

Chapter 15: Overview of the Action Stage

1. A primary goal of the action stage is
 - a. Challenging clients to foster awareness of their defenses
 - b. Facilitating insight into the reasons for their behaviors
 - c. Encouraging clients to process their feelings about action
 - d. All of the above
2. When giving process advisement, helpers should
 - a. Transmit confidence
 - b. Be attentive to signs that the client does not want to follow it
 - c. Respect the client's decision if they do not want to participate
 - d. All of the above
3. Taking action
 - a. Helps consolidate the new thinking patterns learned in the insight stage
 - b. Is usually not something for which clients seek help
 - c. Is not a natural step after insight
 - d. Almost always involves years of planning
4. "The counseling center is in brick building at the end of this street" is considered
 - a. Direct guidance
 - b. Process advisement
 - c. Feedback
 - d. Information
5. When a person observes another person perform a behavior and receive consequences, this is referred to as
 - a. Shaping
 - b. Modeling
 - c. Classical conditioning
 - d. Punishment
6. In the action stage, helpers should
 - a. Solve clients' problems
 - b. Be the expert
 - c. Not be invested in whether and how clients change
 - d. All of the above
7. The major difference between behavioral/cognitive theories and the action stage is
 - a. Behavioral and cognitive theories do not emphasize the importance of the exploration and insight stages as curative elements of the treatment
 - b. Behavioral and cognitive theories do not emphasize the importance of facilitating change as much as the action stage does
 - c. The action stage incorporates barriers to change whereas behavioral and cognitive theories do not
 - d. 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
 - a. Direct guidance directs clients to do things within helping sessions
 - b. Process advisement directs clients to do things outside of helping sessions

- c. Direct guidance directs clients to do things both within and outside of helping sessions
 - d. Process advisement directs clients to do things within helping sessions
- 9. All of the following are markers for action except
 - a. The client starts spontaneously talking about action
 - b. The client is in crisis
 - c. The client is actively engaged in the insight process
 - d. 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)
 - a. Open question for thoughts
 - b. Open question for insight
 - c. Open question for action
 - d. Process advisement
- 11. Specific action stage skills involve
 - a. Process advisement
 - b. Challenges
 - c. Reflection of feelings
 - d. Disclosure of similarities
- 12. Feedback involves
 - a. Providing specific data, facts, resources, answers to questions, or opinions to clients
 - b. Giving information to clients about their behaviors or impact on others
 - c. Telling clients what to do and how to make changes
 - d. Asking clients how they would like to change
- 13. “You should get 8 hours of sleep before taking the GRE” is an example of
 - a. Direct guidance
 - b. Information
 - c. Process advisement
 - d. Feedback
- 14. Behavioral and cognitive theories assume
 - a. Behaviors are innate
 - b. A focus on the past
 - c. The helper should be passive
 - d. An emphasis on specific goals
- 15. Direct guidance can
 - a. Foster dependency
 - b. Lead to clients blaming the helpers
 - c. Lead to rebellion
 - d. All of the above
- 16. Clients are
 - a. Inactive when compared to their significant others
 - b. The active agents of their own lives
 - c. Typically not as smart as their helpers
 - d. Helpless when it comes to making concrete changes
- 17. Providing specific data, facts, resources, answers to questions, or opinions to clients is considered

- a. Process advisement
 - b. Direct guidance
 - c. Information
 - d. Disclosure of strategy
18. A deterrent to action is clients
- a. Only understanding situations at an intellectual level
 - b. Not having the necessary skills or resources
 - c. Lacking motivation to change
 - d. All of the above
19. Imitation of models by observers is greater when models are
- a. Similar to observers, more prestigious, and higher in expertise
 - b. More attractive, more intelligent, and more valued than observers
 - c. Older, have a higher status, and are more liked than observers
 - d. Different than observers, less prestigious, and lower in expertise
20. Providing feedback about attempted changes
- a. Should be done with slight judgment
 - b. Should not be done. Helpers should just ask clients for their opinions about attempted changes.
 - c. Is a primary goal of the action stage
 - d. None of the above