Chapter 16: Steps for Working With Four Action Tasks

1. Working with clients to help them articulate their options and explore their values is called
   1. Relaxation
   2. Mindfulness
   3. Decision making
   4. Behavior change
2. Attending nonjudgmentally to one’s experience in the moment is called
   1. Relaxation
   2. Mindfulness
   3. Dialectic behavior therapy
   4. Cognitive behavioral therapy
3. Reinforcement should be
   1. Administered by others in the client’s life as opposed to the client
   2. Applied as soon as possible after the desired behavior is completed
   3. Applied only after the desired behavior has been completed five times
   4. Administered by the therapist as opposed to the client
4. When clarifying the specific problem during behavior change, it can be helpful to ask about
   1. Antecedents of the event
   2. Behaviors of the event
   3. Consequences of the event
   4. All of the above
5. An ideal intervention for problems that are intrapersonal and under the client’s control is
   1. Behavior rehearsal
   2. Mindfulness
   3. Decision making
   4. Behavior change
6. Teaching clients how to stand up for their rights without infringing on the rights of others is called
   1. Teaching aggression
   2. Assertiveness training
   3. Encouraging reluctance
   4. None of the above
7. Steps for relaxation include all of the following except
   1. Describing specific situations of stress
   2. Encouraging the client to imagine implementing relaxation in situations outside helping
   3. Assigning relaxation practice to the client’s partner
   4. Follow-up
8. When implementing action, it is best to
   1. Encourage clients to make quick changes
   2. Look for ways to increase behavior as opposed to decreasing behavior
   3. Focus on changing the outcome rather than target behaviors
   4. Help the client take large steps toward change
9. One of the best methods for teaching clients skills for responding in more adaptive ways in interpersonal situations is
   1. Behavior change
   2. Behavioral rehearsal
   3. Relaxation
   4. Decision making
10. Action work is typically
    1. Creative
    2. Rigid
    3. Straightforward
    4. Stress-inducing
11. All of the following are action tasks except
    1. Relaxation
    2. Mindfulness
    3. Challenging distortions
    4. Decision making
12. Steps for behavior change involve all of the following except
    1. Exploring the idea of action
    2. The client generating options on their own
    3. Clarifying problem and goals
    4. Determining reinforcers
13. Hill recommends
    1. Teaching relaxation before implementing other behavioral interventions
    2. Teaching relaxation after implementing other behavioral interventions
    3. Assigning relaxation for homework but not teaching it in session
    4. None of the above
14. During behavioral rehearsal
    1. The helper might role play the client
    2. The helper might role play the other person
    3. The client might role play the helper
    4. Both A and B
15. All of the following are steps for decision making except
    1. Values clarification
    2. Making a decision by the end of the session
    3. Rating the options
    4. Follow-up
16. An effective component of relaxation is
    1. Repetition
    2. Passive return to repetition
    3. Watching Netflix
    4. Both A and B
17. A client who drinks too much alcohol might particularly benefit from
    1. Behavior change
    2. Behavior rehearsal
    3. Disclosures
    4. Probes for insight
18. Savoring every bite of food and tasting each flavor is a type of
    1. Mindfulness
    2. Capitalization
    3. Shaping
    4. Modeling
19. “What happened when you asked for a raise?” is an example of a question that might be asked during which step of behavior change?
    1. Explore the idea of action
    2. Clarify goals
    3. Generate options together
    4. Check on progress and modify assignments
20. Asking a client how change would make them feel
    1. Should be reserved for the exploration stage
    2. Is an important question during the action stage
    3. Is not as important as asking the client what changes they would like to make
    4. Should generally be avoided