

Chapter 7: Skills for Exploring Nonaffective Content, Thoughts, Narratives, and Stories

1. Restatements should
 - a. Focus on the client's emotions
 - b. Focus on the client and the client's thoughts**
 - c. Focus on other people in the client's life
 - d. Focus on the therapeutic relationship
2. "What crosses your mind when you think about..." is an example of
 - a. An open question for thoughts**
 - b. An open question for feelings
 - c. A restatement
 - d. A summary
3. All of the following are difficulties in restating except
 - a. Feeling like you are not doing anything
 - b. Sounding robotic
 - c. Coming across as too empathic**
 - d. Worrying that clients will feel annoyed
4. Restatements should
 - a. Capture the "cutting edge" of a client's statement**
 - b. Focus on the last part of a client's statement
 - c. Focus on the beginning part of a client's statement
 - d. Capture the full picture of a client's statement
5. A summary is
 - a. A type of restatement**
 - b. A type of open question for thoughts
 - c. A type of reflection of feelings
 - d. A type of approval-reassurance
6. Exploring thoughts and feelings is beneficial because it helps clients
 - a. Fixate on their experiences
 - b. Ruminant about their stories
 - c. Hear themselves in a new way**
 - d. Become confused before they can understand everything in the insight stage
7. Closed questions
 - a. Are recommended for beginning helpers
 - b. Request a one- or two-word answer or ask for specific facts**
 - c. Should be interspersed throughout the helping session
 - d. Should be avoided during a crisis situation
8. A restatement is
 - a. A repeating or paraphrasing of the client's nonaffective content or meaning**
 - b. A helper's statement that contains more words than a client's statement
 - c. A synonym for a reflection of feelings
 - d. A way that helpers can challenge clients' discrepant thoughts
9. Open questions and probes for thoughts
 - a. Ask clients to clarify or explore emotions
 - b. Ask clients to clarify or explore defenses
 - c. Ask clients to clarify or explore cognitions**

- d. All of the above**
- 10. The following are examples of open questions and probes for thoughts except
 - a. "Tell me more about that."
 - b. "What does that mean to you?"
 - c. "What are your memories about that?"
 - d. "Is that what happened to you?"**
- 11. Closed questions
 - a. Can often be made more open if rephrased**
 - b. Ask clients to explore whatever comes to mind
 - c. Are helpful in establishing rapport
 - d. Do not have a specific answer
- 12. Restatements are generally
 - a. Completely different than what the client said
 - b. More confusing than what the client said
 - c. More concrete and clear than what the client said**
 - d. Longer than what the client said
- 13. Open questions and probes for thoughts should
 - a. Be asked two at a time
 - b. Be complex so as to help the client think deeply
 - c. Focus on multiple parts of the problem
 - d. Be kept short and simple**
- 14. Summaries
 - a. Are rarely useful
 - b. Can tie together several ideas or pick out themes**
 - c. Are only beneficial at the end of a session
 - d. Must include everything the client has spoken about
- 15. "It sounds as though..." is an example of a formulaic starter to a
 - a. Closed question
 - b. Open question
 - c. Minimal encourager
 - d. Restatement**
- 16. Open questions and probes for thoughts
 - a. Have a right answer
 - b. Limit the nature of the client's response
 - c. Can be useful when clients are rambling**
 - d. Demonstrate that the helper is being inattentive
- 17. Open questions and probes for thoughts should
 - a. Start with "why"
 - b. Focus on past thoughts
 - c. Provide structure and direction**
 - d. Be slightly annoying to clients
- 18. "Does that sound right to you?" is an example of a(n)
 - a. Open question for thoughts
 - b. Open question for feelings
 - c. Closed question**
 - d. Restatement

19. There is a limited role of closed questions in helping because
- a. Helping is not an interview
 - b. Helping is not about diagnosing and curing
 - c. Helpers do not typically need to gather much specific information
 - d. All of the above**
20. "Give me an example of that" is an example of a(n)
- a. Closed question
 - b. Probe for thoughts**
 - c. Open question for feelings
 - d. Summary