

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

1. Restatements should
  - a. Focus on the client's emotions
  - b. Focus on the client and the client's thoughts
  - c. Focus on other people in the client's life
  - d. Focus on the therapeutic relationship
2. "What crosses your mind when you think about..." is an example of
  - a. An open question for thoughts
  - b. An open question for feelings
  - c. A restatement
  - d. A summary
3. All of the following are difficulties in restating except
  - a. Feeling like you are not doing anything
  - b. Sounding robotic
  - c. Coming across as too empathic
  - d. Worrying that clients will feel annoyed
4. Restatements should
  - a. Capture the "cutting edge" of a client's statement
  - b. Focus on the last part of a client's statement
  - c. Focus on the beginning part of a client's statement
  - d. Capture the full picture of a client's statement
5. A summary is
  - a. A type of restatement
  - b. A type of open question for thoughts
  - c. A type of reflection of feelings
  - d. A type of approval-reassurance
6. Exploring thoughts and feelings is beneficial because it helps clients
  - a. Fixate on their experiences
  - b. Ruminates about their stories
  - c. Hear themselves in a new way
  - d. Become confused before they can understand everything in the insight stage
7. Closed questions
  - a. Are recommended for beginning helpers
  - b. Request a one- or two-word answer or ask for specific facts
  - c. Should be interspersed throughout the helping session
  - d. Should be avoided during a crisis situation
8. A restatement is
  - a. A repeating or paraphrasing of the client's nonaffective content or meaning
  - b. A helper's statement that contains more words than a client's statement
  - c. A synonym for a reflection of feelings
  - d. A way that helpers can challenge clients' discrepant thoughts
9. Open questions and probes for thoughts
  - a. Ask clients to clarify or explore emotions
  - b. Ask clients to clarify or explore defenses
  - c. Ask clients to clarify or explore cognitions

- d. All of the above
- 10. The following are examples of open questions and probes for thoughts except
  - a. "Tell me more about that."
  - b. "What does that mean to you?"
  - c. "What are your memories about that?"
  - d. "Is that what happened to you?"
- 11. Closed questions
  - a. Can often be made more open if rephrased
  - b. Ask clients to explore whatever comes to mind
  - c. Are helpful in establishing rapport
  - d. Do not have a specific answer
- 12. Restatements are generally
  - a. Completely different than what the client said
  - b. More confusing than what the client said
  - c. More concrete and clear than what the client said
  - d. Longer than what the client said
- 13. Open questions and probes for thoughts should
  - a. Be asked two at a time
  - b. Be complex so as to help the client think deeply
  - c. Focus on multiple parts of the problem
  - d. Be kept short and simple
- 14. Summaries
  - a. Are rarely useful
  - b. Can tie together several ideas or pick out themes
  - c. Are only beneficial at the end of a session
  - d. Must include everything the client has spoken about
- 15. "It sounds as though..." is an example of a formulaic starter to a
  - a. Closed question
  - b. Open question
  - c. Minimal encourager
  - d. Restatement
- 16. Open questions and probes for thoughts
  - a. Have a right answer
  - b. Limit the nature of the client's response
  - c. Can be useful when clients are rambling
  - d. Demonstrate that the helper is being inattentive
- 17. Open questions and probes for thoughts should
  - a. Start with "why"
  - b. Focus on past thoughts
  - c. Provide structure and direction
  - d. Be slightly annoying to clients
- 18. "Does that sound right to you?" is an example of a(n)
  - a. Open question for thoughts
  - b. Open question for feelings
  - c. Closed question
  - d. Restatement

19. There is a limited role of closed questions in helping because
- a. Helping is not an interview
  - b. Helping is not about diagnosing and curing
  - c. Helpers do not typically need to gather much specific information
  - d. All of the above
20. "Give me an example of that" is an example of a(n)
- a. Closed question
  - b. Probe for thoughts
  - c. Open question for feelings
  - d. Summary