

Chapter 17: Integrating the Skills of the Action Stage

1. During the action stage, helpers should be
 - a. Uninvested and uncaring
 - b. Uninvested but caring**
 - c. Invested and caring
 - d. Invested but uncaring
2. Feeling impatient with the long process of action is
 - a. Not possible because action is not a long process
 - b. Irrelevant when it comes to helping
 - c. A common difficulty helpers face in the action stage**
 - d. None of the above
3. Self-reflection, personal therapy, and supervision are examples of
 - a. Strategies for overcoming difficulties in the action stage**
 - b. Unhealthy coping mechanisms
 - c. Helpful but not important strategies for helpers to use
 - d. Self-care for which helpers do not actually have time
4. Helpers' needs might get in the way of action in that
 - a. They want to be perceived as the expert
 - b. They might impose their own values on to the client
 - c. They might not want to be perceived as directive
 - d. All of the above**
5. Behavioral treatment is
 - a. Rigid and quick
 - b. Flexible and creative**
 - c. Slow and tedious
 - d. Structured and outlined
6. Changing is
 - a. A linear process
 - b. Easy
 - c. Rarely possible
 - d. Hard**
7. Helpers may face all of the following difficulties in the action stage except
 - a. Being too supportive**
 - b. Acting out on their own needs
 - c. Failing to attend to culture
 - d. Moving too quickly to action
8. Ruptures in the therapeutic relationship
 - a. Only happen during the exploration stage
 - b. Only happen during the insight stage
 - c. Only happen during the action stage
 - d. Can happen during the action stage, especially if clients are not ready to change and feel pressured by helpers**
9. Helpers might become so involved in developing the action stage that they forget to be
 - a. Nice
 - b. Friendly

- c. Helpful
 - d. Supportive**
10. The four types of action
- a. Are easily distinguishable in practice
 - b. Contain steps that are often implemented in a linear manner
 - c. Contain steps that should be learned then modified as needed**
 - d. Are the only types of action a helper would use in therapy
11. Insight skills may be used to
- a. Help clients understand their resistance to change**
 - b. Help clients explore how they feel about change
 - c. Help clients work on specific, behavioral change
 - d. Insight skills are not used in relationship to action
12. One of the most common difficulties helpers face in the helping process is
- a. Staying in the insight stage for too long
 - b. Moving to action before exploring the complexity of the situation**
 - c. Moving to exploration before establishing an action plan
 - d. Not keeping the linear trajectory of exploration–insight–action in mind
13. Clients may face barriers to action based on their
- a. Cultural norms
 - b. Level of change
 - c. Available resources and social support
 - d. All of the above**
14. Conceptualization during the action stage might include
- a. Reflecting deeply on the client's childhood
 - b. Recognizing client reactions of hesitance
 - c. Focusing on readily observable behaviors
 - d. Both B and C**
15. Countertransference
- a. Only really emerges in the insight stage
 - b. Can emerge during any helping stage, especially if helpers have very similar or dissimilar difficulties as clients**
 - c. Emerges mostly in the exploration stage
 - d. Can emerge even if the helper does not have unresolved conflicts from their past or current relationships
16. The majority of time in helping should be spent in
- a. Exploration**
 - b. Insight
 - c. Action
 - d. Both A and B
17. It can be helpful for the helper to think about
- a. What gets in the way of the client making changes
 - b. What facilitates the client changing
 - c. Both A and B**
 - d. Neither A nor B
18. When it comes to action, it is important to remember that
- a. Clients' problems developed over many years

- b. Clients' problems are real
 - c. Helpers' suggestions can have major consequences
 - d. All of the above**
19. All of the following are strategies for overcoming difficulties in the action stage except
- a. Deep breathing
 - b. Conceptualizing the client
 - c. Looking inward and not accepting feedback from others**
 - d. Practicing
20. When it comes to action, beginning helpers often
- a. Avoid action in favor of being empathic and insightful
 - b. Become overly directive and authoritarian while neglecting empathy
 - c. Both A and B**
 - d. Neither A nor B