

Chapter 9: Integrating the Skills of the Exploration Stage

1. Case conceptualization means
 - a. Working with one client at a time so that you can be present and mindful
 - b. Understanding your motivations for wanting to be a helper
 - c. **Trying to understand how the client's problems came about and then deciding what to do to help them with those problems**
 - d. Acknowledging your hot buttons
2. If you are lost during a session, you should
 - a. Center and refocus yourself
 - b. Imagine what the client is feeling
 - c. Use emotion regulation strategies
 - d. **All of the above**
3. When working with overly talkative clients, helpers should
 - a. Not interrupt
 - b. **Cautiously interrupt**
 - c. Let clients speak for 10 minutes before interrupting
 - d. Interrupt quickly and frequently
4. One of the most important aspects of implementing the helping skills is
 - a. **Paying attention to the client's reactions**
 - b. Not checking in with the client about their reactions
 - c. Interrupting the client's natural exploration process
 - d. Being extremely active and directive
5. Helpers should take the following into consideration when conceptualizing the therapeutic relationship
 - a. **The client's role in the relationship and the helper's role in the relationship**
 - b. The client's role in the relationship
 - c. The helper's role in the relationship
 - d. Previous therapeutic relationships with other clients
6. When a client asks the helper a question, the helper should
 - a. **Promote the client's curiosity as to why they asked the question**
 - b. Answer the question and quickly move on
 - c. Actively evade answering the question
 - d. Subtly evade answering the question
7. The most important aspect of a treatment plan in the exploration stage is to
 - a. Help the client explore change
 - b. **Accept the client as they are**
 - c. Give the client behavioral advice
 - d. Challenge the client to foster awareness
8. Practicing the helping skills
 - a. Is only useful for beginning helpers
 - b. **Is consistently reported by students as the most helpful way to learn the skills**
 - c. Cannot be accomplished unless you are in a helping session
 - d. Must be done in front of a supervisor or instructor
9. In a helping skills practice session
 - a. There are no exceptions to confidentiality

- b. Helpers should not go in with a specific agenda**
 - c. Helpers should take notes
 - d. Helpers should act as experts
- 10. When working with overly quiet clients, helpers should
 - a. Try to assess why the client is being quiet
 - b. Adjust to the client's pace
 - c. Let the client open up gradually
 - d. All of the above**
- 11. Sometimes the exploration stage can be challenging because
 - a. The client is circling rather than exploring**
 - b. The helper has engaged in too much self-reflection
 - c. The therapeutic relationship is too strong
 - d. All of the above
- 12. In the exploration stage, all of the following are advised except
 - a. Not giving too much or premature advice
 - b. Attending to culture
 - c. Being friends with the client**
 - d. Not asking too many closed questions
- 13. When it comes to your helping style
 - a. You should fit your style precisely to the helping skills model
 - b. Modify the skills to fit your style
 - c. Modify your style to fit your client
 - d. Both B and C**
- 14. Helper self-reflection strategies may include all of the following except
 - a. Personal therapy
 - b. Supervision
 - c. Journaling
 - d. Talking out your feelings with your client**
- 15. Self-talk
 - a. Does not influence performance in helping sessions
 - b. Can positively influence performance if it is positive self-talk**
 - c. Can negatively influence performance if it is positive self-talk
 - d. Can positively influence performance if it is negative self-talk
- 16. In practice helping sessions, helpers should use
 - a. A variety of exploration skills**
 - b. Exploration skills only
 - c. Insight skills only
 - d. Action skills only
- 17. Asking yourself "what would it be like to be the client" is
 - a. Advised**
 - b. Inappropriate
 - c. Not inappropriate, but not advised either
 - d. Inappropriate, but sometimes advisable
- 18. Primary goals of the exploration stage include all of the following except
 - a. Establishing a relationship
 - b. Helping clients experience emotions

- c. **Helping clients gain insight into their experiences**
 - d. Agreeing on goals and tasks
- 19. When ending the session, helpers might try to
 - a. Bring up a new topic
 - b. **Summarize the session**
 - c. End the session abruptly
 - d. Start exploring underlying reasons for client patterns
- 20. In developing observations of clients, helpers should consider all of the following except
 - a. The client's presenting problems
 - b. The client's appearance
 - c. **Their last client's issues**
 - d. The client's expectations for helping