

Chapter 12: Interpretive Skills

1. According to psychoanalytic theory, an interpretation
 - a. Focuses on current stressors
 - b. Should not be about transference
 - c. Helps replace unconscious processes with conscious ones**
 - d. Is probably only given once in the treatment process
2. Interpretations should be
 - a. Within the client's awareness
 - b. Just slightly beyond the client's awareness**
 - c. Completely beyond the client's awareness
 - d. None of the above
3. It is recommended that open questions and probes for insight are
 - a. Given forcefully
 - b. Presented with infallible confidence
 - c. Said gently and with curiosity**
 - d. Asked repeatedly until the client understands
4. Open questions and probes for insight primarily
 - a. Invite clients to think about deeper meanings for thoughts, feelings, or behaviors**
 - b. Challenge clients about their conflicting values
 - c. Go beyond what the clients have overtly stated and present a new meaning, reason, or explanation
 - d. Help clients explore their emotions
5. According to narrative therapy, interpretations
 - a. Are used to disrupt problematic narratives
 - b. Help clients rewrite their narratives**
 - c. Are used to help clients tell their narratives
 - d. All of the above
6. Disclosures of insight can generally
 - a. Help alter the power balance of the helping relationship**
 - b. Challenge the client
 - c. Assist the client in talking about the helping relationship
 - d. Nudge the client toward action
7. Pointing out themes or patterns in a client's behaviors, thoughts, or feelings is considered a(n)
 - a. Challenge
 - b. Interpretation**
 - c. Restatement
 - d. Reflection of feelings
8. "I wonder if your challenges in your current relationship stem from your experiences as a child when you felt constantly rejected by your parents" is an example of an
 - a. Open question for thoughts
 - b. Open question for insight
 - c. Interpretation**
 - d. Immediacy statement

9. Clients are more likely to change in the direction of the helper's interpretation if clients view the helper as
- a. Expert, attractive, and trustworthy**
 - b. Expert, kind, and dedicated
 - c. Kind, attractive, and knowledgeable
 - d. Knowledgeable, trustworthy, and kind
10. Interpretations can be phrased as
- a. Direct statements
 - b. Process advisement
 - c. Questions
 - d. Both A and C**
11. All of the following are examples of interpretations except
- a. Explaining resistance
 - b. Offering a new framework or explanation to understand problems
 - c. Pointing out patterns
 - d. Making connections that the client has already made**
12. The accuracy of interpretations
- a. Can never really be determined**
 - b. Can be traced back
 - c. Is not relevant to the helping process
 - d. Is determined by how well the helper can envision the client's past
13. When using interpretive skills
- a. The helper and the client should work together to role-play
 - b. The helper and the client should work together to construct meaning**
 - c. The helper should provide expert advice about the client's core issues
 - d. The helper should provide direct guidance to the client
14. Disclosures of insight are a helping skill in which the helper
- a. Reveals a self-understanding of their own personal experience**
 - b. Shares a past emotional experience
 - c. Discloses a strategy that they have used
 - d. Divulges a shared experience with the client
15. Unconscious sources of data for developing interpretations are
- a. Dreams
 - b. Fantasies
 - c. Slips of the tongue
 - d. All of the above**
16. In the core conflictual relationship theme, clients have
- a. Wishes/needs, expected responses from others, and a response from the self**
 - b. Wishes/needs, typical behavior from the self, and responses from the significant other
 - c. Expected responses from others, expected responses from self, and responses from the significant other
 - d. Expected responses from others, a response from the self, and rejection of others
17. When asking open questions and probes for insight, helpers should
- a. Try to sound slightly judgmental
 - b. Give off an air of expertise

- c. **Be supportive and gentle**
 - d. Try to absolve clients of their past mistakes
- 18. An ideal intervention for the first step in the interpretive process is a(n)
 - a. Interpretation
 - b. Immediacy statement
 - c. Reflection of feelings
 - d. **Open question/probe for insight**
- 19. According to cognitive psychology, interpretations
 - a. Can be beneficial for creating behavioral plans
 - b. Are a useless intervention
 - c. **Can help attempt to change the structure of schemas**
 - d. Are critical to the helping process
- 20. One of the most important aspects to keep in mind when delivering an intervention is
 - a. **Your conceptualization of the client**
 - b. The client's appearance
 - c. Your experience giving interpretations with other clients
 - d. The client's profession