Chapter 10: Overview of the Insight Stage

1. Markers of readiness for insight include all of the following except
   1. Statement of a lack of understanding
   2. Stated eagerness to understand
   3. **Storytelling in a nonreflective manner**
   4. Clear awareness of a problem
2. According to Freud (1940/1949)
   1. Interactions with others during early life have little impact on later functioning
   2. Interactions with others later in life have a huge impact on functioning
   3. **Interactions with others during early life have a huge impact on later functioning**
   4. Interactions with others later in life have no impact on functioning
3. Insight involves
   1. Exploring concerns on a surface level
   2. Creating action plans
   3. **Having an understanding of why things happen**
   4. None of the above
4. According to psychoanalytic theory,
   1. **Many of our behaviors are determined by unconscious forces**
   2. Many of our behaviors are determined by conscious forces
   3. None of our behaviors are determined by unconscious forces
   4. None of our behaviors are determined by conscious forces
5. Intellectual insight
   1. **Is having an objective explanation for a problem**
   2. Connects affect to intellect
   3. Creates a sense of personal involvement and responsibility
   4. Is usually enough to lead to action
6. Treatment from a psychodynamic/existential perspective
   1. Does not work through defense mechanisms
   2. **Works with unconscious conflicts**
   3. Does not work with unconscious conflicts
   4. Works with active planning
7. Repeated experiences with attachment figures (Bowlby, 1969/1988)
   1. Become organized into personality disorders
   2. Have little impact on later functioning
   3. Do not affect later romantic relationships
   4. **Become organized into internal working models**
8. All of the following are psychosexual stages of development except
   1. Oral
   2. Anal
   3. **Clitoral**
   4. Genital
9. Blaming others for problems is a marker indicating a
   1. **Lack of readiness for insight**
   2. Readiness for insight
   3. Lack of readiness for exploration
   4. Readiness for action
10. Psychodynamic treatment
    1. Is not sufficient for most clients
    2. Is not used anymore because Freud was only theorizing
    3. **Is useful when thinking about the complexity of human nature**
    4. Is useful because it teaches clients how to accept the life they have been given
11. Countertransference refers to
    1. Placing onto the therapist characteristics that belong to other people with whom one has unresolved issues
    2. Transferring ideas between the helper and client
    3. **Helper’s reactions to the client that originate in the unresolved issues of the helper**
    4. Arguing that takes place during the insight stage between the helper and client
12. Types of challenges include all of the following except
    1. Silence
    2. Humor
    3. Chair work
    4. **Visualizations**
13. Freud theorized all of the following levels of consciousness except
    1. Preconscious
    2. Unconscious
    3. **Subconscious**
    4. Conscious
14. According to psychodynamic theory, defenses are
    1. **Unconscious methods for dealing with anxiety**
    2. Caused by depression
    3. Unconscious methods for dealing with the luxuries in life
    4. Both A and B
15. In optimal attachment,
    1. Children provide a secure base
    2. Caregivers provide a codependent style
    3. **Caregivers provide a secure base**
    4. Children provide a codependent style
16. An example of a primary existential concern is
    1. **Freedom**
    2. Social anxiety
    3. Abuse
    4. All of the above
17. Immediacy is an important skill primarily used for
    1. **Working with the therapeutic relationship**
    2. Exploring client’s thoughts
    3. Exploring client’s previous actions
    4. Working on client’s emotions from the past
18. Psychodynamic treatment differs from cognitive behavioral therapy in that
    1. Psychodynamic treatment emphasizes discussing current experiences
    2. **Psychodynamic treatment emphasizes discussing past experiences**
    3. Cognitive behavioral therapy emphasizes fantasy life
    4. Psychodynamic treatment does not focus on fantasy life
19. Awareness is
    1. Not generally needed in order to gain insight
    2. Critical for blaming others for problems
    3. **Often a precondition for insight**
    4. Only important for clients with high defenses
20. The following skills are used to facilitate insight except
    1. Open questions/probes for insight
    2. Interpretations
    3. **Reflection of feelings**
    4. Self-disclosure of insight