

## Chapter 17: Integrating the Skills of the Action Stage

1. During the action stage, helpers should be
  - a. Uninvested and uncaring
  - b. Uninvested but caring
  - c. Invested and caring
  - d. Invested but uncaring
2. Feeling impatient with the long process of action is
  - a. Not possible because action is not a long process
  - b. Irrelevant when it comes to helping
  - c. A common difficulty helpers face in the action stage
  - d. None of the above
3. Self-reflection, personal therapy, and supervision are examples of
  - a. Strategies for overcoming difficulties in the action stage
  - b. Unhealthy coping mechanisms
  - c. Helpful but not important strategies for helpers to use
  - d. Self-care for which helpers do not actually have time
4. Helpers' needs might get in the way of action in that
  - a. They want to be perceived as the expert
  - b. They might impose their own values on to the client
  - c. They might not want to be perceived as directive
  - d. All of the above
5. Behavioral treatment is
  - a. Rigid and quick
  - b. Flexible and creative
  - c. Slow and tedious
  - d. Structured and outlined
6. Changing is
  - a. A linear process
  - b. Easy
  - c. Rarely possible
  - d. Hard
7. Helpers may face all of the following difficulties in the action stage except
  - a. Being too supportive
  - b. Acting out on their own needs
  - c. Failing to attend to culture
  - d. Moving too quickly to action
8. Ruptures in the therapeutic relationship
  - a. Only happen during the exploration stage
  - b. Only happen during the insight stage
  - c. Only happen during the action stage
  - d. Can happen during the action stage, especially if clients are not ready to change and feel pressured by helpers
9. Helpers might become so involved in developing the action stage that they forget to be
  - a. Nice
  - b. Friendly

- c. Helpful
  - d. Supportive
10. The four types of action
- a. Are easily distinguishable in practice
  - b. Contain steps that are often implemented in a linear manner
  - c. Contain steps that should be learned then modified as needed
  - d. Are the only types of action a helper would use in therapy
11. Insight skills may be used to
- a. Help clients understand their resistance to change
  - b. Help clients explore how they feel about change
  - c. Help clients work on specific, behavioral change
  - d. Insight skills are not used in relationship to action
12. One of the most common difficulties helpers face in the helping process is
- a. Staying in the insight stage for too long
  - b. Moving to action before exploring the complexity of the situation
  - c. Moving to exploration before establishing an action plan
  - d. Not keeping the linear trajectory of exploration–insight–action in mind
13. Clients may face barriers to action based on their
- a. Cultural norms
  - b. Level of change
  - c. Available resources and social support
  - d. All of the above
14. Conceptualization during the action stage might include
- a. Reflecting deeply on the client's childhood
  - b. Recognizing client reactions of hesitance
  - c. Focusing on readily observable behaviors
  - d. Both B and C
15. Countertransference
- a. Only really emerges in the insight stage
  - b. Can emerge during any helping stage, especially if helpers have very similar or dissimilar difficulties as clients
  - c. Emerges mostly in the exploration stage
  - d. Can emerge even if the helper does not have unresolved conflicts from their past or current relationships
16. The majority of time in helping should be spent in
- a. Exploration
  - b. Insight
  - c. Action
  - d. Both A and B
17. It can be helpful for the helper to think about
- a. What gets in the way of the client making changes
  - b. What facilitates the client changing
  - c. Both A and B
  - d. Neither A nor B
18. When it comes to action, it is important to remember that
- a. Clients' problems developed over many years

- b. Clients' problems are real
  - c. Helpers' suggestions can have major consequences
  - d. All of the above
19. All of the following are strategies for overcoming difficulties in the action stage except
- a. Deep breathing
  - b. Conceptualizing the client
  - c. Looking inward and not accepting feedback from others
  - d. Practicing
20. When it comes to action, beginning helpers often
- a. Avoid action in favor of being empathic and insightful
  - b. Become overly directive and authoritarian while neglecting empathy
  - c. Both A and B
  - d. Neither A nor B