

1 : In Chapter 1, Raymond Corsini illustrates a change in an inmates life after learning he had a high IQ. This story demonstrates that psychotherapy can be broadly defined as any

A : interaction between a therapist and a patient.

B : technique that teaches a patient a new skill.

C : self-concept-altering experience.

D : interpretation provided to a patient.

Correct Answer : C

2 : Hellenist physicians believed that the organ contributing to mental illness was the

A : heart.

B : liver.

C : brain.

D : blood.

Correct Answer : C

3 : Gottfried Wilhelm Leibniz is credited with the

A : first scientific study of the unconscious.

B : development of systematic psychotherapy.

C : creation of the nature versus nurture debate.

D : identification of defense mechanisms.

Correct Answer : A

4 : The psychotherapeutic term dynamic was first used by

A : Sigmund Freud.

B : Gottfried Wilhelm Leibniz.

C : Hippocrates.

D : Franz Anton Mesmer.

Correct Answer : B

5 : The idea that similar ideas attract and strengthen one another's ability to be conscious is the result of the work of

A : Alfred Adler.

B : Hippocrates.

C : Thomas Mann.

D : Johann Friedrich Herbart.

Correct Answer : D

6 : Franz Anton Mesmer is often viewed as the pioneer of

A : manualized therapy.

B : free association.

C : hypnotherapy.

D : behavioral intervention.

Correct Answer : C



about an object as

- A : restructuring objects.
- B : psychic stimulation.
- C : cognitive discovery.
- D : unconscious inference.

Correct Answer : D

8 : Which type of psychotherapy views the process of helping others as a form of teaching?

- A : Humanistic therapy
- B : Behavior therapy
- C : Psychoanalytic therapy
- D : Client-centered therapy

Correct Answer : B

9 : Emil Kraepelins work focused heavily on

- A : multicultural variants of illness.
- B : classifications of diseases.
- C : surgical approaches to mental illness.
- D : use of hypnosis.

Correct Answer : B

10 : The idea that nonlinear messages are systematically sent between the unconscious and the conscious in human interactions was developed by

- A : Hippocrates.
- B : Carl Gustav Carus.
- C : Franz Anton Mesmer.
- D : Gottfried Wilhelm Leibniz.

Correct Answer : B

11 : Arthur Schopenhauers principle argument was that

- A : unconscious material could easily be made conscious.
- B : the unconscious did not exist at all.
- C : free will prevailed over determinism.
- D : we are largely driven by blind, irrational forces.

Correct Answer : D

12 : Jungian therapy, based on the work of Moritz Benedikt, underscores the importance of

- A : rewarding positive behavior.
- B : unconditional positive regard.
- C : purging pathogenic secrets.
- D : cognitive distortions.

Correct Answer : C

13 : Neurosciences suggest that elective psychotherapy leads to changes at the

- A : cognitive level.
- B : behavioral level.



D : interpersonal level.

Correct Answer : C

14 : The expression of certain genes that result from their activation by specific but common environmental events is referred to as

A : neuronal decay.

B : somatiker.

C : psychiker.

D : epigenetics.

Correct Answer : D

15 : Pope and Wedding would argue that in deciding to use psychotropic medications

A : preset clinical objectives need to be determined.

B : immediate early genes are irrelevant.

C : psychotherapys common factors are undermined.

D : psychotherapy has occurred if patients suffering has been alleviated.

Correct Answer : A

16 : Due to multicultural differences, segments of the population would likely benefit from

A : indigenized psychotherapies.

B : exporting Euro-American psychotherapists.

C : abandoning cultural philosophies.

D : accepting a universal approach to psychotherapy.

Correct Answer : A

17 : Positive psychology has considerable momentum and is most commonly linked with the work of

A : Aaron Beck.

B : Sigmund Freud.

C : Martin Seligman.

D : Albert Ellis.

Correct Answer : C

18 : Research suggests that interpersonal psychotherapy is effective in treating \_\_\_\_\_.

A : schizophrenia

B : bipolar disorder

C : phobias

D : depression

Correct Answer : D

## ESSAY

19 : Raymond Corsini describes how a prisoners life changed when he was told that he had a high IQ. Why does Dr. Corsini consider this psychotherapy?



Correct Answer : Answers will vary.

20 : Although Sigmund Freud is generally called the father of psychotherapy, describe the contributions of his key predecessors and contemporaries.

Correct Answer : Answers will vary.

21 : What does epigenetic change mean? How can a therapist affect epigenetic change in a client?

Correct Answer : Answers will vary.

22 : Many attempts have been made historically to categorize or classify mental illnesses. Discuss the evolution of these attempts from beginning to current.

Correct Answer : Answers will vary.

23 : What is a manualized psychotherapy? Discuss three practical advantages to manualized psychotherapies.

Correct Answer : Answers will vary.



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 : Sally's 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 psychoanalyst's 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.



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.



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 child's early attention seeking. Therefore, he underscored the importance of a therapist

- A : role modeling narcissism to offset patient's behavior.
- B : discussing patient's expression of sexual impulses.
- C : reviewing the patient's 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.

