

This quiz is based on the reading from the Yalom chapter and Trull ch 11 & 12. If you are not sure of an answer, make your selection and briefly write your reasoning in the margins or on the back of the quiz. Questions are worth 1 point each. **Please circle your answer and place the letter you chose as your final answer in the blank to the left of the question.**

- ___1. The 1995 *Consumer Reports* study on the benefits of psychotherapy
- involved several dozen professional actors hired by the magazine seeking therapy for the same fictional psychological symptoms from different types of psychotherapists
 - focused exclusively on treatment for alcohol and drug problems
 - suggested that psychiatrists, social workers, and psychologists were equally effective
 - a. and c. are true
- ___2. Which of the following is widely considered to be a common factor in psychotherapy efficacy?
- dream analysis
 - contingency management
 - thought records
 - therapeutic alliance
- ___3. Research evidence clearly supports the contention that _____ tend to have better psychotherapy outcomes than _____
- women; men
 - men; women
 - young; old
 - none of the above
- ___4. Research that addresses the specific events that occur during therapy in the course of interaction between therapist and patient is best labeled _____ research
- meta-analytic
 - analogue
 - outcome
 - process
- ___5. Manualized treatments
- have been used by psychotherapy researchers to ensure that treatment protocols were standardized across patients
 - have been used outside of the research context in clinical practice
 - all of the above
 - none of the above
- ___6. The Freudian notion of psychic determinism suggests that
- everything we do has meaning and purpose
 - selected individuals with psychic powers can predict the future but cannot control it
 - selected individuals with psychic powers can predict and control the future
 - wishes can be communicated psychically to others, increasing the likelihood that they will be realized
- ___7. An individual who has hateful, aggressive impulses toward an important person in his/her life accuses the other person of having exactly those feelings toward him/her. Freudians would label this action as
- projection
 - repression
 - reaction formation
 - regression
- ___8. _____ is an abbreviation for the brief form of psychodynamic therapy that emphasizes social relationships and has been empirically supported for the treatment of depression
- PTD
 - BPT
 - IPT
 - SPT
- ___9. In Yalom's story, Saul had turned some of his psychological problems into
- stomach pain
 - head trauma
 - back pain
 - none of the above
- ___10. The reason that the client improved in Yalom's story was
- the client gave the money to the right people
 - the client faced his deep seeded fears of evaluation
 - the client was able to contact Dr. K at the Stockholm institute
 - none of the above