

This quiz is based on the reading from Trull chapters 13 and 14. 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. According to Rogers, the truly well-adjusted person
 - a. Is conscious of childhood experiences that have contributed to adult personality
 - b. Is conscious of previously unconscious thoughts and impulses that had been influencing behavior
 - c. Can integrate all experiences into the phenomenal field, including those not immediately consistent with self-concept
 - d. All of the above

- ___ 2. Most Rogerians believe that formal assessment and diagnosis is
 - a. necessary
 - b. not necessary, but beneficial
 - c. essential
 - d. detrimental

- ___ 3. Gestalt therapy places great emphasis on
 - a. the distant past
 - b. the recent past
 - c. the present
 - d. the immediate future

- ___ 4. Relative to other major approaches to psychotherapy, humanism and existentialism
 - a. emphasize the potential for positive growth
 - b. emphasize therapeutic technique over the therapeutic relationship
 - c. all of the above
 - d. none of the above

- ___ 5. Definitions of behavior therapy are diverse, but they tend to reflect a general orientation to clinical work that emphasizes
 - a. an experimental approach to the study of human behavior
 - b. clinical inference
 - c. mentalism over science
 - d. mentalism and science equally

- ___ 6. Systematic desensitization is basically a technique used to
 - a. alleviate depression
 - b. reduce psychotic symptoms
 - c. minimize the impact of personality disorders
 - d. reduce anxiety

- ___ 7. In systematic desensitization, who constructs the hierarchy
 - a. the patient alone
 - b. the therapist alone
 - c. the patient and therapist together
 - d. a neutral third party

- ___ 8. Which of the following behavioral techniques is intended to enlarge the client's repertoire of coping behaviors
 - a. relaxation training
 - b. contingency management
 - c. systematic desensitization
 - d. behavioral rehearsal

- ___ 9. The belief that life is awful, terrible, horrible, or catastrophic when things don't go the way you'd like them to go
 - a. is one of Ellis' common irrational beliefs
 - b. is the type of belief that, according to cognitive therapists, leads to psychopathology
 - c. would be a target of change for an RET therapist
 - d. all of the above

- ___ 10. Which of the following is true regarding behavioral and cognitive-behavioral therapy?
 - a. they are often criticized for being relatively subjective and mentalistic forms of psychotherapy
 - b. several meta-analytic studies have found that they are slightly more effective than other forms of therapy
 - c. they are often criticized for increasing the length of psychotherapy in comparison to psychodynamic techniques, and therefore being a poor match for the managed-care psychotherapy market
 - d. all of the above