

Chapter 13: Skills for Processing the Therapeutic Relationship

1. “What would you like from me right now?” is an example of
 - a. An open question for thoughts
 - b. An open question about the relationship
 - c. A challenge
 - d. A helper’s statement of reactions to the client
2. A client marker for using immediacy is the client
 - a. Seeming the same as usual
 - b. Acting in congruence with the helper’s conceptualization
 - c. Agreeing with the helper
 - d. Seeming different than usual
3. In general, immediacy
 - a. Can be initiated by the client
 - b. Should be used when the helper wants to discuss the client’s romantic relationship
 - c. Is an intervention with low stakes
 - d. Can only be accomplished by experienced therapists
4. A discussion about the therapeutic relationship in the here and now is considered
 - a. Therapeutic processing
 - b. An open question/probe for insight
 - c. Immediacy
 - d. All of the above
5. An example of a potential issue in the therapeutic relationship is
 - a. The client gaining insight
 - b. The client bringing gifts to the helper
 - c. The helper using the helping skills too effectively
 - d. The helper facilitating exploration of action
6. “You are talking about withdrawing from your friends lately. I wonder if that’s happening in here with me too?” is an example of
 - a. A restatement
 - b. An open question for feelings
 - c. A challenge
 - d. Drawing parallels with outside relationships
7. An example of a type of immediacy is
 - a. Reflection of feelings
 - b. Calling the client out
 - c. Making the covert overt
 - d. None of the above
8. When clients talk about things that bother them about other people,
 - a. They are strictly referring to others
 - b. It is important to focus the conversation on the other person and not on the client
 - c. It is important to always push back on what they say
 - d. They may be covertly referring to things that bother them about the helper
9. Getting hooked refers to helpers being
 - a. Sexually attracted to their client’s promiscuity
 - b. Pushed into a narrow range of responses by the client’s maladaptive behaviors

- c. So attached to the client that they believe everything the client says as true
 - d. Gradually lured by the client into accepting them unconditionally
- 10. According to Kiesler's theory of metacommunication (1988/1996),
 - a. Helpers respond differently to clients than what the client is accustomed to
 - b. Helpers respond the same way to the client than what the client is accustomed to
 - c. Clients are used to processing relationships
 - d. Speaking about the relationship should only be done if the client is hostile
- 11. A helper marker for using immediacy is the helper
 - a. Wanting to avoid certain topics
 - b. Feeling sexually attracted to the client
 - c. Having intense feelings of incompetence
 - d. All of the above
- 12. Closing a session with immediacy is
 - a. Ill-advised
 - b. A relatively easy way to use immediacy
 - c. One of the harder ways to use immediacy
 - d. Recommended for every session
- 13. Immediacy is about
 - a. The present
 - b. The past
 - c. The future
 - d. All of the above
- 14. Difficulties in using immediacy may include
 - a. Getting closer to the client
 - b. Feeling vulnerable
 - c. Being familiar with immediacy from other relationships
 - d. Both A and B
- 15. Immediacy can be used to
 - a. Establish the relationship
 - b. Monitor the relationship
 - c. Maintain the relationship
 - d. All of the above
- 16. The helper expressing feelings and reactions in the moment and generally following them up with an inquiry about how the client feels is considered
 - a. Open question about the relationship
 - b. Helper's statement of reactions to the client
 - c. Drawing parallels with outside relationships
 - d. Making the covert overt
- 17. Immediacy is
 - a. An opportunity for clients to grow
 - b. A harsh method
 - c. A low-stakes intervention
 - d. Used to reduce the fears of inexperienced helpers
- 18. According to Kiesler (1988), the success of immediacy depends on the extent to which helpers can balance
 - a. The challenge of immediacy with being supportive of the client's self-esteem

- b. The support of immediacy with the challenge to the client's self-esteem
 - c. The love of immediacy with the acceptance of the client's self-esteem
 - d. The harshness of immediacy with the acceptance of the client's self-esteem
19. Immediacy should
- a. Help improve the therapeutic relationship
 - b. Lead to termination
 - c. Help clients change how they act outside of helping
 - d. Both A and C
20. When using immediacy, it is best for helpers to
- a. React defensively to clients' open expression of feelings
 - b. Become aware of what is happening inside of them
 - c. Be timid and tread lightly
 - d. All of the above