Chapter 7: Skills for Exploring Nonaffective Content, Thoughts, Narratives, and Stories

1. Restatements should
   1. Focus on the client’s emotions
   2. Focus on the client and the client’s thoughts
   3. Focus on other people in the client’s life
   4. Focus on the therapeutic relationship
2. “What crosses your mind when you think about…” is an example of
   1. An open question for thoughts
   2. An open question for feelings
   3. A restatement
   4. A summary
3. All of the following are difficulties in restating except
   1. Feeling like you are not doing anything
   2. Sounding robotic
   3. Coming across as too empathic
   4. Worrying that clients will feel annoyed
4. Restatements should
   1. Capture the “cutting edge” of a client’s statement
   2. Focus on the last part of a client’s statement
   3. Focus on the beginning part of a client’s statement
   4. Capture the full picture of a client’s statement
5. A summary is
   1. A type of restatement
   2. A type of open question for thoughts
   3. A type of reflection of feelings
   4. A type of approval–reassurance
6. Exploring thoughts and feelings is beneficial because it helps clients
   1. Fixate on their experiences
   2. Ruminate about their stories
   3. Hear themselves in a new way
   4. Become confused before they can understand everything in the insight stage
7. Closed questions
   1. Are recommended for beginning helpers
   2. Request a one- or two-word answer or ask for specific facts
   3. Should be interspersed throughout the helping session
   4. Should be avoided during a crisis situation
8. A restatement is
   1. A repeating or paraphrasing of the client’s nonaffective content or meaning
   2. A helper’s statement that contains more words than a client’s statement
   3. A synonym for a reflection of feelings
   4. A way that helpers can challenge clients’ discrepant thoughts
9. Open questions and probes for thoughts
   1. Ask clients to clarify or explore emotions
   2. Ask clients to clarify or explore defenses
   3. Ask clients to clarify or explore cognitions
   4. All of the above
10. The following are examples of open questions and probes for thoughts except
    1. “Tell me more about that.”
    2. “What does that mean to you?”
    3. “What are your memories about that?”
    4. “Is that what happened to you?”
11. Closed questions
    1. Can often be made more open if rephrased
    2. Ask clients to explore whatever comes to mind
    3. Are helpful in establishing rapport
    4. Do not have a specific answer
12. Restatements are generally
    1. Completely different than what the client said
    2. More confusing than what the client said
    3. More concrete and clear than what the client said
    4. Longer than what the client said
13. Open questions and probes for thoughts should
    1. Be asked two at a time
    2. Be complex so as to help the client think deeply
    3. Focus on multiple parts of the problem
    4. Be kept short and simple
14. Summaries
    1. Are rarely useful
    2. Can tie together several ideas or pick out themes
    3. Are only beneficial at the end of a session
    4. Must include everything the client has spoken about
15. “It sounds as though…” is an example of a formulaic starter to a
    1. Closed question
    2. Open question
    3. Minimal encourager
    4. Restatement
16. Open questions and probes for thoughts
    1. Have a right answer
    2. Limit the nature of the client’s response
    3. Can be useful when clients are rambling
    4. Demonstrate that the helper is being inattentive
17. Open questions and probes for thoughts should
    1. Start with “why”
    2. Focus on past thoughts
    3. Provide structure and direction
    4. Be slightly annoying to clients
18. “Does that sound right to you?” is an example of a(n)
    1. Open question for thoughts
    2. Open question for feelings
    3. Closed question
    4. Restatement
19. There is a limited role of closed questions in helping because
    1. Helping is not an interview
    2. Helping is not about diagnosing and curing
    3. Helpers do not typically need to gather much specific information
    4. All of the above
20. “Give me an example of that” is an example of a(n)
    1. Closed question
    2. Probe for thoughts
    3. Open question for feelings
    4. Summary