Chapter 5: Overview of the Exploration Stage

1. According to Rogers’s client-centered theory
   1. The helper is the expert on the client’s experience
   2. **Everyone has the potential for healthy and creative growth**
   3. The primary issue for clients is distorted thinking
   4. People are typically not resilient
2. Rogers’s necessary and sufficient conditions included all of the following except
   1. Client must experience helper’s congruence, unconditional positive regard, and empathy
   2. **Client must feel unconditional positive regard for the helper**
   3. Helper must feel unconditional positive regard for the client
   4. Client must be in a state of incongruence
3. Exploration
   1. Is not as important as insight
   2. Is more important than insight
   3. **Is helpful because clients often need a chance to explore their problems in depth**
   4. Is helpful because clients often need to be challenged in an empathic way
4. A main goal of the exploration stage is
   1. **Establishing rapport**
   2. Exploring and processing the therapeutic relationship
   3. Providing tailored advice
   4. Disclosing feelings about the client
5. All of the following are true about defenses except
   1. A certain level of defenses is necessary for coping
   2. Excessive use of defenses can be harmful
   3. Subjective reality can become incongruent with the external reality
   4. **Defenses are not workable in therapy**
6. The organismic valuing process means
   1. **Selecting goals based on internal influences**
   2. Valuing ourselves based on conditions of worth
   3. Evaluating our success based on our appearance
   4. Selecting goals based on external influences
7. The client and the helper being in psychological contact means
   1. The client and the helper have to understand each other telepathically
   2. **A therapeutic relationship must exist in order for the client to achieve growth**
   3. The client and the helper must meet in person
   4. The client and the helper should connect on an intellectual level
8. In order for reintegration to occur
   1. Conditions of worth must be reduced
   2. Conditions of worth must be increased
   3. Unconditional positive regard must be received from others
   4. **Both A and C**
9. According to Rogers, our basic motivational force is
   1. **The tendency toward self-actualization**
   2. Concrete, behavioral goals
   3. The desire for meaning in life
   4. The yearning for intimacy and close relationships
10. Attending and listening skills involve
    1. The helper listening to their own inner critic
    2. The client listening intently to the helper’s interventions
    3. **The helper orienting themselves toward the client**
    4. The helper listening quietly and then responding based on what the helper wanted to say before the client started speaking
11. Conditions of worth are
    1. **What we think we need to meet in order to gain acceptance and love**
    2. The ways in which we value ourselves
    3. Circumstances in which we demand love from our caregivers
    4. Types of acceptance that we seek from significant others
12. Unconditional positive regard is
    1. Extreme love that one exhibits toward another person
    2. **Acceptance and support regardless of conditions**
    3. Acts of loving kindness for your fellow human being
    4. Sending someone positive vibes
13. Educating clients about the three-stage model of helping
    1. **Can be important, especially when working with clients who do not value expression of thoughts and emotions**
    2. Should only be done in the intake session
    3. Is frowned upon because it is better to let clients figure it out as the process unfolds
    4. Only makes sense when working with clients who are not psychologically minded
14. A major difference between Rogers’s theory and Hill’s helping skills model is
    1. **For Hill, helpers need to be able to facilitate insight and action**
    2. Cultural awareness is more important for Rogers than for Hill
    3. For Rogers, helpers need to be able to facilitate insight and action
    4. There are no major differences between Rogers’s theory and Hill’s helping skills model
15. According to Rogers, the source of anxiety, depression, and defensiveness is
    1. Distorted thinking
    2. Early childhood trauma
    3. **Incongruence between the real and ideal self**
    4. All of the above
16. In the exploration stage, helpers should
    1. Impose their values on clients to help clients achieve self-actualization
    2. Challenge clients to construct a meaningful narrative
    3. Be an expert by directing clients to make certain decisions
    4. **Try to understand clients from the clients’ frame of reference**
17. The defense of denial involves
    1. Performing an extreme behavior
    2. Losing track of time
    3. **A refusal to accept reality**
    4. Misattributing thoughts and feelings onto another person
18. Rogers believed that
    1. The therapeutic relationship is important but not sufficient for change
    2. The therapeutic relationship is not the most beneficial component of the helping process
    3. **The therapeutic relationship in and of itself can produce client growth**
    4. Clients need to accept themselves without helpers accepting them
19. Focusing on feelings during the exploration stage
    1. Can help clients figure out a logical approach to their problems
    2. Should be prioritized over focusing on thoughts
    3. Should be secondary to exploring thoughts
    4. **Can help clients experience feelings they suppressed earlier in life**
20. The defense of perceptual distortion involves
    1. **Altering or misinterpreting one’s experience to make it compatible with one’s self-concept**
    2. Keeping troubling thoughts unconscious
    3. Satisfying an impulse with a substitute object
    4. Projecting thoughts and feelings onto another person