

Chapter 5: Overview of the Exploration Stage

1. According to Rogers's client-centered theory
 - a. The helper is the expert on the client's experience
 - b. Everyone has the potential for healthy and creative growth
 - c. The primary issue for clients is distorted thinking
 - d. People are typically not resilient
2. Rogers's necessary and sufficient conditions included all of the following except
 - a. Client must experience helper's congruence, unconditional positive regard, and empathy
 - b. Client must feel unconditional positive regard for the helper
 - c. Helper must feel unconditional positive regard for the client
 - d. Client must be in a state of incongruence
3. Exploration
 - a. Is not as important as insight
 - b. Is more important than insight
 - c. Is helpful because clients often need a chance to explore their problems in depth
 - d. Is helpful because clients often need to be challenged in an empathic way
4. A main goal of the exploration stage is
 - a. Establishing rapport
 - b. Exploring and processing the therapeutic relationship
 - c. Providing tailored advice
 - d. Disclosing feelings about the client
5. All of the following are true about defenses except
 - a. A certain level of defenses is necessary for coping
 - b. Excessive use of defenses can be harmful
 - c. Subjective reality can become incongruent with the external reality
 - d. Defenses are not workable in therapy
6. The organismic valuing process means
 - a. Selecting goals based on internal influences
 - b. Valuing ourselves based on conditions of worth
 - c. Evaluating our success based on our appearance
 - d. Selecting goals based on external influences
7. The client and the helper being in psychological contact means
 - a. The client and the helper have to understand each other telepathically
 - b. A therapeutic relationship must exist in order for the client to achieve growth
 - c. The client and the helper must meet in person
 - d. The client and the helper should connect on an intellectual level
8. In order for reintegration to occur
 - a. Conditions of worth must be reduced
 - b. Conditions of worth must be increased
 - c. Unconditional positive regard must be received from others
 - d. Both A and C
9. According to Rogers, our basic motivational force is
 - a. The tendency toward self-actualization
 - b. Concrete, behavioral goals

- c. The desire for meaning in life
 - d. The yearning for intimacy and close relationships
10. Attending and listening skills involve
- a. The helper listening to their own inner critic
 - b. The client listening intently to the helper's interventions
 - c. The helper orienting themselves toward the client
 - d. The helper listening quietly and then responding based on what the helper wanted to say before the client started speaking
11. Conditions of worth are
- a. What we think we need to meet in order to gain acceptance and love
 - b. The ways in which we value ourselves
 - c. Circumstances in which we demand love from our caregivers
 - d. Types of acceptance that we seek from significant others
12. Unconditional positive regard is
- a. Extreme love that one exhibits toward another person
 - b. Acceptance and support regardless of conditions
 - c. Acts of loving kindness for your fellow human being
 - d. Sending someone positive vibes
13. Educating clients about the three-stage model of helping
- a. Can be important, especially when working with clients who do not value expression of thoughts and emotions
 - b. Should only be done in the intake session
 - c. Is frowned upon because it is better to let clients figure it out as the process unfolds
 - d. Only makes sense when working with clients who are not psychologically minded
14. A major difference between Rogers's theory and Hill's helping skills model is
- a. For Hill, helpers need to be able to facilitate insight and action
 - b. Cultural awareness is more important for Rogers than for Hill
 - c. For Rogers, helpers need to be able to facilitate insight and action
 - d. There are no major differences between Rogers's theory and Hill's helping skills model
15. According to Rogers, the source of anxiety, depression, and defensiveness is
- a. Distorted thinking
 - b. Early childhood trauma
 - c. Incongruence between the real and ideal self
 - d. All of the above
16. In the exploration stage, helpers should
- a. Impose their values on clients to help clients achieve self-actualization
 - b. Challenge clients to construct a meaningful narrative
 - c. Be an expert by directing clients to make certain decisions
 - d. Try to understand clients from the clients' frame of reference
17. The defense of denial involves
- a. Performing an extreme behavior
 - b. Losing track of time
 - c. A refusal to accept reality
 - d. Misattributing thoughts and feelings onto another person

18. Rogers believed that
 - a. The therapeutic relationship is important but not sufficient for change
 - b. The therapeutic relationship is not the most beneficial component of the helping process
 - c. The therapeutic relationship in and of itself can produce client growth
 - d. Clients need to accept themselves without helpers accepting them
19. Focusing on feelings during the exploration stage
 - a. Can help clients figure out a logical approach to their problems
 - b. Should be prioritized over focusing on thoughts
 - c. Should be secondary to exploring thoughts
 - d. Can help clients experience feelings they suppressed earlier in life
20. The defense of perceptual distortion involves
 - a. Altering or misinterpreting one's experience to make it compatible with one's self-concept
 - b. Keeping troubling thoughts unconscious
 - c. Satisfying an impulse with a substitute object
 - d. Projecting thoughts and feelings onto another person