

## Chapter 5: Overview of the Exploration Stage

1. According to Rogers's client-centered theory
  - a. The helper is the expert on the client's experience
  - b. Everyone has the potential for healthy and creative growth**
  - c. The primary issue for clients is distorted thinking
  - d. People are typically not resilient
2. Rogers's necessary and sufficient conditions included all of the following except
  - a. Client must experience helper's congruence, unconditional positive regard, and empathy
  - b. Client must feel unconditional positive regard for the helper**
  - c. Helper must feel unconditional positive regard for the client
  - d. Client must be in a state of incongruence
3. Exploration
  - a. Is not as important as insight
  - b. Is more important than insight
  - c. Is helpful because clients often need a chance to explore their problems in depth**
  - d. Is helpful because clients often need to be challenged in an empathic way
4. A main goal of the exploration stage is
  - a. Establishing rapport**
  - b. Exploring and processing the therapeutic relationship
  - c. Providing tailored advice
  - d. Disclosing feelings about the client
5. All of the following are true about defenses except
  - a. A certain level of defenses is necessary for coping
  - b. Excessive use of defenses can be harmful
  - c. Subjective reality can become incongruent with the external reality
  - d. Defenses are not workable in therapy**
6. The organismic valuing process means
  - a. Selecting goals based on internal influences**
  - b. Valuing ourselves based on conditions of worth
  - c. Evaluating our success based on our appearance
  - d. Selecting goals based on external influences
7. The client and the helper being in psychological contact means
  - a. The client and the helper have to understand each other telepathically
  - b. A therapeutic relationship must exist in order for the client to achieve growth**
  - c. The client and the helper must meet in person
  - d. The client and the helper should connect on an intellectual level
8. In order for reintegration to occur
  - a. Conditions of worth must be reduced
  - b. Conditions of worth must be increased
  - c. Unconditional positive regard must be received from others
  - d. Both A and C**
9. According to Rogers, our basic motivational force is
  - a. The tendency toward self-actualization**

- b. Concrete, behavioral goals
  - c. The desire for meaning in life
  - d. The yearning for intimacy and close relationships
10. Attending and listening skills involve
- a. The helper listening to their own inner critic
  - b. The client listening intently to the helper's interventions
  - c. The helper orienting themselves toward the client**
  - d. 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
- a. What we think we need to meet in order to gain acceptance and love**
  - b. The ways in which we value ourselves
  - c. Circumstances in which we demand love from our caregivers
  - d. Types of acceptance that we seek from significant others
12. Unconditional positive regard is
- a. Extreme love that one exhibits toward another person
  - b. Acceptance and support regardless of conditions**
  - c. Acts of loving kindness for your fellow human being
  - d. Sending someone positive vibes
13. Educating clients about the three-stage model of helping
- a. Can be important, especially when working with clients who do not value expression of thoughts and emotions**
  - b. Should only be done in the intake session
  - c. Is frowned upon because it is better to let clients figure it out as the process unfolds
  - d. 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
- a. For Hill, helpers need to be able to facilitate insight and action**
  - b. Cultural awareness is more important for Rogers than for Hill
  - c. For Rogers, helpers need to be able to facilitate insight and action
  - d. 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
- a. Distorted thinking
  - b. Early childhood trauma
  - c. Incongruence between the real and ideal self**
  - d. All of the above
16. In the exploration stage, helpers should
- a. Impose their values on clients to help clients achieve self-actualization
  - b. Challenge clients to construct a meaningful narrative
  - c. Be an expert by directing clients to make certain decisions
  - d. Try to understand clients from the clients' frame of reference**
17. The defense of denial involves
- a. Performing an extreme behavior
  - b. Losing track of time
  - c. A refusal to accept reality**

- d. Misattributing thoughts and feelings onto another person
18. Rogers believed that
- a. The therapeutic relationship is important but not sufficient for change
  - b. The therapeutic relationship is not the most beneficial component of the helping process
  - c. The therapeutic relationship in and of itself can produce client growth**
  - d. Clients need to accept themselves without helpers accepting them
19. Focusing on feelings during the exploration stage
- a. Can help clients figure out a logical approach to their problems
  - b. Should be prioritized over focusing on thoughts
  - c. Should be secondary to exploring thoughts
  - d. Can help clients experience feelings they suppressed earlier in life**
20. The defense of perceptual distortion involves
- a. Altering or misinterpreting one's experience to make it compatible with one's self-concept**
  - b. Keeping troubling thoughts unconscious
  - c. Satisfying an impulse with a substitute object
  - d. Projecting thoughts and feelings onto another person