Chapter 13: Skills for Processing the Therapeutic Relationship

1. “What would you like from me right now?” is an example of
   1. An open question for thoughts
   2. **An open question about the relationship**
   3. A challenge
   4. A helper’s statement of reactions to the client
2. A client marker for using immediacy is the client
   1. Seeming the same as usual
   2. Acting in congruence with the helper’s conceptualization
   3. Agreeing with the helper
   4. **Seeming different than usual**
3. In general, immediacy
   1. **Can be initiated by the client**
   2. Should be used when the helper wants to discuss the client’s romantic relationship
   3. Is an intervention with low stakes
   4. Can only be accomplished by experienced therapists
4. A discussion about the therapeutic relationship in the here and now is considered
   1. Therapeutic processing
   2. An open question/probe for insight
   3. **Immediacy**
   4. All of the above
5. An example of a potential issue in the therapeutic relationship is
   1. The client gaining insight
   2. **The client bringing gifts to the helper**
   3. The helper using the helping skills too effectively
   4. The helper facilitating exploration of action
6. “You are talking about withdrawing from your friends lately. I wonder if that’s happening in here with me too?” is an example of
   1. A restatement
   2. An open question for feelings
   3. A challenge
   4. **Drawing parallels with outside relationships**
7. An example of a type of immediacy is
   1. Reflection of feelings
   2. Calling the client out
   3. **Making the covert overt**
   4. None of the above
8. When clients talk about things that bother them about other people,
   1. They are strictly referring to others
   2. It is important to focus the conversation on the other person and not on the client
   3. It is important to always push back on what they say
   4. **They may be covertly referring to things that bother them about the helper**
9. Getting hooked refers to helpers being
   1. Sexually attracted to their client’s promiscuity
   2. **Pushed into a narrow range of responses by the client’s maladaptive behaviors**
   3. So attached to the client that they believe everything the client says as true
   4. Gradually lured by the client into accepting them unconditionally
10. According to Kiesler’s theory of metacommunication (1988/1996),
    1. **Helpers respond differently to clients than what the client is accustomed to**
    2. Helpers respond the same way to the client than what the client is accustomed to
    3. Clients are used to processing relationships
    4. Speaking about the relationship should only be done if the client is hostile
11. A helper marker for using immediacy is the helper
    1. Wanting to avoid certain topics
    2. Feeling sexually attracted to the client
    3. Having intense feelings of incompetence
    4. **All of the above**
12. Closing a session with immediacy is
    1. Ill-advised
    2. **A relatively easy way to use immediacy**
    3. One of the harder ways to use immediacy
    4. Recommended for every session
13. Immediacy is about
    1. **The present**
    2. The past
    3. The future
    4. All of the above
14. Difficulties in using immediacy may include
    1. Getting closer to the client
    2. **Feeling vulnerable**
    3. Being familiar with immediacy from other relationships
    4. Both A and B
15. Immediacy can be used to
    1. Establish the relationship
    2. Monitor the relationship
    3. Maintain the relationship
    4. **All of the above**
16. The helper expressing feelings and reactions in the moment and generally following them up with an inquiry about how the client feels is considered
    1. Open question about the relationship
    2. **Helper’s statement of reactions to the client**
    3. Drawing parallels with outside relationships
    4. Making the covert overt
17. Immediacy is
    1. **An opportunity for clients to grow**
    2. A harsh method
    3. A low-stakes intervention
    4. Used to reduce the fears of inexperienced helpers
18. According to Kiesler (1988), the success of immediacy depends on the extent to which helpers can balance
    1. **The challenge of immediacy with being supportive of the client’s self-esteem**
    2. The support of immediacy with the challenge to the client’s self-esteem
    3. The love of immediacy with the acceptance of the client’s self-esteem
    4. The harshness of immediacy with the acceptance of the client’s self-esteem
19. Immediacy should
    1. Help improve the therapeutic relationship
    2. Lead to termination
    3. Help clients change how they act outside of helping
    4. **Both A and C**
20. When using immediacy, it is best for helpers to
    1. React defensively to clients’ open expression of feelings
    2. **Become aware of what is happening inside of them**
    3. Be timid and tread lightly
    4. All of the above