

Chapter 10: Overview of the Insight Stage

1. Markers of readiness for insight include all of the following except
 - a. Statement of a lack of understanding
 - b. Stated eagerness to understand
 - c. Storytelling in a nonreflective manner
 - d. Clear awareness of a problem
2. According to Freud (1940/1949)
 - a. Interactions with others during early life have little impact on later functioning
 - b. Interactions with others later in life have a huge impact on functioning
 - c. Interactions with others during early life have a huge impact on later functioning
 - d. Interactions with others later in life have no impact on functioning
3. Insight involves
 - a. Exploring concerns on a surface level
 - b. Creating action plans
 - c. Having an understanding of why things happen
 - d. None of the above
4. According to psychoanalytic theory,
 - a. Many of our behaviors are determined by unconscious forces
 - b. Many of our behaviors are determined by conscious forces
 - c. None of our behaviors are determined by unconscious forces
 - d. None of our behaviors are determined by conscious forces
5. Intellectual insight
 - a. Is having an objective explanation for a problem
 - b. Connects affect to intellect
 - c. Creates a sense of personal involvement and responsibility
 - d. Is usually enough to lead to action
6. Treatment from a psychodynamic/existential perspective
 - a. Does not work through defense mechanisms
 - b. Works with unconscious conflicts
 - c. Does not work with unconscious conflicts
 - d. Works with active planning
7. Repeated experiences with attachment figures (Bowlby, 1969/1988)
 - a. Become organized into personality disorders
 - b. Have little impact on later functioning
 - c. Do not affect later romantic relationships
 - d. Become organized into internal working models
8. All of the following are psychosexual stages of development except
 - a. Oral
 - b. Anal
 - c. Clitoral
 - d. Genital
9. Blaming others for problems is a marker indicating a
 - a. Lack of readiness for insight
 - b. Readiness for insight
 - c. Lack of readiness for exploration

- d. Readiness for action
- 10. Psychodynamic treatment
 - a. Is not sufficient for most clients
 - b. Is not used anymore because Freud was only theorizing
 - c. Is useful when thinking about the complexity of human nature
 - d. Is useful because it teaches clients how to accept the life they have been given
- 11. Countertransference refers to
 - a. Placing onto the therapist characteristics that belong to other people with whom one has unresolved issues
 - b. Transferring ideas between the helper and client
 - c. Helper's reactions to the client that originate in the unresolved issues of the helper
 - d. Arguing that takes place during the insight stage between the helper and client
- 12. Types of challenges include all of the following except
 - a. Silence
 - b. Humor
 - c. Chair work
 - d. Visualizations
- 13. Freud theorized all of the following levels of consciousness except
 - a. Preconscious
 - b. Unconscious
 - c. Subconscious
 - d. Conscious
- 14. According to psychodynamic theory, defenses are
 - a. Unconscious methods for dealing with anxiety
 - b. Caused by depression
 - c. Unconscious methods for dealing with the luxuries in life
 - d. Both A and B
- 15. In optimal attachment,
 - a. Children provide a secure base
 - b. Caregivers provide a codependent style
 - c. Caregivers provide a secure base
 - d. Children provide a codependent style
- 16. An example of a primary existential concern is
 - a. Freedom
 - b. Social anxiety
 - c. Abuse
 - d. All of the above
- 17. Immediacy is an important skill primarily used for
 - a. Working with the therapeutic relationship
 - b. Exploring client's thoughts
 - c. Exploring client's previous actions
 - d. Working on client's emotions from the past
- 18. Psychodynamic treatment differs from cognitive behavioral therapy in that
 - a. Psychodynamic treatment emphasizes discussing current experiences
 - b. Psychodynamic treatment emphasizes discussing past experiences
 - c. Cognitive behavioral therapy emphasizes fantasy life

- d. Psychodynamic treatment does not focus on fantasy life
19. Awareness is
- a. Not generally needed in order to gain insight
 - b. Critical for blaming others for problems
 - c. Often a precondition for insight
 - d. Only important for clients with high defenses
20. The following skills are used to facilitate insight except
- a. Open questions/probes for insight
 - b. Interpretations
 - c. Reflection of feelings
 - d. Self-disclosure of insight