

Chapter 14: Integrating the Skills of the Insight Stage

1. Insight interventions
 - a. Typically work when stated once
 - b. Are working hypotheses
 - c. Usually go over well when the therapeutic relationship is weak
 - d. None of the above
2. The first step in implementing the insight stage is
 - a. Engage in a collaboration process
 - b. Explore action
 - c. Set the stage
 - d. None of the above
3. Countertransference
 - a. Does not impact the therapeutic relationship
 - b. Can interfere with the helper's ability to deliver insight interventions effectively
 - c. Is best avoided by helpers
 - d. Should only be dealt with in supervision
4. A typical difficulty when implementing the insight stage involves
 - a. Moving prematurely into insight
 - b. Trying insight interventions when there is a strong relationship
 - c. Attempting insight interventions after the client has adequately explored
 - d. All of the above
5. Cultural issues
 - a. Are less likely to arise during the insight stage
 - b. Should be avoided at all costs in therapy
 - c. Are more likely to arise during the insight stage
 - d. Both A and B
6. As helpers, we want clients to feel
 - a. Slightly confused about the path forward
 - b. Overwhelmed by their emotions
 - c. Less secure so that they can depend on us
 - d. A sense of agency
7. Above all, helpers should
 - a. Be respectful of a client's choice to not want insight
 - b. Persistently attempt insight interventions even if the client does not want insight
 - c. Refuse to move to the action stage if clients have not first gained insight
 - d. Impose interpretations on clients
8. Ruptures in the therapeutic relationship
 - a. Indicate that the relationship is doomed
 - b. Indicate that the relationship is immediately over
 - c. May ultimately lead to better relationships if resolved well
 - d. May be avoided by really skilled therapists
9. A case conceptualization should involve
 - a. Sources of problems and patterns
 - b. Defenses
 - c. Transference/countertransference

- d. All of the above
- 10. Engaging in a collaborative process
 - a. Is important for the exploration and action stages, but not for the insight stage
 - b. Involves making modifications based on client reactions
 - c. Requires expertise from the helper on the client's past
 - d. Means forcing the client to state their opinion every time after the helper speaks
- 11. One theoretical perspective
 - a. Should fit for most clients
 - b. Can serve as a cookbook for doing therapy
 - c. Might not fit for an individual client
 - d. Is superior to all of the other theoretical perspectives
- 12. A strategy for overcoming difficulties in the insight stage is
 - a. Processing the therapeutic relationship
 - b. Supervision
 - c. Practice
 - d. All of the above
- 13. Returning to exploration
 - a. Is not necessary once the client has gained insight
 - b. Is an important step in implementing the insight stage
 - c. Should occur briefly
 - d. Is less important than moving right into action
- 14. In the insight stage, helpers should
 - a. Ask the client for their current understanding
 - b. Get to the bottom of the issues as quickly as possible
 - c. Avoid asking the client about painful memories
 - d. All of the above
- 15. Observations
 - a. Are no longer relevant after the exploration stage
 - b. Should note new information about childhood, family-of-origin, and current relationships
 - c. Can interfere with the helper's case conceptualization
 - d. Make facilitating insight more difficult
- 16. Insight interventions should be
 - a. Less supportive than exploration interventions
 - b. More supportive than action interventions
 - c. Preceded by and interspersed with exploration skills
 - d. Definite and unable to be refuted
- 17. A typical difficulty when implementing the insight stage involves
 - a. Feeling impatient because the client cannot see what is obvious to the helper
 - b. Taking too much responsibility for developing insight
 - c. Feeling the helper has to be the expert
 - d. All of the above
- 18. Client conceptualization
 - a. Is important at the beginning of therapy, but not critical when you get to the insight stage
 - b. Is important at the end of therapy, but not critical for the insight stage

- c. Is important during all three stages of the helping skills model
 - d. Is not as important as being intuitive and in the moment with your client
- 19. Gaining insight into clients
 - a. Helps therapists have compassion
 - b. Is scary
 - c. Makes therapists want to terminate with clients
 - d. Can only be accomplished after years of experience
- 20. Helpers should help clients understand
 - a. Origins of their suffering
 - b. How they developed defenses to help them survive
 - c. Distortions in their current relationships based in past relationships
 - d. All of the above