

# **Test Bank for Groups Process and Practice 10th Corey**

# MULTIPLE CHOICE

1 : Those who are just beginning to lead groups are typically overwhelmed by:

- A : the problems they face.
- B : providing a safe, nurturing and open environment.
- C : getting members to establish relationships with each other.
- D : maintaining adequate control, authority and leadership.

Correct Answer : A

2 : The self-assessment of group leadership skills will help a beginning leader identify:

- A : recent educational aspects of training that are less likely to be forgotten.
- B : which will make them less likely to experience burnout.
- C : their areas of strengths and weaknesses as a group leader.
- D : less preconceived notions and biases.

Correct Answer : C

3 : Jasmine is leading her first group. Things are not going according to plan. As prolonged periods of silence follow, one after another, she must learn:

- A : Ways in which to eliminate these uncomfortable moments
- B : Measures to take to keep conversation going
- C : That silence, though uncomfortable, is to be expected
- D : That she must speak when silence prevails

Correct Answer : C

4 : Those new to group work often ask themselves questions. Which of the following would NOT be one of them?

- A : What should I do if my parents attend?
- B : What if I don't like one of the group members?
- C : What should I do if a group member is not participating at all?
- D : Will I be able to address cultural issues and be sensitive to diversity in my group?

Correct Answer : A

5 : In training group workers using a co-leadership model, the authors find it is useful to \_\_\_\_\_ so they can discuss what the trainees are actually doing as they facilitate a group.

- A : record the trainees to point out their flaws and
- B : observe the trainees as they co-lead
- C : continually interrupt
- D : ignore any issues

Correct Answer : B

6 : A behavior in which a group counselor addresses issues by setting an example of himself or herself is known as:

- A : Exemplary leadership
- B : Patterning
- C : Leading by example
- D : Modeling

Correct Answer : D

7 : The chance of \_\_\_\_\_ can be reduced by working with a coleader.

- A : summarizing
- B : confrontation
- C : transference
- D : burnout

Correct Answer : D

8 : Self-revelation on the part of the counselor should be used with group members:

- A : Sparingly
- B : Often, as it is a particularly effective tool for getting clients to open up
- C : Spontaneously and only as the situation calls for it
- D : Never; it detracts from the clients issues that should remain the paramount focus of therapeutic sessions

Correct Answer : C

9 : You always take Jennys side. Youre a racist! I cant believe somebody as dumb as you could become a therapist! As the group leader, its time for you to respond; all eyes are on you. Which describes the best way to respond?

- A : The situation calls for you to respond forcefully
- B : Only with a firm response can you maintain authority
- C : The situation demands a non-defensive response
- D : A warning should be issued, whereby a repeated outburst will result in removal from the group

Correct Answer : C

10 : By means of cultural influences, asking an African-American to tone things down can often be construed by the party as all of the following EXCEPT:

- A : Racist
- B : Offensive
- C : Insulting
- D : Appropriate only if the counselor is of the same race

Correct Answer : D

11 : Ideally, \_\_\_\_\_ informs your practice, and practice refines your approach to group work.

- A : theory
- B : countertransference
- C : transference
- D : burnout

Correct Answer : A

12 : When utilizing \_\_\_\_\_ in groups, it is particularly important to gauge the members non-verbal reactions.

- A : Humor
- B : Role-play
- C : Modeling

D : Suggestiveness

Correct Answer : A

13 : The verbal reiteration of what a second individual has stated for purposes of clarification and so the other person can see that both of you understand the point is known as:

A : Therapeutic repetition

B : Rehashing

C : Reflecting

D : Interpreting

Correct Answer : C

14 : Anthony states: Since the accident left me paralyzed, Im unable to walk. Imagine what its like being a productive worker one day and being at home confined to a wheelchair now! Which of the following is an appropriate reaction of the counselor utilizing the principle of clarifying?

A : Anthony, you really sound as if you are at wits end.

B : You seem to sound angry and frustrated at not being able to work anymore. This is a normal reaction to someone in your situation.

C : A lot has changed Anthony. Youve been injured and can no longer work. Well help you get better.

D : Anthony, not only have you been severely injured. You are now left paralyzed. Your life has been altered in many ways, and I sense the frustration which you are feeling.

Correct Answer : D

15 : Alan and Arturo, members of a counseling group, have expressed similar feelings of inadequacy following divorce. Sensing this, the leader attempts to foster a line of communication regarding the commonality of the issue between these members. This attempt to build cohesiveness and interaction is known as:

A : Bridging

B : Linking

C : Mutuality

D : Mutual support

Correct Answer : B

16 : Isabella continually refers to Kyle in what often proves to be lengthy tangents regarding her college years. The name itself evokes a high degree of passion. The group leader can/should:

A : Cut off the conversation as being irrelevant

B : Ask the counselee politely to return to the here and now

C : Ask the counselee how this person relates to present issues

D : Ask the counselee to break confidentiality in order to discuss personal aspects of Kyle

Correct Answer : C

17 : A factor to be aware of when terminating a group is the leaders own history with

\_\_\_\_\_.

A : Relapse

B : Decompensation

C : Loss

D : Repression

Correct Answer : C

18 : A stated disadvantage of the co-leadership model is:

- A : Differences in power and privilege among leaders
- B : Increased burnout
- C : Counter-transference
- D : Competition

Correct Answer : D

19 : Studies have determined that group therapy is:

- A : Equally or, in some cases more, effective than individual therapy
- B : Less effective than individual therapy, though more financially feasible
- C : Less effective than individual therapy though more popular
- D : Equal in effectiveness when compared to group therapy

Correct Answer : A

20 : \_\_\_\_\_ of a co-leader and time devoted to meeting together are essential.

- A : Continuing education
- B : Careful selection
- C : Different theoretical perspectives
- D : Clinical training

Correct Answer : B

21 : After each group session, its a good idea to reflect on the experience by:

- A : writing down the things you were thinking but chose not to say or some of the feelings you had throughout the group.
- B : thinking about how the group went without writing anything down.
- C : relying on the group members to remember what happened.
- D : video recording every session to be able to watch them again.

Correct Answer : A

22 : \_\_\_\_\_ is appropriate when people are facing a crisis, when they are facing frightening experiences, when they attempt constructive changes and yet feel uncertain about these changes, and when they are struggling to overcome old patterns that are limiting.

- A : Humor
- B : Forcing a group member to share
- C : Journaling
- D : Support

Correct Answer : D

23 : Because the practice of group counseling is growing rapidly, it is essential that group leaders be:

- A : older adults.
- B : new in the profession.
- C : both competent and ethical.
- D : Extremely experienced.

Correct Answer : C

24 : During research, the theoretical model for group therapy most often investigated by international researchers was:

- A : cognitive behavior therapy.
- B : reality therapy.
- C : psychoanalytic therapy.
- D : Adlerian therapy.

Correct Answer : A

25 : Abundant research indicates the centrality of \_\_\_\_\_ as a primary factor in successful therapy, and this is inextricably intertwined with the outcome of psychotherapy.

- A : the person of the member
- B : the supervision
- C : the members family history
- D : the person of the therapist

Correct Answer : D

26 : Which of the following countries emphasizes inpatient group therapy?

- A : Norway
- B : Sweden
- C : Germany
- D : Canada

Correct Answer : C

27 : Some students have shared that when leaders are \_\_\_\_\_ it can help to make them more approachable and less intimidating.

- A : strict
- B : playful
- C : direct
- D : critical

Correct Answer : B

28 : The importance of the \_\_\_\_\_ is a well-established critical component of effective therapy.

- A : therapeutic alliance
- B : therapist education
- C : leader manipulation
- D : member storytelling

Correct Answer : A

29 : It is important to maintain a sense of respect for group members when using \_\_\_\_\_; avoid language that diminishes their suffering or devalues them as people.

- A : listening skills
- B : journaling
- C : supervision
- D : humor

Correct Answer : D

30 : \_\_\_\_\_ in the emerging field of interpersonal neurobiology confirms that healing changes can occur in the brain when clients experience a warm, nonjudgmental, empathic relationship with a caring counselor.

- A : Computer technology
- B : Medical technology
- C : Brain-imaging technology
- D : Cancer technology

Correct Answer : C

31 : It is useful to systematically gather and use formal client feedback to do all of the following EXCEPT:

- A : inform treatment
- B : guide treatment
- C : evaluate treatment
- D : prove treatment

Correct Answer : D

32 : A sincere interest in the welfare of others is essential in a group leader. Your main job in the group is to help members get what they are coming for, not to get in their way.

This describes:

- A : Presence
- B : Willingness to model
- C : Goodwill, genuineness, and caring
- D : Openness

Correct Answer : C

33 : \_\_\_\_\_ means that you reveal enough of yourself to give the participants a sense of who you are as a person

- A : Active listening
- B : Openness
- C : Goodwill, genuineness, and caring
- D : Willingness to interrupt

Correct Answer : B

34 : The feedback between coleaders can be both \_\_\_\_\_; exchanging perceptions can enhance their ability to function effectively as coleaders.

- A : supportive and challenging
- B : appreciated and non-challenging
- C : non-supportive and non-challenging
- D : unappreciated and unneeded

Correct Answer : A

35 : \_\_\_\_\_ does not entail domination of members or manipulation of them toward the leaders' end.

- A : Openness
- B : Willingness to model
- C : Presence

D : Personal power

Correct Answer : D

36 : Some mistakes students often make as they begin their co-leadership duties include all of the following EXCEPT:

A : Having a plan or goal for the group but not communicating that to their co-leader.

B : Sitting across from one another and making continuous eye contact with their co-leader.

C : Taking turns leading rather than co-facilitating.

D : Remaining quiet and letting the co-leader do most of the work.

Correct Answer : B

37 : Courage is demonstrated through your willingness to do all of the following EXCEPT:

A : to be vulnerable at times, admitting mistakes and imperfections and taking the same risks you expect group members to take.

B : to confront others but to stay present with them as you work out conflicts.

C : to not act on your beliefs and hunches.

D : to be emotionally affected by others and to draw on your experiences to identify with them.

Correct Answer : C

38 : \_\_\_\_\_ involves being affected by others pain, struggles, and joys.

A : Willingness to model

B : Courage

C : Listening

D : Presence

Correct Answer : D

39 : Creating a group climate that fosters interpersonal norms that will lead to therapeutic interactions among members, such as all of the following EXCEPT:

A : Openness

B : Directness

C : Unconcern

D : Respect

Correct Answer : C

40 : Collecting data directly from members about their group experience is a significant part of developing:

A : empirically-based research.

B : practice-based evidence.

C : empirically-based evidence.

D : practice-based research.

Correct Answer : B