

TEST BANK



Test Bank

Resource Manual for Instructors *Current Psychotherapies* (Tenth Edition)

Dear Instructor:

Current Psychotherapies (10th Edition) is a unique compilation of chapters on the most influential forms of psychotherapy. The first eight editions of *Current Psychotherapies* were edited by Ray Corsini and Danny Wedding. Sadly, Ray passed away prior to the creation of the most recent editions, but his influence clearly shows throughout. For instructors unfamiliar with Ray Corsini and his work, an interview of Ray by Danny Wedding is available at the following link:

http://www.wadsworth.com/counseling_d/templates/student_resources/0534638546_corsini/corsinivideos.html.

Many of the chapters in *Current Psychotherapies* are written by the creator of the theory, while other theories are described by influential clinicians in the field. Each chapter outlines the psychotherapy methods that accompany each of the various theories. This new edition also has a strong focus on the applicability of the various psychotherapies and the evidence for each approach and the theories behind them across cultural groups. This version of *Current Psychotherapies* includes a new chapter on psychoanalytic psychotherapies and, for the first time, a chapter on positive psychotherapy. The 10th edition of *Current Psychotherapies* also has significantly rewritten chapters on Adlerian psychotherapy and behavioral psychotherapy. Although this edition no longer includes the chapter on analytical psychotherapy (Jung's approach) by Claire Douglas, the chapter remains available to instructors and their students on the companion website at www.cengagebrain.com.

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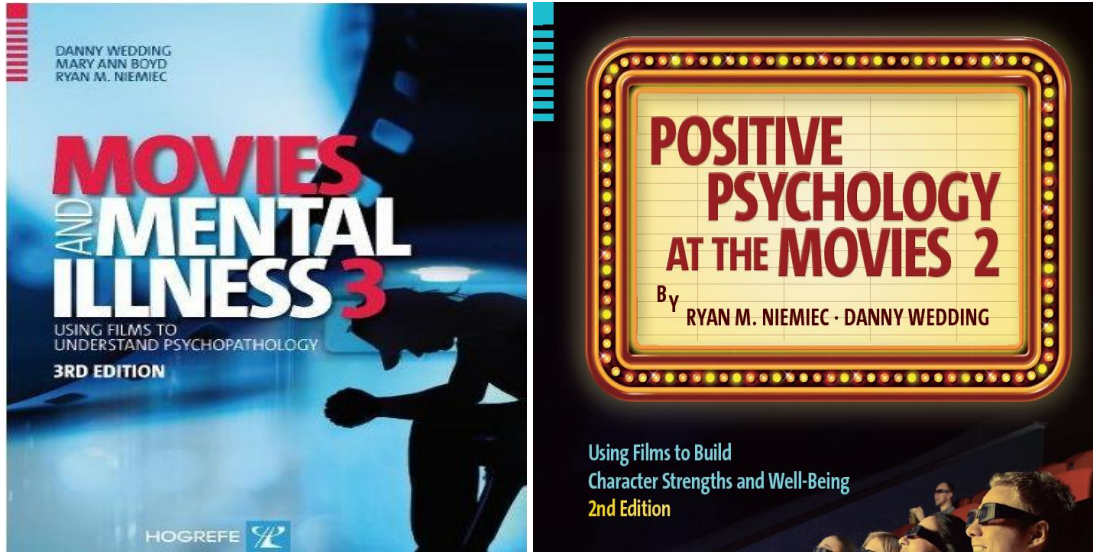
Anne Galbraith, *University of Wisconsin-La Crosse*



This instructor's manual is designed to serve as a resource for *Current Psychotherapies (10th Edition)* to facilitate the educational experience of students learning about psychotherapy. An outline is provided for each chapter, which supplies an overview of the chapter's content and highlights key terms. This outline is followed by multiple choice, fill-in-the-blank and essay test questions. Chapter-specific suggestions for a role play and discussion activities are also described. Instructors will also want to utilize *Case Studies in Psychotherapies* (ISBN: 9781285175232), which accompanies *Current Psychotherapies* as a resource to illustrate each therapy approach; therefore, the corresponding case for each chapter is listed following the discussion activities for each form of psychotherapy.

To further aid instructors, Microsoft PowerPoint slides outlining the key points of each chapter are available. These slides often add additional details to the materials presented in the chapters, expanding upon information on techniques, history of the therapy, or the theory. As with all of the resources provided through this manual, these slides can be used in their current form or modified by instructors to meet their specific classroom needs. The book-specific website offers instructors this manual, test banks, and presentation slides available for download. Instructors can access the materials by visiting www.login.cengage.com. If you need assistance with accessing the materials, please contact your Cengage Learning sales representative.

In addition to the resources specifically designed for *Current Psychotherapies* instructors may want to utilize other resources to bring the psychotherapies to life for students. For example, instructors may want to review the American Psychological Association's *Theories in Action* video clips. These clips illustrate various psychotherapies through portrayal of a realistic role-play with a client and an experienced therapist, followed by a brief discussion with the therapist about the therapeutic interaction portrayed. Showing these videos as students are reading *Current Psychotherapies* will bring the theories to life and provide the students with a richer understanding of each theory and how each therapy approach looks in practice. Instructors might also want to look at examples of therapeutic approaches illustrated in two resources demonstrating how movies portray psychological issues and their interventions:



Wedding, D., Boyd, M. A., & Niemiec, R. M. (2009). *Movies and Mental Illness: Using Films to Understand Psychopathology* (3rd Edition). Hogrefe and Huber.

Niemiec, R. M., & Wedding, D. (2013). *Positive Psychology at the Movies: Using Films to Build Character Strengths and Well-Being* (2nd Edition). Hogrefe and Huber.

I hope the resources I have created or those referenced above are of benefit to you and your students.

Barbara Cubic



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Resource Manual for Instructors
Current Psychotherapies
10th Edition

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Chapter 1

Introduction to 21st-Century Psychotherapies

Authors: Frank Dumont

Key Points and Terms

Evolution of the Science and Profession of Psychology

Early attempts to address mental disorders include:

- ▶ Pre-Christian, temple-like asklepeia and other retreat centers, which used religio-philosophical lectures, to assuage if not remedy psychological disorders.
- ▶ Hellenist physicians understood that the brain was not only the seat of knowledge and learning but also the source of depression, delirium, and madness.
- ▶ Hippocrates insisted that his students address illnesses by natural means.

Psychotherapy in its present guise did not clearly emerge until the 18th century. Below are some key players:

- ▶ Scientific study of the unconscious attributed to renowned polymath Gottfried Wilhelm Leibniz:
 - Investigated subliminal perceptions
 - Coined the term “dynamic”
- ▶ Johann Friedrich Herbart:
 - Attempted to apply mathematics to dynamics
 - Suggested ideas struggle with one another to access consciousness
- ▶ Franz Anton Mesmer and his disciple the Marquis de Puysegur are influential in current understanding of:
 - hypnotherapy
 - rapport between therapist and patient
 - influence of the unconscious
 - importance of the qualities of the therapist
 - spontaneous remission of disorders
 - hypnotic somnambulism
 - selective function of unconscious memory
 - role of patient confidence
 - common factors across effective treatments
- ▶ Arthur Schopenhauer
 - Work strongly influenced Freud
- ▶ Gustav T. Fechner
 - Made distinction between waking and sleeping states
 - Attempted to measure the intensity of psychic stimulation
- ▶ Herman von Helmholtz
 - Discovered the phenomenon of unconscious inference
- ▶ Emil Kraepelin
 - Attention to classifying diseases
- ▶ Carl Gustav Carus

- Developed one of the most sophisticated schemas the unconscious that exist, describing several levels to the unconscious
- Felt individuals were communicating at conscious and unconscious levels with each other in paravocal, nonverbal, organic, and affective modes in ways individuals were largely unaware of
- ▶ Carus Schopenhauer
 - Principal argument was that we are driven by blind, irrational forces of which we are largely unaware
- ▶ Friedrich Nietzsche
 - Viewed that humans lie to themselves more than they do to each other
- ▶ Moritz Benedikt
 - Developed concept of seeking out and clinically purging “pathogenic secrets”

The Impact of Biological Science on Psychotherapy

Every encounter with our environment causes a change within us and in our neural functioning. One cannot unlearn knowledge unless neuronal decay and lesions undo memory.

Klaus Grawe has noted that “psychotherapy appears to achieve its effect through changes in gene expression at the neuronal level.” And research shows that therapy may be effective through triggering the expression of immediate-early genes (IEGs) through exposure to nurturant social events.

Much of the plasticity in our neuro-emotional systems is achieved through epigenetic changes.

In the current age of psychopharmacology, medicating patients for psychological purposes should require clear, preset clinical objectives.

Future developments in molecular genetic analysis, cognitive neuropsychology, and social cognitive neuroscience will continue to inform psychotherapy.

Clashing Standpoints

- Gillath, Adams, and Kunkel (2012) provide a model for uniting disparate approaches to study of human nature.
- Resolution can be achieved through systemic integration of many variables that are at play at any moment.
- For example, Pope and Wedding (2012) discuss the danger inherent in neglecting to monitor patients who are taking psychotropic medication.

Evolutionary Biology and Behavioral Genetics

- Anthropologists have discovered at least 400 universal behavioral traits.
- Steven Pinker (2002) has further documented the principle that all humans share a unique human nature.

Cultural Factors and Psychotherapy

Research shows it is clear that if patient and therapist are strongly wedded to different cultures, it matters if the authority figure is a member of a minority, non-dominant culture or dominant, majority culture. Some would argue that psychotherapies need to be indigenized.

The Challenges of Evidence Based Treatments

Industrializing Psychotherapy

- Psychotherapy has gained recognition as a health discipline.
- Therapists will increasingly work in inter-professional medical teams.
- Integrated healthcare wave of the future.
- Therapists must demonstrate competence in treating patients in accordance with currently accepted standards of the larger mental-health services community.

Positive Psychology

- Revitalized by Martin Seligman and Mihaly Csikszentmihalyi.
- Built on solid historical foundations such as Alfred Adler's view of self-actualization; Abraham Maslow's concepts from *Toward a Psychology of Being* (1962); Carl Rogers view of therapy; and Milton Erickson's work.

Treatment Efficacy, Therapist Aptitudes, and Diagnostic Coding

- Some disorders require a specific modality.
- Certain therapists are more capable of treating certain kinds of disorder than others.
- Therapists need to know the International Classification of Diseases (ICD-10-CM).

Empirically Based Treatments

Division 12 of the American Psychological Association (APA) established a *Task Force on Promotion and Dissemination of Psychological Procedures* of empirically based treatments (EBTs) in 1995. However, EBTs are in much debate as patients present with a unique set of such variables and experience endless experiences and co-morbidity complicates the categorization of disordered patients for purposes of validating therapy for them.

Paul Meehl (1978) coined the term *context-dependent stochastologicals* to describe the complexity of random internal and external events (both past and present) that impact an individual.

Manualized psychotherapy is also debated, but most clinicians agree that therapy should proceed from the known (i.e. empirically validated) to the "unknown and untried" in a methodical, stepwise fashion. And, some therapies (e.g. interpersonal, behavioral and cognitive therapies) are more amenable to becoming manual-based.

However, in the end truly successful therapists adopt or develop a theory and methodology congruent with their own personality. As Michael Mahoney wrote, "The person of the therapist is at least eight times more influential than his or her theoretical orientation."

Chapter 1: Activities

Role-play

Ask one group of students to provide evidence that would support the environmentalist tradition and another group to provide evidence that would support the organicist tradition. Encourage them to provide as much evidence as possible regarding whether a scientific based approach to psychological treatment is necessary.

Discussion Questions

1. Seeking psychotherapy is often a difficult choice for individuals to make. Often, the process initially makes the individual feel worse rather than better. Ask students to discuss what characteristics would be related to a willingness to seek psychotherapy. Ask the students to discuss what characteristics would be related to refusal to seek psychotherapy.
2. Ask the students to take the Therapeutic Readiness Scale developed by Fischer and Turner in 1970. Discuss how their responses can help them understand the barriers that might be present for psychotherapy.

Full citation for scale: Fischer, E., & Turner, J. (1970). Attitudes toward seeking professional help: Development and research utility of an attitude scale. *Journal of Consulting and Clinical Psychology, 35*, 82-83.

3. Psychotherapy is often misunderstood or devalued because it is often seen as an art rather than a science. Ask students to discuss their views of psychotherapy. Ask students to discuss whether the goal of psychotherapy should be use of an approach that is as empirically based as possible.

Chapter 1: Potential Test Items

Multiple Choice Test Bank

1. In Chapter 1, Corsini illustrates a change in an inmate's life after learning he had a high IQ. This story demonstrates that psychotherapy can be broadly defined as any:
- interaction between a therapist and a patient.
 - technique which teaches a patient a new skill.
 - self-concept-altering experience.
 - interpretation provided to a patient.

REF: Negotiating Fault Lines in the EBT Terrain (p. 11-12)

ANS: C

2. Hellenist physicians believed the organ contributing to mental illness was the:
- heart.
 - liver.
 - brain.
 - blood.

REF: Evolution of This Science and Profession (p. 2)

ANS: C

3. Gottfried Wilhelm Leibniz is credited with the:
- first scientific study of the unconscious.
 - development of systematic psychotherapy.
 - creation of the nature versus nurture debate.
 - identification of defense mechanisms.

REF: Evolution of This Science and Profession (p. 2)

ANS: A

4. The psychotherapeutic term "dynamic" was first used by:
- Sigmund Freud.
 - Gottfried Wilhelm Leibniz.
 - Hippocrates.
 - Franz Anton Mesmer.

REF: Evolution of This Science and Profession (p. 3)

ANS: B

5. The idea that similar ideas attract and strengthen one another's ability to be conscious is the result of the work of:
- Alfred Adler.
 - Hippocrates.
 - Thomas Mann.
 - Johann Friedrich Herbart.

REF: Evolution of This Science and Profession (p. 3)
ANS: D

6. Franz Anton Mesmer is often viewed as the pioneer of:
- manualized therapy.
 - free association.
 - hypnotherapy.
 - behavioral intervention.

REF: Evolution of This Science and Profession (p. 3)
ANS: C

7. Herman von Helmholtz described the unconscious reconstruction of what our past taught us about an object as:
- restructuring objects.
 - psychic stimulation.
 - cognitive discovery.
 - unconscious inference.

REF: Psychotherapy-Related Science in the 19th Century (p. 4)
ANS: D

8. The organicist tradition refers to scientists who were:
- environmentalists.
 - somatic focused.
 - integrating music into therapy.
 - lab-based.

REF: Psychotherapy-Related Science in the 19th Century (p. 4)
ANS: D

9. Emil Kraepelin's work focused heavily on:
- multicultural variants of illness.
 - classifications of diseases.
 - surgical approaches to mental illness.
 - use of hypnosis.

REF: Psychotherapy-Related Science in the 19th Century (p. 4)
ANS: B

10. The idea that nonlinear messages are systematically sent between the unconscious and the conscious in human interactions was developed by:
- Hippocrates.
 - Carl Gustav Carus.
 - Franz Anton Mesmer.
 - Gottfried Wilhelm Leibniz.

REF: Psychotherapy-Related Science in the 19th Century (p. 5)

ANS: B

11. Arthur Schopenhauer's principle argument was that:
- unconscious material could easily be made conscious.
 - the unconscious did not exist at all.
 - free will prevailed over determinism.
 - we are driven by blind, irrational forces.

REF: Psychotherapy-Related Science in the 19th Century (p. 4)

ANS: D

12. Jungian therapy, based on the work of Moritz Benedikt, underscores the importance of:
- rewarding positive behavior.
 - unconditional positive regard.
 - purging pathogenic secrets.
 - cognitive distortions.

REF: Psychotherapy-Related Science in the 19th Century (p. 5)

ANS: C

13. Neurosciences suggest elective psychotherapy leads to changes at the:
- cognitive level.
 - behavioral level.
 - neuronal level.
 - interpersonal level.

REF: The Impact of the Biological Sciences on Psychotherapy (p. 6)

ANS: C

14. The expression of certain genes that result from their activation by specific but common environmental events is referred to as:
- neuronal decay.
 - somatiker.
 - psychiker.
 - epigenetics.

REF: The Impact of the Biological Sciences on Psychotherapy (p. 6)

ANS: D

15. Pope and Wedding would argue that in deciding to use psychotropic medications:
- preset clinical objectives need to be determined.
 - immediate early genes are irrelevant.
 - psychotherapy's common factors are undermined.
 - psychotherapy has occurred if patients suffering has been alleviated.

REF: The Impact of the Biological Sciences on Psychotherapy (p. 7)

ANS: A

16. Due to multicultural differences, segments of the population would likely benefit from:
- indigenized psychotherapies.
 - exporting Euro-American psychotherapists.
 - abandoning cultural philosophies.
 - accepting a universal approach to psychotherapy.

REF: Cultural Factors and Psychotherapy (p. 10)

ANS: A

17. Positive psychology has considerable momentum and is most commonly linked with the work of:
- Aaron Beck.
 - Sigmund Freud.
 - Martin Seligman.
 - Albert Ellis.

REF: Who Can Do Psychotherapy? (p. 14)

ANS: D

18. For the coding of mental illnesses for the purposes of reimbursement, as of October 2014, U.S. clinicians will need to use the:
- DSM-5.
 - MMPI-2-RF.
 - ICD-10-CM.
 - PAI.

REF: Conclusion (p. 16)

ANS: C

Essay Questions

- Raymond Corsini describes how a prisoner's life changed when he was told that he had a high IQ. Why does Dr. Corsini consider this psychotherapy?
- Although Sigmund Freud is generally called the "father of psychotherapy," describe the contributions of his key predecessors and contemporaries.
- Imagine that you are a beginning psychotherapist. Describe how you would utilize advances in neurosciences to inform your treatment approach.
- Many attempts have been made historically to categorize or classify mental illnesses. Discuss the evolution of these attempts from beginning to current.

