Chapter 14: Integrating the Skills of the Insight Stage

1. Insight interventions
   1. Typically work when stated once
   2. **Are working hypotheses**
   3. Usually go over well when the therapeutic relationship is weak
   4. None of the above
2. The first step in implementing the insight stage is
   1. Engage in a collaboration process
   2. Explore action
   3. **Set the stage**
   4. None of the above
3. Countertransference
   1. Does not impact the therapeutic relationship
   2. **Can interfere with the helper’s ability to deliver insight interventions effectively**
   3. Is best avoided by helpers
   4. Should only be dealt with in supervision
4. A typical difficulty when implementing the insight stage involves
   1. **Moving prematurely into insight**
   2. Trying insight interventions when there is a strong relationship
   3. Attempting insight interventions after the client has adequately explored
   4. All of the above
5. Cultural issues
   1. Are less likely to arise during the insight stage
   2. Should be avoided at all costs in therapy
   3. **Are more likely to arise during the insight stage**
   4. Both A and B
6. As helpers, we want clients to feel
   1. Slightly confused about the path forward
   2. Overwhelmed by their emotions
   3. Less secure so that they can depend on us
   4. **A sense of agency**
7. Above all, helpers should
   1. **Be respectful of a client’s choice to not want insight**
   2. Persistently attempt insight interventions even if the client does not want insight
   3. Refuse to move to the action stage if clients have not first gained insight
   4. Impose interpretations on clients
8. Ruptures in the therapeutic relationship
   1. Indicate that the relationship is doomed
   2. Indicate that the relationship is immediately over
   3. **May ultimately lead to better relationships if resolved well**
   4. May be avoided by really skilled therapists
9. A case conceptualization should involve
   1. Sources of problems and patterns
   2. Defenses
   3. Transference/countertransference
   4. **All of the above**
10. Engaging in a collaborative process
    1. Is important for the exploration and action stages, but not for the insight stage
    2. **Involves making modifications based on client reactions**
    3. Requires expertise from the helper on the client’s past
    4. Means forcing the client to state their opinion every time after the helper speaks
11. One theoretical perspective
    1. Should fit for most clients
    2. Can serve as a cookbook for doing therapy
    3. **Might not fit for an individual client**
    4. Is superior to all of the other theoretical perspectives
12. A strategy for overcoming difficulties in the insight stage is
    1. Processing the therapeutic relationship
    2. Supervision
    3. Practice
    4. **All of the above**
13. Returning to exploration
    1. Is not necessary once the client has gained insight
    2. **Is an important step in implementing the insight stage**
    3. Should occur briefly
    4. Is less important than moving right into action
14. In the insight stage, helpers should
    1. **Ask the client for their current understanding**
    2. Get to the bottom of the issues as quickly as possible
    3. Avoid asking the client about painful memories
    4. All of the above
15. Observations
    1. Are no longer relevant after the exploration stage
    2. **Should note new information about childhood, family-of-origin, and current relationships**
    3. Can interfere with the helper’s case conceptualization
    4. Make facilitating insight more difficult
16. Insight interventions should be
    1. Less supportive than exploration interventions
    2. More supportive than action interventions
    3. **Preceded by and interspersed with exploration skills**
    4. Definite and unable to be refuted
17. A typical difficulty when implementing the insight stage involves
    1. Feeling impatient because the client cannot see what is obvious to the helper
    2. Taking too much responsibility for developing insight
    3. Feeling the helper has to be the expert
    4. **All of the above**
18. Client conceptualization
    1. Is important at the beginning of therapy, but not critical when you get to the insight stage
    2. Is important at the end of therapy, but not critical for the insight stage
    3. **Is important during all three stages of the helping skills model**
    4. Is not as important as being intuitive and in the moment with your client
19. Gaining insight into clients
    1. **Helps therapists have compassion**
    2. Is scary
    3. Makes therapists want to terminate with clients
    4. Can only be accomplished after years of experience
20. Helpers should help clients understand
    1. Origins of their suffering
    2. How they developed defenses to help them survive
    3. Distortions in their current relationships based in past relationships
    4. **All of the above**