Chapter 15: Overview of the Action Stage

1. A primary goal of the action stage is
   1. Challenging clients to foster awareness of their defenses
   2. Facilitating insight into the reasons for their behaviors
   3. Encouraging clients to process their feelings about action
   4. All of the above
2. When giving process advisement, helpers should
   1. Transmit confidence
   2. Be attentive to signs that the client does not want to follow it
   3. Respect the client’s decision if they do not want to participate
   4. All of the above
3. Taking action
   1. Helps consolidate the new thinking patterns learned in the insight stage
   2. Is usually not something for which clients seek help
   3. Is not a natural step after insight
   4. Almost always involves years of planning
4. “The counseling center is in brick building at the end of this street” is considered
   1. Direct guidance
   2. Process advisement
   3. Feedback
   4. Information
5. When a person observes another person perform a behavior and receive consequences, this is referred to as
   1. Shaping
   2. Modeling
   3. Classical conditioning
   4. Punishment
6. In the action stage, helpers should
   1. Solve clients’ problems
   2. Be the expert
   3. Not be invested in whether and how clients change
   4. All of the above
7. The major difference between behavioral/cognitive theories and the action stage is
   1. Behavioral and cognitive theories do not emphasize the importance of the exploration and insight stages as curative elements of the treatment
   2. Behavioral and cognitive theories do not emphasize the importance of facilitating change as much as the action stage does
   3. The action stage incorporates barriers to change whereas behavioral and cognitive theories do not
   4. The action stage incorporates an emphasis on behaviors whereas behavioral and cognitive theories emphasize cognitions
8. The difference between process advisement and direct guidance is that
   1. Direct guidance directs clients to do things within helping sessions
   2. Process advisement directs clients to do things outside of helping sessions
   3. Direct guidance directs clients to do things both within and outside of helping sessions
   4. Process advisement directs clients to do things within helping sessions
9. All of the following are markers for action except
   1. The client starts spontaneously talking about action
   2. The client is in crisis
   3. The client is actively engaged in the insight process
   4. The client presents a specific problem and simply wants relief from it
10. “What kinds of things have you tried before?” is an example of a(n)
    1. Open question for thoughts
    2. Open question for insight
    3. Open question for action
    4. Process advisement
11. Specific action stage skills involve
    1. Process advisement
    2. Challenges
    3. Reflection of feelings
    4. Disclosure of similarities
12. Feedback involves
    1. Providing specific data, facts, resources, answers to questions, or opinions to clients
    2. Giving information to clients about their behaviors or impact on others
    3. Telling clients what to do and how to make changes
    4. Asking clients how they would like to change
13. “You should get 8 hours of sleep before taking the GRE” is an example of
    1. Direct guidance
    2. Information
    3. Process advisement
    4. Feedback
14. Behavioral and cognitive theories assume
    1. Behaviors are innate
    2. A focus on the past
    3. The helper should be passive
    4. An emphasis on specific goals
15. Direct guidance can
    1. Foster dependency
    2. Lead to clients blaming the helpers
    3. Lead to rebellion
    4. All of the above
16. Clients are
    1. Inactive when compared to their significant others
    2. The active agents of their own lives
    3. Typically not as smart as their helpers
    4. Helpless when it comes to making concrete changes
17. Providing specific data, facts, resources, answers to questions, or opinions to clients is considered
    1. Process advisement
    2. Direct guidance
    3. Information
    4. Disclosure of strategy
18. A deterrent to action is clients
    1. Only understanding situations at an intellectual level
    2. Not having the necessary skills or resources
    3. Lacking motivation to change
    4. All of the above
19. Imitation of models by observers is greater when models are
    1. Similar to observers, more prestigious, and higher in expertise
    2. More attractive, more intelligent, and more valued than observers
    3. Older, have a higher status, and are more liked than observers
    4. Different than observers, less prestigious, and lower in expertise
20. Providing feedback about attempted changes
    1. Should be done with slight judgment
    2. Should not be done. Helpers should just ask clients for their opinions about attempted changes.
    3. Is a primary goal of the action stage
    4. None of the above