

PSY 550

Group Psychotherapy

Text: ***Theory and Practice of Group Counseling***

8th Edition, 2012

ISBN-13: 978-0-8400-3386-4

Author(s): Gerald Corey

Publisher: Brooks/Cole Cengage Learning

amination

Multiple Choice Questions (Enter your answers on the enclosed answer sheet)

1. _____ groups are commonly used by school counselors who assemble a group of school personnel to develop a plan to assist students. A team works together to determine how services can best be implemented.
 - a. Encounter
 - b. Psychotherapy
 - c. Task
 - d. Self-exploration
2. Which type of group focuses on remediation, treatment, and personality reconstruction?
 - a. psychoeducation groups
 - b. counseling groups
 - c. therapy groups
 - d. task/work groups
3. Psychoeducation groups are structured in such a way as to help people:
 - a. develop specific skills
 - b. understand certain themes
 - c. understand and resolve difficult life transitions
 - d. All of the above.
4. Most traditional therapy models are grounded in a(n) _____ framework wherein mainstream cultural values overshadow the multicultural worldviews that may be present among group members.
 - a. androgenous
 - b. bicultural
 - c. monocultural
 - d. global
5. Members of _____ groups typically do not require extensive personality reconstruction and their concerns generally relate to the developmental tasks of the life span.
 - a. therapy
 - b. counseling
 - c. psychoanalytic
 - d. All of the above.

6. In the era of _____, brief interventions and short-term groups have become _____.
 - a. managed care; a necessity
 - b. universal health care; obsolete
 - c. chronic mental illnesses; ineffective
 - d. frivolous lawsuits; high-risk interventions

7. Opening up clear and direct communication among members; helping members to assume increasing responsibility for the group's direction.
 - a. Suggesting
 - b. Facilitating
 - c. Goal setting
 - d. Giving feedback

8. Expressing concrete and honest reactions based on observation of members' behaviors.
 - a. disclosing oneself
 - b. giving feedback
 - c. confronting
 - d. clarifying

9. Safeguarding members from unnecessary psychological or physical risks associated with being in a group.
 - a. Protecting
 - b. Suggesting
 - c. Facilitating
 - d. Goal setting

10. To prevent needless group floundering; to increase the pace of group process.
 - a. Modeling
 - b. Protecting
 - c. Blocking
 - d. Initiating

11. Group leaders become an influential force in a group when they are:
 - a. able to model effective behavior rather than merely describe it
 - b. able to use an authoritarian leadership style
 - c. licensed and certified
 - d. approved by the ASGW

12. Authentic group leaders:
- a. share every fleeting thought, perception, feeling, fantasy, and reaction they have
 - b. are willing to appropriately disclose oneself and share feelings and reactions to what is going on in the group
 - c. never hold back their true feelings toward members
 - d. a and c only
13. An ethical practice for leaders to follow is to inform members that:
- a. once they join a group, they are required to remain in it until the group ends
 - b. they may terminate a group only when the leader gives consent to the member
 - c. they are expected to exit from the group when the members take a vote
 - d. they should exit from the group only after they have discussed the matter in the group
14. Confidentiality in groups is:
- a. a legal right of every member
 - b. something that members can be guaranteed
 - c. limited by state laws
 - d. an absolute that can never be broken for any reason
15. What kind of clinical practice is endorsed by the ASGW's Professional Training Standards as a means of gaining supervised experience in group work?
- a. critiquing group tapes
 - b. co-leading groups with supervision
 - c. participating as a member in a group
 - d. All of the above.
16. Informing group participants about the psychological risks associated with group work:
- a. absolves leaders from responsibility
 - b. is an ethical obligation of group leaders
 - c. does not absolve leaders of their responsibility
 - d. b and c only
17. Addressing diversity in group work is a(n):
- a. legal concept
 - b. ethical mandate
 - c. trend that is not expected to last
 - d. luxury, but not a necessity

18. Which of the following statements is true with regard to the issue of confidentiality with minors?
 - a. Those who do groups with children are not required to explain to them what will be kept confidential and what may need to be shared with school personnel.
 - b. Those who do groups with children need to explain what will be kept confidential and what may need to be shared with school personnel.
 - c. School counselors can be completely candid in how they talk about children attending their groups to teachers and administrators.
 - d. If children begin to talk about other members outside of the group, they will be expelled from school.

19. The basic criterion for the selection of group members is:
 - a. whether they will contribute to the group or whether they will be counterproductive
 - b. whether they are dependent or independent personalities
 - c. the absence of any neurotic symptoms
 - d. the degree to which the group leader likes the person

20. In agency settings where clients are often court-ordered to a group:
 - a. the initial group meeting can be structured as an information and screening session if prior screening is impossible
 - b. the group leader can still attempt to meet with each client for a pregroup interview rather than a formal screening session
 - c. screening may be impractical
 - d. All of the above.

21. Which of the statements below about trust is false?
 - a. Trust building is the exclusive province of group leaders.
 - b. The level of trust in a group depends in large part on the members—individually and collectively.
 - c. Participants will trust the group more if they are encouraged to expose their fears.
 - d. Leaders who show that they are interested in the welfare of individual members and of the group as a whole engender trust.

22. Staying in the here-and-now, making oneself known to others, and challenging oneself and others are:
 - a. not emphasized in counseling groups, but are emphasized in therapy groups
 - b. examples of process goals
 - c. content-related issues
 - d. overrated aspects of group work

23. Different aspects of group process and structure may be stressed depending on:
- a. the theoretical orientation of the leader
 - b. the purpose of the group
 - c. the population that makes up the group
 - d. All of the above.
24. At the initial sessions members tend to:
- a. keep a "public image"; that is, they present the dimensions of themselves they consider socially acceptable
 - b. delve into their deeper emotions
 - c. connect with each other by blaming their mothers for their problems
 - d. be silent in order to avoid being negatively evaluated by other members
25. Which stage has the focus of applying what has been learned in the group and putting it to use in everyday life?
- a. Transition
 - b. Consolidation
 - c. Orientation
 - d. Working
26. Regarding the factor of group cohesion, it can be said that:
- a. it can both help and hinder group process
 - b. when cohesiveness is not accompanied by a challenge to move forward, the group can reach a plateau
 - c. Cohesion fosters other action-oriented behaviors such as risk taking, self-disclosure, confrontation, and translation of insight into action
 - d. All of the above.
27. Considerable overlapping of stages is common in all groups. This is especially true of movement from the:
- a. pregroup interview to the initial stage
 - b. initial stage to the transition stage
 - c. transition stage to the working stage
 - d. working stage to the final stage
28. When characteristics exist such as a high degree of cohesion, open communication, shared leadership functions, willingness to risk threatening material, and freely giving feedback and considering it nondefensively, it can be said that the group is at the _____ stage.
- a. Initial
 - b. Transition
 - c. Working
 - d. Final

29. The author believes that:
- a. the term "cohesiveness" is too amorphous to serve as an adequate organizing principle for theory and research in group psychotherapy and that the concept should be replaced with more cogent and specific alternatives.
 - b. cohesion is a valuable concept and it can be a unifying force for group members
 - c. cohesion is an overrated concept that is rarely evident in groups
 - d. a and c only
30. After a cathartic experience, some kind of _____ is often necessary to help members make new decisions based on what they have experienced emotionally.
- a. emotional work
 - b. cognitive work
 - c. behavioral intervention
 - d. solution-focused work
31. The goal of the analytic group is to work toward:
- a. a restructuring of one's personality
 - b. bringing about social and political change
 - c. replacing faulty cognitions with functional thoughts
 - d. an emotional catharsis
32. The psychoanalytic concept that refers to repetition of interpretations and overcoming of resistance, which allows the client to resolve dysfunctional patterns that originated in childhood and to make choices based on new insights, is known as:
- a. repetition compulsion
 - b. life script awareness
 - c. working through
 - d. the therapeutic impasse
33. Which of the statements is true as it relates to the analytic view of the past?
- a. Early learning is irreversible.
 - b. Present events are the focus, yet they are connected with the past by asking the client to relate present feelings with past ones.
 - c. Analytic group therapists dwell on the past to the exclusion of present concerns.
 - d. Analytic group work does not attend to the historical basis of current behavior.

34. Regarding the concept of the unconscious, all of the following statements are true except:
- a. psychoanalytic group work consists exclusively of exploring past events
 - b. consciousness is only a small part of the human experience
 - c. most of human behavior is motivated by forces outside of conscious experience
 - d. Painful experiences during early childhood and feelings associated with them are buried in the unconscious
35. An advantage of a psychoanalytic group is that:
- a. multiple transferences can be formed
 - b. the group becomes a family of yesterday
 - c. members can benefit from one another's work.
 - d. All of the above.
36. Insight and the process of working through are considered:
- a. unessential in group work
 - b. necessary before members can be considered ready to leave the group
 - c. necessary for the therapist, but not for the members
 - d. to be things that are accomplished only after a person leaves the group
37. A major difference between Freud and Adler was that Adler:
- a. was a politically- and socially-oriented psychiatrist who showed concern with the common person
 - b. had no interest in early childhood experiences
 - c. completely rejected the notion of unconscious motivation
 - d. believed that sexual repression caused neurotic disorders
38. According to Adler, feelings of inferiority:
- a. are the wellspring of creativity
 - b. lead to the development of a unique lifestyle
 - c. ultimately lead us to strive for mastery and perfection
 - d. All of the above.
39. Which of the following is not a basic characteristic of the Adlerian approach to group work?
- a. establishing a therapeutic relationship
 - b. analysis of individual dynamics
 - c. awareness and insight
 - d. developing rapport in a group through sharing of dreams

40. In Adlerian group work, analysis and assessment are:
- a. ways of exploring an individual's dynamics
 - b. the very first tasks a leader completes
 - c. considered as detrimental to group process
 - d. seen as neither necessary nor desirable
41. What best describes the Adlerian view of the therapeutic relationship?
- a. The therapist is considered the expert.
 - b. The therapist is expected to maintain distance and objectivity as a way to foster transference.
 - c. The therapist is best viewed as a behavioral engineer.
 - d. The therapeutic relationship is one between equals.
42. "The Question" is a technique used to:
- a. uncover the client's dysfunctional thought patterns
 - b. uncover early childhood trauma
 - c. get clients thinking about future directions
 - d. determine whether an illness is due to organic or psychological factors
43. Which of the following is not considered a key concept of psychodrama?
- a. creativity and spontaneity
 - b. encounter and tele
 - c. social interest and community feeling
 - d. catharsis and insight
44. The third phase of a psychodrama consists of:
- a. sharing what was observed during the action period and discussion
 - b. encouraging a protagonist to act out a conflict
 - c. the leader giving an interpretation of the dynamics of behavior
 - d. some type of nonverbal exercise
45. Which is not generally a function of the psychodrama director?
- a. warm up the group before action takes place
 - b. coach other members to act as doubles
 - c. offer suggestions regarding what scenes might be enacted
 - d. conduct a lifestyle assessment on the members prior to admitting them to a group

46. Which of the following is not considered a technique used in psychodrama?
- a. future projection
 - b. exploration of games and life scripts
 - c. doubling
 - d. the magic shop
47. The technique whereby a protagonist speaks directly to the audience by expressing some uncensored feeling or thought is:
- a. the mirror technique
 - b. projection
 - c. soliloquy
 - d. role reversal
48. Psychodrama was designed to facilitate the expression of feelings in a spontaneous and dramatic way through the use of:
- a. free association
 - b. role playing
 - c. dream analysis
 - d. shame-attacking exercises
49. In an existential group, the leader would tend to:
- a. challenge members to become aware of their choices
 - b. draw upon highly dramatic group techniques
 - c. aim for a catharsis for each group member
 - d. urge members to get rid of guilt and anxiety
50. Existential organizations and training programs have emerged in:
- a. Israel
 - b. Portugal
 - c. China
 - d. All of the above.
51. The existential group focuses on:
- a. here-and-now forces within the group
 - b. unresolved conflicts that have been repressed in childhood
 - c. techniques designed to facilitate catharsis
 - d. measuring observable outcomes of a group

52. The implication of self-awareness for existentially-oriented group practice is that:
- a. repression is a strong factor in human behavior
 - b. humans tend to shy away from awareness of themselves
 - c. awareness of the causes of one's problems provides the key to resolving these problems
 - d. through self-awareness members are confronted with the responsibility to direct their own lives
53. The existential view of death is that it:
- a. renders us as hopeless
 - b. makes life less meaningful
 - c. gives meaning to every moment
 - d. creates an existential vacuum
54. According to the existential viewpoint:
- a. meaning is automatically given to us by the fact that we are humans
 - b. we must create our own meaning in life
 - c. the group leader needs to point out what the meaning of one's life should be
 - d. there is no real meaning to life as the world is meaningless
55. According to Rogers, what was the "cracking of facades?"
- a. when individual members begin to respond to the group demand that masks and pretenses be dropped
 - b. a process pattern that occurs in groups that employ the person-centered approach
 - c. The tendency for members to experience short-lived psychotic breaks during the course of the group
 - d. a and b only
56. Which of the following is considered important on the part of the leader/therapist in the person-centered approach?
- a. accurate interpretation on the leader's part
 - b. accurate diagnosis and formulation of a treatment plan
 - c. the attitudes of the group leader
 - d. analysis of underlying dynamics of behavior
57. The crucial factor that determines the outcomes of person-centered groups is the:
- a. leader's technical skills
 - b. leader's relationship with members in the group
 - c. leader's knowledge of group theory
 - d. willingness of members to think critically and rationally

58. Who developed the person-centered approach to expressive arts?
- a. Carl Rogers
 - b. Natalie Rogers
 - c. Steve de Shazer
 - d. Miriam Polster
59. Rogers described which of the following pattern of behavior as the first to emerge in a person-centered group?
- a. expression of immediate interpersonal feelings in the group
 - b. expression of negative feelings
 - c. milling around
 - d. description of past feelings
60. A limitation of the person-centered approach is:
- a. a lack of research conducted on key concepts
 - b. a tendency for practitioners to give support without being directive enough with clients
 - c. the lack of attention to the therapeutic relationship
 - d. the failure to allow clients to choose for themselves
61. The paradoxical theory of change holds that personal change tends to occur when we:
- a. make resolutions to make specific behavioral changes
 - b. are willing to formulate a contract that identifies what we will do to bring about change
 - c. become aware of what we are as opposed to trying to become what we are not
 - d. act in opposite ways of what we say we want
62. There are a number of basic principles that underlie the theory of Gestalt therapy. Which of the following is not considered one of these principles?
- a. holism
 - b. total behavior
 - c. field theory
 - d. the figure-formation process
63. Of the following, which individual goal would least likely be characteristic of a Gestalt group?
- a. challenging irrational beliefs
 - b. achieving contact with self and others
 - c. being willing to learn about oneself by engaging in creative experiments
 - d. defining one's boundaries with clarity

64. A primary function of the Gestalt leader is to:
- a. make interpretations for the members
 - b. serve as a blank screen to foster transference
 - c. suggest experiments that will lead to increased awareness and to heightening of experiencing
 - d. confront clients' basic mistakes, faulty logic, and cognitive distortions
65. The Gestalt group leader:
- a. is mainly a nondirective facilitator
 - b. pays attention to whatever seems to be emerging in moment-to-moment experiencing
 - c. pays attention mainly to a member's belief system
 - d. pays attention to why a person feels a certain way
66. Unfinished business is related to:
- a. feelings of resentment and guilt
 - b. the fear of dealing with the future
 - c. issues from the past that interfere with present functioning
 - d. a and c only
67. Which ego state is the "processor of information?"
- a. parent
 - b. adult
 - c. child
 - d. auxiliary ego
68. Eric Berne's position was that people were:
- a. scripted by their parents
 - b. to a large degree victims of their injunctions and of the decisions based on them
 - c. primarily free to make new decisions
 - d. a and b only
69. Which of the following comes closest to Berne's view?
- a. People behave in situations by responding to a stimulus.
 - b. People are motivated primarily by striving for social interest.
 - c. People are shaped from their first few years by a script that they follow during the rest of their life.
 - d. People are socialized by cultural values.

70. A familiar emotion, learned and encouraged in childhood and experienced in many different stress situations, and a collection of bad feelings that people use to justify their life scripts are known as:
- a. basic decisions
 - b. rackets
 - c. games
 - d. counterinjunctions
71. According to Mary and Robert Goulding, people:
- a. are victims of the messages given to them by their parents
 - b. are scripted in a passive way
 - c. have a role in accepting certain messages as children
 - d. have very few real choices
72. The Gouldings stress which of the following in their practice of group therapy?
- a. life scripts
 - b. redecisions
 - c. analysis of early childhood fixations
 - d. transference
73. The Parent ego state is divided into _____ and _____.
- a. Nice Parent (NP); Critical Parent (CP)
 - b. Nurturing Parent (NP); Controlling Parent (CP)
 - c. Healthy Parent (HP); Unhealthy Parent (UP)
 - d. Rational Parent (RP); Irrational Parent (IP)
74. Which is true of the application of cognitive behavioral techniques in a group?
- a. These techniques involve continual revision throughout the group process.
 - b. They are experiential in nature.
 - c. They are designed to produce insight.
 - d. They are usually aimed at catharsis and working through.
75. The CBT group leader helps members to form hypotheses and test their assumptions. What is this called?
- a. assumptions-based learning
 - b. collective empiricism
 - c. collaborative empiricism
 - d. the CBT challenge

76. Which of the following statements is false as applied to cognitive behavior therapy in groups?
- a. Cognitive behavioral techniques can be incorporated into the humanistic therapies in a systematic way.
 - b. Cognitive behavioral procedures can be a part of an eclectic framework.
 - c. Cognitive behavioral techniques are typically tools used by the leader to assist participants to work toward their self-determined goals.
 - d. Cognitive behavioral techniques are designed to elicit catharsis followed by insight.
77. Which of the following is not a cognitive behavioral technique?
- a. behavior rehearsal
 - b. formula first session task
 - c. modeling
 - d. mindfulness training
78. Which of the following would be characteristic of the initial stages of the cognitive behavior therapy group?
- a. The members would be given very little structure so that they might create their own group.
 - b. Members would be given information concerning how a group functions.
 - c. A treatment contract would be developed.
 - d. b and c only
79. According to REBT, people develop psychological disturbances because of:
- a. a traumatic event
 - b. failure to receive love from significant others
 - c. their belief about certain events
 - d. unfinished business from their past
80. Which of the following would have the least applicability to a REBT group?
- a. unconditional acceptance
 - b. role-playing
 - c. feedback
 - d. interpretation of early memories
81. REBT employs what kind of method(s) to help members resolve their personal problems?
- a. cognitive methods
 - b. behavioral methods
 - c. emotive methods
 - d. All of the above.

82. Which one of the following methods would a REBT group therapist be least likely to employ?
- a. analysis of basic psychological life positions
 - b. cognitive homework
 - c. shame-attacking exercises
 - d. use of humor
83. A REBT group leader is interested in:
- a. creating a climate in a group where members can reenact unfinished business from their past
 - b. showing members how they have created their own emotional and behavioral difficulties
 - c. helping members resolve transference relationships within the group
 - d. assisting members to fully experience whatever they are feeling in the present moment
84. In an REBT group, role playing involves:
- a. is rarely done, as it needlessly stirs up emotion
 - b. is limited strictly to cognitive aspects
 - c. is designed to evoke intense feelings
 - d. cognitive evaluation of feelings and beliefs that are experienced
85. Which of the following is emphasized by reality therapy group leaders?
- a. focusing on actions and thoughts
 - b. focusing on insight into causes of one's problems
 - c. changing attitudes, which will eventually lead to behavioral change
 - d. exploring feelings as a way to release unexpressed emotions
86. Contemporary reality therapy is best captured by which question?
- a. What are you feeling?
 - b. What are you thinking?
 - c. What are you doing?
 - d. What are you experiencing?
87. Which of the following is true of reality therapy?
- a. Leaders encourage members to blame their current situation on negative influences from their past.
 - b. Therapists shape behavior through punishment.
 - c. Leaders have the role of making an evaluation of each member's present behavior.
 - d. Members identify their wants and needs, assess the direction of their behavior, and make plans for change.

88. Regarding the role of self-evaluation in the reality therapy group, which is true?
- a. The group leader evaluates the member's current behavior.
 - b. The leader teaches moral behavior in an active way.
 - c. Members are expected to evaluate the quality of their actions and decide if they want to change.
 - d. Other group members decide for a given individual if his or her behavior is effective.
89. Which of the following would not be a function deemed important by a reality therapy group leader?
- a. setting limits in a group
 - b. getting members to evaluate their own behavior
 - c. being willing to have his or her own values challenged
 - d. working through transference relationships
90. In a reality therapy group, what are the procedures that lead to change?
- a. the WDEP system
 - b. carrying out shame-attacking exercises
 - c. participating in role-playing
 - d. the group leader selecting techniques that have been empirically tested as proven to be effective in bringing about change
91. Which of the following is not a key concept of reality therapy?
- a. basic psychological life positions
 - b. choice theory
 - c. focus on the present
 - d. total behavior
92. What is the view of the reality therapist on transference?
- a. A group is an ideal place to work out transference distortions.
 - b. Transference is not a significant factor in group work.
 - c. Transference is the result of inept leadership.
 - d. A disadvantage of groups is that they foster transferences not only with the leader but with other members.
93. Solution-focused counseling has parallels to _____, which concentrates on what is right and what is working for people rather than dwelling on deficits, weaknesses, and problems.
- a. positive psychology
 - b. self psychology
 - c. object relations
 - d. transactional analysis

94. Which of the following individuals is not associated with solution-focused brief therapy?
- a. Michele Weiner-Davis
 - b. Bill O'Hanlon
 - c. Steve de Shazer
 - d. Virginia Satir
95. Which of the following best describes the way in which a solution-focused therapist views his role in relation to the client?
- a. The solution-focused therapist views himself as an expert who has the ethical responsibility to impart information to the client in order to help resolve the client's problem.
 - b. Solution-focused group therapists adopt a "not knowing" position as a route to putting group members into the position of being the experts about their own lives.
 - c. The solution-focused therapist establishes a collaborative partnership with group members.
 - d. b and c only
96. Which of the following steps is not part of the solution-focused brief therapy process?
- a. finding out what group members want
 - b. diagnosing the group members' problems
 - c. encouraging members to experiment with doing something different if their behavior is not working well for them
 - d. approaching each session as if it were the last and only session
97. A group therapist says to members, "Let's talk about the times before your problem started to interfere in your life. What were you doing at those times that kept the problem at bay?" The therapist is:
- a. using the miracle question as a technique
 - b. using a scaling question as a technique
 - c. using an exception question as a technique
 - d. skirting the real issue by diverting attention from the group members' problems
98. The _____ question has a future focus in that the members can begin to consider a different kind of life that is disentangled or emancipated from the problem-saturated story they described at the beginning of group counseling.
- a. miracle
 - b. scaling
 - c. exception
 - d. worst case scenario

99. The _____ is homework that is to be completed between the first and second sessions that entails members observing what happens in their families that they want to see continue.
- a. miracle assignment
 - b. best case scenario task
 - c. formula first session task
 - d. optimism enhancing task
100. Over the past _____ years, clinical and research applications of motivational interviewing have grown at a _____ pace.
- a. 25; sluggish
 - b. 25; remarkable
 - c. 75; sluggish
 - d. 75; remarkable