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**QUESTION 1**

John Bowlby is associated with:

- A. career guidance
- B. attachment and bonding
- C. psychodrama
- D. holistic counseling

Correct Answer: B

Bowlby's work was the beginning of Attachment Theory which describes how the parent-sibling bond/ attachment later influences how a person develops. Parsons, Holland, Bandura, and Super are associated with career guidance. Moreno founded psychodrama, also known as the first type of group therapy.

QUESTION 2

An advantage of having coleaders for a group is:

- A. If one leader is unable to be there for the meeting, it does not have to be canceled.
- B. The leaders can process their own feelings with each other in between sessions.
- C. The leaders can be more observant of group dynamics.
- D. All of the above

Correct Answer: D

As long as the coleaders get along and adhere to a similar theoretical approach and vision for the group, having coleaders can provide multiple benefits for group members.

QUESTION 3

Jerry hears a fellow group member say, "I am really struggling with this divorce. I can't see my way to the other side sometimes. It seems like I'll never feel better." Jerry just experienced a relationship break-up himself, which spun him into a depression. Though the group member's situation is unfortunate, Jerry feels a little better hearing about it. Jerry is experiencing which curative factor of group therapy?

- A. Imitative behavior
- B. Imparting information
- C. Instillation of hope
- D. Universality

Correct Answer: D

Jerry is experiencing universality, when a member feels relief that they are not alone and that others share similar



problems. He is not adapting another member's coping strategy, so it is not imitative behavior. Instillation of hope creates a feeling of optimism, which is not mentioned.

QUESTION 4

Talking about difficulties to purge them is a curative process known as:

- A. Catharsis
- B. Problem solving
- C. Release
- D. Sounding off

Correct Answer: A

While Aristotle was the first to describe catharsis, it was the psychoanalyst Josef Breuer who first used it as a technique. He found that while recalling traumatic experiences under hypnosis, his clients experienced relief after expressing the repressed emotions.

QUESTION 5

Your patient enters your session excited about the New Age therapy you tried last session. She had brought in an article, and because of her enthusiasm and the fact that it did not require any new training, you had agreed to give it a try. She asks you to continue during this session, but you have done your homework: it's been proven ineffective and, in a select few clients, the condition was slightly worsened. You validate your patient, noting how glad you are that she's excited to try something new. Then you tell her that, unfortunately, you won't be able to continue with these types of treatments. With this act, you are expressing:

- A. Anti-Consumerism
- B. Beneficence
- C. Exploitation
- D. Non-Maleficence

Correct Answer: D

Non-maleficence" is refraining from providing ineffective treatments or acting with malice towards a patient. "Anti-consumerism" is incorrect because is not a therapeutic or ethical term. "Beneficence" is incorrect because it means that you take actions to benefit others. "Exploitation" is incorrect because it is a therapist's misuse of power to influence and exploit clients for their own benefit and to the clients' detriment.