

1. Carl Rogers invented a technique to help people see their own thinking more clearly. Using this technique, the therapist paraphrases the client's statements. Rogers called this
 - A) unconditional positive regard
 - B) analysis.
 - C) self-actualization.
 - D) reflection of feeling.
 - E) client-centered therapy.
2. A phobia would be best treated by _____, whereas a problem of choosing a major would be better suited for _____.
 - A) insight therapy; behavior therapy
 - B) humanistic therapy; behavior therapy
 - C) cognitive therapy; psychoanalysis
 - D) psychoanalysis; humanistic therapy
 - E) behavior therapy; insight therapy
3. What alternative strategy is being tested that may minimize the side effects of electroconvulsive therapy? For what disorders is it most promising?
4. Which of the following medical treatments for mental disorder has now been largely abandoned as ineffective and dangerous?
 - A) lithium
 - B) antipsychotics
 - C) the "split-brain" operation
 - D) electroconvulsive therapy
 - E) prefrontal lobotomy
5. A controversial treatment for attention-deficit/hyperactivity disorder involves
 - A) stimulants.
 - B) antianxiety drugs.
 - C) antidepressants.
 - D) antipsychotics.
 - E) depressants.
6. Explain how a clinical psychologist and a psychiatrist would likely approach the same problem differently.
7. Which class of drugs blocks dopamine receptors in the brain?
 - A) stimulants
 - B) antipsychotics
 - C) antianxiety drugs
 - D) depressants
 - E) antidepressants
8. Counterconditioning is based on the principles of
 - A) social learning.
 - B) operant conditioning.
 - C) observational learning.
 - D) cognitive learning.
 - E) classical conditioning.
9. Which form of therapy directly confronts a client's self-defeating thought patterns?
 - A) psychoanalytic therapy
 - B) behavior therapy
 - C) humanistic therapy
 - D) rational-emotive behavior therapy
 - E) participant modeling
10. Drug therapies, psychosurgery, and ECT are all methods of treating mental disorder
 - A) that have no scientific basis.
 - B) by removing stress in the patient's life.
 - C) by directly altering the function of the brain.
 - D) by changing the chemistry of the body.
 - E) that always succeed.
11. In what respect are all therapies alike?
 - A) All may be legally administered only by licensed, trained professionals.
 - B) All make use of insight into a patients' problems.
 - C) All involve a change in an individual's behavior.
 - D) All involve the aim of altering the mind, behavior, or social relationships.
 - E) All focus on discovering the underlying cause of the patients' problem, which is often hidden in the unconscious mind.

12. Rational-emotive behavior therapy is based on the assumption that the cause of psychological problems is what? Who is the founder of this type of therapy?
13. Eysenck caused a furor with his claim that people who receive psychotherapy
- A) really should seek medical treatment for their disorders.
 - B) get better no more often than people who receive no therapy at all.
 - C) are usually just pampered rich people who have nothing better to do with their lives.
 - D) are just looking for a paid friend.
 - E) respond only to psychoanalysis.
14. Taking a drug so that a patient becomes nauseous when consuming alcohol is an example of which therapy?
15. Name the Rogerian qualities of therapy that have been found to produce successful results.
16. Briefly explain the biomedical approach to treating mental illness, indicating three methods of this type of treatment.
17. You could use contingency management to change the behavior of a child who comes home late for dinner by
- A) pairing food with punishment.
 - B) refusing to let the child have dinner.
 - C) pairing food with rewards.
 - D) having the child relax and imagine being home on time for dinner.
 - E) having the child observe someone else coming home on time and being rewarded.
18. Which type of psychotherapist is most likely to use systematic desensitization and how does this work?
19. A primary goal of psychoanalysis is to
- A) change behavior.
 - B) alter interior thought processes.
 - C) reveal problems in the unconscious.
 - D) overcome low self-esteem.
 - E) help the client learn how to get along with others.
20. The community mental health movement followed a deliberate plan of _____ mental patients.
- A) lobotomizing
 - B) hospitalizing
 - C) deinstitutionalizing
 - D) removing stressful events in the lives of
 - E) administering insight therapy to
21. Briefly explain how free association in classic psychoanalytic therapy works.
22. Briefly describe client-centered therapy.
23. Which of the following therapists would be most likely to treat an unwanted response, such as nail biting, as merely a bad habit, rather than as a symptom of an underlying disorder?
- A) psychiatrist
 - B) a behavioral therapist
 - C) an insight therapist
 - D) counseling psychologist
 - E) a psychoanalyst
24. A therapist, but not necessarily a friend, can be relied on to
- A) maintain confidentiality.
 - B) be available when needed.
 - C) give you good advice.
 - D) offer sympathy when you are feeling depressed.
 - E) All of the above are correct.