

## Chapter 18: Putting It All Together: Working With Clients in the Three-Stage Model

1. During a session, helpers should
  - a. Keep the focus on the client
  - b. Use a combination of skills to help the client focus
  - c. Both A and B
  - d. Neither A nor B
2. Between sessions, helpers should
  - a. Try not to think about their client
  - b. Reflect on the client's underlying themes and patterns
  - c. Speak to trusted family members, in confidence, about their client
  - d. Wallow in despair at their inadequacy
3. The working phase of helping often involves
  - a. Mostly insight into one core problem
  - b. Mostly action on one core problem
  - c. Cycling through exploration, insight, and action with many problems
  - d. Cycling through insight with many problems
4. Termination typically involves
  - a. Planning, exploring loss, and consolidating progress
  - b. Challenging, exploring loss, and gaining insight
  - c. Planning, covering new topics, and letting go
  - d. Challenging, consolidating progress, and saying goodbye
5. Session content, client defenses, and the helper's assessment should be written up in
  - a. Process notes
  - b. An online blog
  - c. The helper's journal
  - d. None of the above
6. The timing of helping sessions
  - a. Is arbitrary
  - b. Should be consistent every week
  - c. Changes based on the client's needs
  - d. Starts long and gradually gets shorter
7. During the intake session, helpers
  - a. Will be more directive than usual
  - b. Should be using exploration skills
  - c. Begin to solve the client's problems
  - d. Both A and B
8. It is helpful in each session to
  - a. Create an action plan
  - b. Address the client's defenses
  - c. Develop a focus
  - d. All of the above
9. In helping,
  - a. Each helper has a different style
  - b. Each client has different needs and reactions
  - c. Each clinical setting has different policies and procedures

- d. All of the above
- 10. The best response to client anger is
  - a. The helper getting angry to show the client the impact of their anger
  - b. The helper withdrawing to show the client the impact of their anger
  - c. The helper responding as they would to any other emotion
  - d. The helper immediately apologizing and reassuring the client
- 11. During the intake session, it is recommended to gather information on all of the following except
  - a. Medical history
  - b. Therapy expectations
  - c. The client's mother's opinion
  - d. Risk factors
- 12. When referring or transferring a client, helpers should
  - a. Explain the reason to the client
  - b. Mask the reason from the client
  - c. Be protective of clients and not trust the new helpers
  - d. Suddenly terminate with the client to make for a smoother transition process
- 13. At the end of the intake, helpers
  - a. Assign homework
  - b. Give an interpretation
  - c. Ask the client if they want to commit to the helping process
  - d. All of the above
- 14. Termination ideally takes place
  - a. When helpers leave the clinic they are working in
  - b. When helpers and clients have accomplished as much as they can within the confines of their contracted relationship
  - c. When clients feel cured
  - d. After 8 sessions
- 15. A helper should do all of the following work between sessions except
  - a. Ruminant about their mistakes
  - b. Consult with a supervisor
  - c. Read about the client's culture
  - d. Write process notes
- 16. When clients bring up suicidal ideation
  - a. They usually do not mean it
  - b. Helpers should address it after the 3<sup>rd</sup> time
  - c. They are just looking for attention
  - d. Helpers need to actively and directly assess risk
- 17. If it is not possible to get a client to focus, the helper should
  - a. Force the client to focus
  - b. Cancel the session
  - c. Explore with the client what is making it difficult for them to focus
  - d. Not intervene
- 18. The three steps of termination are
  - a. Exploration, insight, and action
  - b. Looking back, looking ahead, and saying goodbye

- c. Saying hello, exploring, and saying goodbye
  - d. Reviewing goals, exchanging contact information, and hugging
19. Helpers feeling attracted to clients is \_\_\_\_\_; helpers acting on the attraction is \_\_\_\_\_
- a. Uncommon; bold
  - b. Common; unethical
  - c. Common; common
  - d. Uncommon; unethical
20. Resistant clients
- a. Often present as not needing help
  - b. Might try to manipulate the helper
  - c. Are sometimes clients who come to therapy because they are forced
  - d. All of the above