

## Chapter 2

### The Clinical Interview: The Process of Assessment

Pick the best possible answer from each of the four options provided with each question.

#### Multiple Choice Questions

1. The process by which data is collected about the client is the
  - e) alliance
  - f) initial clinical interview
  - g) assessment tool
  - h) psychoanalysis
2. Inexperienced workers, when meeting a new client, should
  - a) first discuss payment and insurance matters
  - b) be formal, to assert authority
  - c) be informal, to set the client at ease
  - d) use all their powers of observation
3. When meeting a client who is older or from a minority cultural group, the worker
  - a) should expect defensiveness and resistance
  - b) can demonstrate respect through use of a title and surname
  - c) may feel free to use slang which is familiar to the client
  - d) should sit very close to the client in order to facilitate communication
4. During an initial meeting, the worker should strive to present him/herself as
  - a) clinical, educated, busy
  - b) persuasive, driven, emotional
  - c) interested, empathic, helpful
  - d) interesting, attractive, available
5. Answering the personal questions of a client is
  - a) always advisable
  - b) never advisable
  - c) likely to facilitate the client's romantic interest in the worker
  - d) best done when the worker understands the significance to the client and puts the client's interests first
6. Intersubjectivity is
  - a) the reciprocal influence of the conscious and unconscious subjectivities of two people in the therapeutic relationship.
  - b) the redirection of a client's feelings about a person in their past onto the therapist
  - c) the redirection of a therapist's feelings about a person in their past onto the client
  - d) the fixation in consciousness of a desire that is opposite from a feared unconscious impulse
7. The working alliance is
  - a) one of the main keys to a successful change process
  - b) part of all therapeutic models

- c) the rapport developed between the client and therapist which allow the client to work purposefully
  - d) all of the above
8. Resistance
- a) is damaging to the therapeutic alliance
  - b) can be a source of important information regarding the client's ego functions
  - c) may serve adaptive functions for the therapist
  - d) a & c
9. Adolescents in therapy
- a) should be promised unqualified confidentiality
  - b) should be discouraged from talking about friends and personal interests
  - c) should participate in group therapy, since peers are very important at this developmental stage
  - d) should be clearly told the reasons why they have been asked to participate in therapy
10. The transtheoretical model contains \_\_\_\_ stages
- a) 4
  - b) 5
  - c) 6
  - d) 7
11. Another name for the transtheoretical model is the \_\_\_\_ model
- a) change of state
  - b) stages of change
  - c) stages of chance
  - d) change of status
12. In this stage, the client is considering change, but is perhaps ambivalent
- a) pre-contemplation
  - b) contemplation
  - c) contentious
  - d) preparation
13. In the story of Dan, the assistant principal begins to soften when
- a) Dan gives her a box of cookies
  - b) she reads a book about object relations
  - c) the therapist explains to her about Dan's childhood abuse
  - d) Dan's father pleads for her understanding
14. The middle stage of treatment is
- a) always long
  - b) usually shorter than the initial phase
  - c) when certain goals and objectives are met
  - d) the best time to end therapy
15. Because interpretations can sometimes feel like wounds
- a) the therapist should never make them
  - b) the client should be dissuaded from examining her feelings too closely
  - c) a psychodynamic approach is inherently flawed

- d) it is more appropriate to let the client come up with the meaning
16. When Dan relapsed in the middle phase of treatment, the therapist
- felt concerned
  - used email to communicate more frequently with Dan
  - advocated for her client with the insurance company
  - all of the above
17. During the ending phase of treatment, it is important for the worker to
- never accept gifts
  - not personalize
  - give out her home phone number
  - resist termination until every goal has been met
18. Treatment is most likely to stagnate in
- the beginning phase of treatment
  - the middle phase of treatment
  - the tertiary phase of treatment
  - the ending phase of treatment
19. Termination can be
- planned only after achievement of all the treatment goals
  - planned or unplanned
  - difficult for the therapist and patient
  - b & c
20. Clinical competence requires
- continued learning and self-examination
  - a clinic setting with exposure to a heterogenous group of clients
  - an excellent grade point average
  - good intentions and a desire to help

### Essay Questions

1. Explain why responding to a client's personal questions has no pat answer.
2. Describe some possible reasons for unplanned termination from therapy
3. Describe a time when you decided to start a healthy habit (such as initiating exercise) or attempted to stop an unhealthy habit (such as smoking). Using the transtheoretical model, describe your experiences within the relevant six stages of the model.
4. Describe the special considerations of children and adolescents in therapy
5. Describe why clinicians have an ethical obligation to address cultural countertransference, especially in cross-racial therapeutic relationships

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1. b; 2. d; 3. b; 4. c; 5. d; 6. a; 7. d; 8. b; 9. d; 10. c; 11. b; 12. b; 13. c; 14. c; 15. d; 16. d; 17. b; 18. b; 19. d; 20. a.

## Essay Questions

1. Responding to a client's personal questions has no pat answer because: different theoretical models understand and address this in different ways; in cross-cultural counseling, the client may have legitimate questions about whether the counselor can understand his worldview.
2. Possible reasons for unplanned termination include disorganization and chaos in the client's life or dissatisfaction with treatment that went unaddressed.
3. The stages of change in the transtheoretical model are:
  - a. precontemplation (the client is not considering change)
  - b. contemplation (the client is considering change but may be ambivalent)
  - c. preparation (the client is trying to change or planning action)
  - d. action (the client overtly modifies behaviors)
  - e. maintenance (continued commitment to new behaviors)
  - f. termination (self-efficacy has been achieved).
5. Special considerations of children and adolescents in therapy include: the need for a parent to be present, at least initially, to provide consent, obtain history, review confidentiality limitations, and obtain permission to contact the child's other providers. Older children and teens may listen to the parents' concerns about what has brought the child to treatment. Engagement with teens should include information about the teens peer group and special interests. Rapport can be built with the child both during and after the parent leaves the session. Children should be specifically advised what information the therapist cannot keep secret from the parents.
6. Clinicians have an ethical obligation to address cultural countertransference, especially in cross-racial therapeutic relationships, because their assessments may be biased by subjectivity.