admitting mistakes and imperfections and taking the same risks you expect group members to take.
B : to confront others but to stay present with them as you work out conflicts.
C : to not act on your beliefs and hunches.
D : to be emotionally affected by others and to draw on your experiences to identify with them.

Correct Answer : C

38 : _____ involves being affected by others pain, struggles, and joys.
A : Willingness to model
B : Courage
C : Listening
D : Presence

Correct Answer : D

39 : Creating a group climate that fosters interpersonal norms that will lead to therapeuticinteractions among members, such as all of the following EXCEPT:
A : Openness
B : Directness
C : Unconcern
D : Respect

Correct Answer : C

40 : Collecting data directly from members about their group experience is a significant part ofdeveloping:
A : empirically-based research.
B : practice-based evidence.
C : empirically-based evidence.
D : practice-based research.

Correct Answer : B