

Chapter 2
Overview of Background-Focused Treatment Systems

MULTIPLE CHOICE/TRUE-FALSE QUESTIONS

1. Addressing clients' past problems and issues
 - (a) usually has little impact since no change can occur in the past.
 - (b) is an emphasis of the psychodynamic approach.
 - (c) is correlated positively with successful treatment.
 - (d) usually alienates clients because it does not focus on immediate concerns.

2. Which of the following is NOT true about classic psychoanalysis?
 - (a) Its goal is to make the unconscious conscious.
 - (b) Clients participated in analysis 3 to 4 times a week, for years.
 - (c) Clients would lie on a couch and the therapist would sit outside their field of vision.
 - (d) Classic psychoanalysis continues to be a leading form of treatment.

3. Psychodynamic theories include all but which one of the following?
 - (a) Alfred Adler's individual psychotherapy.
 - (b) Carl Jung's analytical psychology.
 - (c) Solution-focused brief therapy
 - (d) Brief psychodynamic psychotherapy

4. Carl Jung is responsible for all but which one of the following concepts in psychology?
 - (a) the collective unconscious.
 - (b) integrating spirituality and psychology
 - (c) personality preferences that form the basis of the Myers-Briggs Type Indicator
 - (d) the Oedipal complex

5. Alfred Adler developed an approach that focused on
 - (a) Birth order, self interest, and lifestyle assessment.
 - (b) Birth order, social interest, and lifestyle assessment.
 - (c) Birth order, social interest, and myth.
 - (d) None of the above.

For questions 6 - 10, mark "a" if the statement is true and mark "b" if the statement is false.

6. Psychodynamic therapy has turned away from sexual drive theory and toward attachment theory.
 - (a) true
 - (b) false

7. Relational theory focuses on the relationship between the client and clinician.
 - (a) true
 - (b) false

8. Harry Stack Sullivan is considered to be the founder of attachment theory.
 - (a) true
 - (b) false

9. Karen Horney focused on sexual drives as the cause of pathology.
 - (a) true
 - (b) false
10. Anna Freud, a respected child therapist, was Sigmund Freud's daughter.
 - (a) true
 - (b) false

SHORT ANSWER/ESSAY QUESTIONS

1. Name five basic assumptions shared by psychodynamic psychotherapy models. Explain each assumption and whether you agree with the assumption or not.
2. Define transference and countertransference. How do they impact therapy?
3. Discuss Maroda's six guidelines for therapist self-disclosure. Do you agree or disagree?

Chapter 3 **Sigmund Freud and Classic Psychoanalysis**

MULTIPLE CHOICE QUESTIONS

1. According to Freud, people struggle to find a balance
 - (a) between Oedipal and Electra complexes.
 - (b) between sexual drives and socially acceptable behavior.
 - (c) between neurotic and psychotic defense mechanisms.
 - (d) between self-expression and the expectations of authority figures.

2. Which statement accurately reflects Freud's perspective on biology?
 - (a) People are generally the victims of their biological characteristics.
 - (b) Biology is an important determinant of human behavior.
 - (c) Biology has more influence on the ego than on the id or superego.
 - (d) None of the above.

3. The pursuit of pleasure and gratification as embodied by the "pleasure principle" is the goal of the
 - (a) ego.
 - (b) id.
 - (c) superego.
 - (d) unconscious.

4. Coughing and blinking are examples of
 - (a) reflex actions.
 - (b) defense mechanisms.
 - (c) abreactions.
 - (d) neurotic disorders.

5. The term "libido" refers to
 - (a) conscience.
 - (b) rational thought.
 - (c) energy and vitality.
 - (d) the death instinct.

6. Despite its self-defeating quality, Gabe had been unsuccessful in eliminating his use of alcohol because of the pleasure it brought him. In Freudian terms, which personality system was dominating his behavior?
 - (a) ego
 - (b) superego
 - (c) libido
 - (d) id

7. Primary process allows people to
 - (a) form a wish fulfillment image.
 - (b) utilize defense mechanisms.
 - (c) subjugate the id to the ego.
 - (d) relive experiences from early childhood.

8. The _____ can be thought of as the opposite of the id.
 - (a) ego
 - (b) unconscious
 - (c) libido
 - (d) superego

9. Jared felt guilty about sleeping late on Sunday morning instead of going to church. To which personality system would Freud attribute Jared's feelings?
 - (a) superego
 - (b) ego
 - (c) libido

- (d) id
10. Which two of the following are most likely to be in conflict with each other?
- (a) the conscience and the superego
 - (b) the life instinct and the libido
 - (c) the superego and the id
 - (d) the id and the libido
11. Rasheed wanted to go fishing with his friends Saturday morning, but he knew that his daughter would be disappointed if he didn't attend her soccer game. Rasheed decided to compromise by attending the soccer game and joining his friends later in the day. The personality system most likely to be responsible for Rasheed's decision is the
- (a) id.
 - (b) ego.
 - (c) superego.
 - (d) libido.
12. Issues of dependency and trust are particularly important during the _____ stage.
- (a) latency
 - (b) oral
 - (c) genital
 - (d) anal
13. According to psychoanalytic theory, parents who reward and praise children for appropriate bowel and bladder control are likely to
- (a) spoil their children.
 - (b) predispose their children to sexual promiscuity.
 - (c) predispose their children to academic difficulties.
 - (d) foster creativity.
14. Julianne was extremely vulnerable to practical jokes because she believed anything that anyone told her. How would Julianne's vulnerability best be explained using Freudian theory?
- (a) She probably had developmental problems in the oral stage.
 - (b) Her ego is not properly differentiated from her superego.
 - (c) She is in the genital stage.
 - (d) Her superego is excessively rigid.
15. Anna had been married and divorced three times and stated that she never had a really satisfying relationship with a partner. According to psychoanalytic theory, she most likely did not resolve the _____ stage.
- (a) genital
 - (b) anal
 - (c) phallic
 - (d) latency
16. Issues of shame and doubt arise during the _____ stage.
- (a) oral
 - (b) latency
 - (c) phallic

- (d) anal
17. Successful resolution of the _____ stage typically results in feelings of empowerment.
- (a) latency
 - (b) genital
 - (c) oral
 - (d) anal
18. The phallic stage described by Freud is most strongly related to the development of _____.
- (a) inappropriate feelings about the body
 - (b) self-esteem, sexuality, need for love
 - (c) gullibility, argumentativeness, and overeating
 - (d) penis envy
19. An Oedipus or Electra complex is typically resolved through
- (a) a child's identification with the same sex parent.
 - (b) treatment for oral stage conflicts.
 - (c) abreaction.
 - (d) increasing children's comfort with their own sexuality.
20. Kiara complained of feeling inferior to almost everyone and felt that she could not be successful at anything. Freudians would suspect that she had difficulty in the _____ stage.
- (a) latency
 - (b) anal
 - (c) oral
 - (d) phallic
21. Which statement about ego defense mechanisms is NOT true?
- (a) Ego defense mechanisms are triggered by anxiety.
 - (b) Everybody uses some form of unhealthy defense mechanisms.
 - (c) Ego defense mechanism can be categorized by developmental stage.
 - (d) Ego defense mechanisms help to channel inappropriate desires into acceptable actions.
22. The Freudian position on repressed memories would most likely be that
- (a) they are contrary to Freudian thought.
 - (b) they are plausible.
 - (c) they reside in the preconscious.
 - (d) they are more likely to occur in females.
23. In psychoanalysis, therapist neutrality is important in order to foster
- (a) a strong therapeutic alliance.
 - (b) countertransference.
 - (c) interpretations.
 - (d) transference.
24. Freud's approach is most effective with those clients who

- (a) have psychotic disorders.
- (b) are emotionally fragile.
- (c) have neurotic disorders.
- (d) have relationship problems.

25. Which of the following is not true of psychoanalytic theory?
- (a) It is a lengthy form of treatment.
 - (b) It has little influence on current clinicians.
 - (c) It does not provide guidelines for healthy adult lifestyles.
 - (d) Research substantiating its value is limited.

For questions 26-45, match the item on the left with the item on the right that most accurately defines or illustrates it.

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| __26. conscious | a. not part of current awareness, but can be readily accessed |
| __27. preconscious | b. reflect(s) the most important rule of psychoanalysis |
| __28. unconscious | c. help(s) people cope with strong emotional reactions to past events |
| __29. dreams | d. phobias |
| __30. Freudian slips, errors | e. reflect(s) latent or symbolic meaning |
| __31. defense mechanisms | f. include(s) depressive and anxiety disorders |
| __32. splitting | g. usually entail(s) preoccupation with cleanliness and ritualized behavior |
| __33. hysteria | h. suspiciousness, hypersensitivity, jealousy |
| __34. transference | i. protect(s) people from anxiety |
| __35. countertransference | j. reflect(s) a loss of contact with reality |
| __36. free association | k. material in awareness, always available |
| __37. abreaction | l. highly charged memories which have been repressed |
| __38. analysis | m. fulfill(s) wishes or impulses that could not be allowed into awareness |
| __39. interpretation | n. viewing people as all good or all bad |
| __40. psychoses | o. conversion disorder |
| __41. neuroses | p. projection onto the therapist of characteristics of another person |
| __42. anxiety states | q. clinician's projection onto a client of characteristics of important people |
| __43. obsessional disorders in the | r. exploration and understanding of unconscious clinician's past |
| __44. paranoid attitudes | s. elucidating the repressed meaning of symbols in clientrepresentations |
| __45. reflex actions material | t. coughing or blinking |

SHORT ANSWER/ESSAY QUESTIONS

1. Define and discuss eros (life instinct) and thanatos (death instinct). Do you agree with Freud's dualistic model? How does it help explain the development of personality?
2. List the four ways of categorizing defense mechanisms.
3. Discuss the strengths, contributions, and limitations of psychoanalytic theory.
4. Define and discuss the importance of each of the following in psychoanalytic treatment: transference, countertransference, free association, abreaction.