Chapter 12: Interpretive Skills

1. According to psychoanalytic theory, an interpretation
   1. Focuses on current stressors
   2. Should not be about transference
   3. Helps replace unconscious processes with conscious ones
   4. Is probably only given once in the treatment process
2. Interpretations should be
   1. Within the client’s awareness
   2. Just slightly beyond the client’s awareness
   3. Completely beyond the client’s awareness
   4. None of the above
3. It is recommended that open questions and probes for insight are
   1. Given forcefully
   2. Presented with infallible confidence
   3. Said gently and with curiosity
   4. Asked repeatedly until the client understands
4. Open questions and probes for insight primarily
   1. Invite clients to think about deeper meanings for thoughts, feelings, or behaviors
   2. Challenge clients about their conflicting values
   3. Go beyond what the clients have overtly stated and present a new meaning, reason, or explanation
   4. Help clients explore their emotions
5. According to narrative therapy, interpretations
   1. Are used to disrupt problematic narratives
   2. Help clients rewrite their narratives
   3. Are used to help clients tell their narratives
   4. All of the above
6. Disclosures of insight can generally
   1. Help alter the power balance of the helping relationship
   2. Challenge the client
   3. Assist the client in talking about the helping relationship
   4. Nudge the client toward action
7. Pointing out themes or patterns in a client’s behaviors, thoughts, or feelings is considered a(n)
   1. Challenge
   2. Interpretation
   3. Restatement
   4. Reflection of feelings
8. “I wonder if your challenges in your current relationship stem from your experiences as a child when you felt constantly rejected by your parents” is an example of an
   1. Open question for thoughts
   2. Open question for insight
   3. Interpretation
   4. Immediacy statement
9. Clients are more likely to change in the direction of the helper’s interpretation if clients view the helper as
   1. Expert, attractive, and trustworthy
   2. Expert, kind, and dedicated
   3. Kind, attractive, and knowledgeable
   4. Knowledgeable, trustworthy, and kind
10. Interpretations can be phrased as
    1. Direct statements
    2. Process advisement
    3. Questions
    4. Both A and C
11. All of the following are examples of interpretations except
    1. Explaining resistance
    2. Offering a new framework or explanation to understand problems
    3. Pointing out patterns
    4. Making connections that the client has already made
12. The accuracy of interpretations
    1. Can never really be determined
    2. Can be traced back
    3. Is not relevant to the helping process
    4. Is determined by how well the helper can envision the client’s past
13. When using interpretive skills
    1. The helper and the client should work together to role-play
    2. The helper and the client should work together to construct meaning
    3. The helper should provide expert advice about the client’s core issues
    4. The helper should provide direct guidance to the client
14. Disclosures of insight are a helping skill in which the helper
    1. Reveals a self-understanding of their own personal experience
    2. Shares a past emotional experience
    3. Discloses a strategy that they have used
    4. Divulges a shared experience with the client
15. Unconscious sources of data for developing interpretations are
    1. Dreams
    2. Fantasies
    3. Slips of the tongue
    4. All of the above
16. In the core conflictual relationship theme, clients have
    1. Wishes/needs, expected responses from others, and a response from the self
    2. Wishes/needs, typical behavior from the self, and responses from the significant other
    3. Expected responses from others, expected responses from self, and responses from the significant other
    4. Expected responses from others, a response from the self, and rejection of others
17. When asking open questions and probes for insight, helpers should
    1. Try to sound slightly judgmental
    2. Give off an air of expertise
    3. Be supportive and gentle
    4. Try to absolve clients of their past mistakes
18. An ideal intervention for the first step in the interpretive process is a(n)
    1. Interpretation
    2. Immediacy statement
    3. Reflection of feelings
    4. Open question/probe for insight
19. According to cognitive psychology, interpretations
    1. Can be beneficial for creating behavioral plans
    2. Are a useless intervention
    3. Can help attempt to change the structure of schemas
    4. Are critical to the helping process
20. One of the most important aspects to keep in mind when delivering an intervention is
    1. Your conceptualization of the client
    2. The client’s appearance
    3. Your experience giving interpretations with other clients
    4. The client’s profession