Current Psychotherapies 11th edition Wedding Test Bank

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MULTIPLE CHOICE

1 : A common assumption across psychoanalytic perspectives is that humans are motivated by
A : unconscious factors.
B : learning principles.
C : relationship stressors.
D : biological predispositions.

Correct Answer : A

2 : Psychoanalytic therapists view the therapeutic relationship as
A : the vehicle for change.
B : irrelevant to the process.
C : secondary to the theory.
D : solely defined by the patient.

Correct Answer : A

3 : During psychoanalysis, a patient discusses a fantasy. The psychoanalytical therapist would see this fantasy as linked to a(n)
A : irrational belief system.
B : cognitive distortion.
C : behavioral pattern warranting change.
D : instinctually derived wish.

Correct Answer : D

4 : Psychoanalytic theory would assert that the behavior of a newborn is dominantly controlled by
A : collective unconscious.
B : reaction formation.
C : primary process.
D : secondary process.

Correct Answer : A

5 : Secondary process refers to thinking that is
A : instinctual.
B : logical.
C : primitive.
D : visual.

Correct Answer : B

6 : The process by which emotionally painful intrapsychic elements are pushed out of awareness is termed as
A : abreaction.
B : determinism.
C : conceptualization.
D : defense.

Correct Answer : D

7 : Every time Charles feels insecure in his relationship with Megan, he accuses Megan of being insecure. This is an example of
A : intellectualization.
B : projection.
C : reaction formation.
D : splitting.

Correct Answer : B

8 : Sallys view of her therapist continuously shifts from good to bad. This is an example of
A : intellectualization.
B : projection.
C : reaction formation.
D : splitting.

Correct Answer : D

9 : Bob talks rationally about the fact that his wife of 30 years has unexpectedly asked for a divorce and discusses the practical aspects of moving out, totally avoiding any show of emotion. This is an example of
A : intellectualization.
B : projection.
C : reaction formation.
D : splitting.

Correct Answer : A

10 : When someone denies a threatening feeling and is proclaiming to feel the opposite, they are displaying the defense mechanism of
A : intellectualization.
B : projection.
C : reaction formation.
D : splitting.

Correct Answer : C

11 : Joan becomes agitated with her psychoanalysts interpretations, perceiving the comments as judgmental, which reminds her of interactions with her father. This is known as
A : regression.
B : transference.
C : resistance.
D : autoeroticism.

Correct Answer : B

12 : The shift in psychoanalytic therapies from a one- versus two-person psychology refers to the emphasis psychoanalytical therapy places on
A : couples counseling to address distress.
B : the role of family in development of pathology.
C : mutual influence of therapist and patient in therapy.
D : transference and countertransference.

Correct Answer : C

13 : Which of the following theorist was psychoanalytically trained prior to developing a distinct form of psychotherapy?
A : Albert Ellis
B : Martin Seligman
C : Albert Bandura
D : B. F. Skinner

Correct Answer : A

14 : Peoples fantasies play an important role in their psychic functioning. Which of the following concepts is correct in context with the given statement?
A : The unconscious
B : Fantasy
C : Defenses
D : Transference

Correct Answer : B

15 : In Studies on Hysteria, Freud wrote about his early theoretical ideas derived from work with hypnosis and hysterics. This manuscript includes a summary of the work with Anna O., whose treatment was provided by
A : Jean Charcot.
B : Josef Breuer.
C : Hermann Helmholtz.
D : Charles Darwin.

Correct Answer : B

16 : Freuds early view of hysteria described the symptoms as resulting from
A : hypnotic states for which the patient lacked awareness.
B : behaviors learned early in childhood from role models.
C : suppressed emotions connected with painful experiences.
D : an unresolvable sense of social inferiority.

Correct Answer : C

17 : A type of intrapsychic defense that is particularly important to Kleinian theory is called
A : splitting.
B : projection.
C : intellectualization.
D : transference.

Correct Answer : A

18 : According to drive theory, starting during infancy, there is a psychobiological push to repeat experiences that lead to tension reduction. This concept is known as
A : defense mechanisms.
B : confident expectancy.
C : embodiment actions.
D : pleasure principle.

Correct Answer : D

19 : The psychological theory created by Carl Jung is termed
A : analytical psychology.
B : individual psychology.
C : psychodynamic psychology.
D : complex psychology.

Correct Answer : A

20 : Jung described emotionally charged ideas that were repressed because they were too emotionally threatening as
A : shadows.
B : complexes.
C : libidos.
D : egos.

Correct Answer : B

21 : Several variations on psychoanalytic theory have emerged. The theorist who emphasized the internal representations one makes of others was
A : Anna Freud.
B : Melanie Klein.
C : Margaret Mahler.
D : Albert Ellis.

Correct Answer : B

22 : Heinz Kohut, who studied the narcissistic personality, viewed its development as the result of the parental figures failed attempts to appropriately respond to a childs early attention seeking. Therefore, he underscored the importance of a therapist
A : role modeling narcissism to offset patients behavior.
B : discussing patients expression of sexual impulses.
C : reviewing the patients formative years.
D : establishing an empathic stance.

Correct Answer : D

23 : Jacques Lacan would argue that the ego is a(n)
A : biological entity.
B : psychic discharge.
C : illusion.
D : catharsis.

Correct Answer : C

24 : John Bowlby theorized that infants develop early representations of attachment figures and referred to these representations as
A : projective identification.
B : transitional objects.
C : internal working models.
D : self psychology.

Correct Answer : C

25 : In contrast to therapy offered according to classic psychoanalytical theory, newer approaches focus less on childhood sexuality and more on
A : dream analysis.
B : id impulses.
C : determinism.
D : attachment.

Correct Answer : D

26 : In contrast to traditional psychoanalysis, current psychodynamic psychotherapy approaches are less
A : directive.
B : empirically based.
C : intensive.
D : helpful.

Correct Answer : C

27 : A therapist points out the similarities between her female patients current anger at a female boss and the childhood anger she felt toward her mother. The goal of psychoanalysis this illustrates is
A : narcissistic.
B : strategic.
C : transference.
D : tactical.

Correct Answer : C

28 : From a contemporary psychoanalytic perspective, the most fundamental intervention is
A : resolution of intrapsychic conflicts.
B : empathy.
C : breaking down defenses.
D : strengthening the superego.

Correct Answer : B

29 : Psychoanalytical therapies rely heavily on therapists providing clients with ways to become aware of aspects of their intrapsychic experiences that have previously been unconscious. In other words, they rely on
A : interpretations.
B : enactments.
C : reconstructions.
D : confrontations.

Correct Answer : A

30 : In working with patients, therapists must learn to attend to their own emotional reactions and process disturbing emotions in a nondefensive, nonjudgmental manner. This is referred to as
A : rupture.
B : interpretations.

C : enactments.
D : containment.

Correct Answer : D

31 : Just like how a mother will fail to attend to the needs of a child, no matter how well intended, a therapist will occasionally fail to attend to the needs of a patient. Negotiating this pattern within a relationship has been termed
A : transference and countertransference.
B : rupture and repair.
C : idealization and fixation.
D : disappointment and despair.

Correct Answer : B

32 : In contrast to short-term therapies, Leichsenring and Rabung (2008) found that, in the treatment of complex psychological disorders, long-term psychoanalytical therapies were
A : less effective overall.
B : more effective overall.
C : less satisfying to patients.
D : more satisfying to patients.

Correct Answer : B

FILL IN THE BLANK

33 : The psychobiological push to repeat experiences that have become associated with tension reduction is known as the _____.

Correct Answer : pleasure principle

34 : The publication of Freuds _____ in 1900 began to attract attention from a wider professional audience.

Correct Answer : The Interpretation of Dreams

35 : In 1923, Freud published The Ego and the Id and laid out the foundations for what subsequently became known as his _____.

Correct Answer : structural theory

36 : The major psychoanalytic tradition emerging out of some of Freuds more mature thinking came to be known as_____.

Correct Answer : object relations theory

37 : _____ is conceptualized as the tendency for an individual to resist change or act in a way that undermines the therapeutic process.

Correct Answer : Resistance

38 : When Freud revised his psychological model to a structural model, he proposed _____, _____, and _____.

Correct Answer : id, ego, superego

39 : The ability to hold onto ones own experience while simultaneously experiencing another as an independent center of subjectivity is termed _____.

Correct Answer : intersubjectivity

40 : If a therapist finds himself/herself reacting to a patient in a manner similar to a previous person in his or her life, this is known as _____.

Correct Answer : countertransference

41 : As part of the process of normal development, children defend against feelings that are threatening by projecting them onto an attachment figure. When patients attempt to project their distress onto the therapist, it is important for the therapist to engage in _____ (i.e., attend to their own painful emotions).

Correct Answer : containment

42 : The most rigorous evidence supporting psychoanalytical therapies comes from randomized clinical trials examining the efficacy of _____.

Correct Answer : short-term dynamic psychotherapy (STDP)

ESSAY

43 : Psychoanalysis explains human nature from the perspective of conflict. What is viewed to be in conflict? Do you agree that psychological development is best viewed from this perspective? Why or why not?

Correct Answer : Answers will vary.

44 : Many of Freuds ideas about psychosexual theory have been controversial, tracing back to the time they were introduced. Explain the core ideas of psychosexual theory and its explanation of psychological development.

Correct Answer : Answers will vary.

45 : Psychoanalysis and psychoanalytic theory have fallen out of favor for many reasons. Discuss some of the reasons. Describe how newer models of relational psychodynamic psychotherapy differ from Frueds foundational thinking.

Correct Answer : Answers will vary.

46 : Psychoanalytic theory postulates a host of different change mechanisms. Explain three of these mechanisms with a focus on how each mechanism is thought to facilitate psychological growth and development.

Correct Answer : Answers will vary.

47 : What does intersubjectivity mean? How it is central to the therapeutic process, according to a relational perspective?

Correct Answer : Answers will vary.