

## Chapter 12: Interpretive Skills

1. According to psychoanalytic theory, an interpretation
  - a. Focuses on current stressors
  - b. Should not be about transference
  - c. Helps replace unconscious processes with conscious ones
  - d. Is probably only given once in the treatment process
2. Interpretations should be
  - a. Within the client's awareness
  - b. Just slightly beyond the client's awareness
  - c. Completely beyond the client's awareness
  - d. None of the above
3. It is recommended that open questions and probes for insight are
  - a. Given forcefully
  - b. Presented with infallible confidence
  - c. Said gently and with curiosity
  - d. Asked repeatedly until the client understands
4. Open questions and probes for insight primarily
  - a. Invite clients to think about deeper meanings for thoughts, feelings, or behaviors
  - b. Challenge clients about their conflicting values
  - c. Go beyond what the clients have overtly stated and present a new meaning, reason, or explanation
  - d. Help clients explore their emotions
5. According to narrative therapy, interpretations
  - a. Are used to disrupt problematic narratives
  - b. Help clients rewrite their narratives
  - c. Are used to help clients tell their narratives
  - d. All of the above
6. Disclosures of insight can generally
  - a. Help alter the power balance of the helping relationship
  - b. Challenge the client
  - c. Assist the client in talking about the helping relationship
  - d. Nudge the client toward action
7. Pointing out themes or patterns in a client's behaviors, thoughts, or feelings is considered a(n)
  - a. Challenge
  - b. Interpretation
  - c. Restatement
  - d. 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
  - a. Open question for thoughts
  - b. Open question for insight
  - c. Interpretation
  - d. Immediacy statement

9. Clients are more likely to change in the direction of the helper's interpretation if clients view the helper as
  - a. Expert, attractive, and trustworthy
  - b. Expert, kind, and dedicated
  - c. Kind, attractive, and knowledgeable
  - d. Knowledgeable, trustworthy, and kind
10. Interpretations can be phrased as
  - a. Direct statements
  - b. Process advisement
  - c. Questions
  - d. Both A and C
11. All of the following are examples of interpretations except
  - a. Explaining resistance
  - b. Offering a new framework or explanation to understand problems
  - c. Pointing out patterns
  - d. Making connections that the client has already made
12. The accuracy of interpretations
  - a. Can never really be determined
  - b. Can be traced back
  - c. Is not relevant to the helping process
  - d. Is determined by how well the helper can envision the client's past
13. When using interpretive skills
  - a. The helper and the client should work together to role-play
  - b. The helper and the client should work together to construct meaning
  - c. The helper should provide expert advice about the client's core issues
  - d. The helper should provide direct guidance to the client
14. Disclosures of insight are a helping skill in which the helper
  - a. Reveals a self-understanding of their own personal experience
  - b. Shares a past emotional experience
  - c. Discloses a strategy that they have used
  - d. Divulges a shared experience with the client
15. Unconscious sources of data for developing interpretations are
  - a. Dreams
  - b. Fantasies
  - c. Slips of the tongue
  - d. All of the above
16. In the core conflictual relationship theme, clients have
  - a. Wishes/needs, expected responses from others, and a response from the self
  - b. Wishes/needs, typical behavior from the self, and responses from the significant other
  - c. Expected responses from others, expected responses from self, and responses from the significant other
  - d. Expected responses from others, a response from the self, and rejection of others
17. When asking open questions and probes for insight, helpers should
  - a. Try to sound slightly judgmental
  - b. Give off an air of expertise

- c. Be supportive and gentle
  - d. Try to absolve clients of their past mistakes
18. An ideal intervention for the first step in the interpretive process is a(n)
- a. Interpretation
  - b. Immediacy statement
  - c. Reflection of feelings
  - d. Open question/probe for insight
19. According to cognitive psychology, interpretations
- a. Can be beneficial for creating behavioral plans
  - b. Are a useless intervention
  - c. Can help attempt to change the structure of schemas
  - d. Are critical to the helping process
20. One of the most important aspects to keep in mind when delivering an intervention is
- a. Your conceptualization of the client
  - b. The client's appearance
  - c. Your experience giving interpretations with other clients
  - d. The client's profession