

INSTRUCTOR'S MANUAL FOR

**A GUIDE TO
CRISIS INTERVENTION**
Fourth Edition

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SECTION III: STUDENT CHAPTER QUIZZES

THESE QUIZZES ARE AVAILABLE FOR STUDENTS ONLINE THROUGH THE PUBLISHER. INSTRUCTORS MAY WISH TO GIVE THESE QUIZZES THEMSELVES DURING CLASS. I DO THIS FOR EVERY CHAPTER; IT ENCOURAGES STUDENTS TO READ THE CHAPTER PRIOR TO COMING TO CLASS.

Chapter 1

- 1. A crisis can be an opportunity because:**
 - a. a person can grow from the challenge of dealing with the precipitating event**
 - b. a person can seek financial opportunity by winning malpractice lawsuits**
 - c. a person may learn to use ego defense mechanisms**
 - d. all of the above**

Correct answer: a

Page: 4

- 2. Which best describes a crisis?**
 - a. a person experiences stress, suffers a nervous breakdown, and requires hospitalization**
 - b. an abnormal state which is caused by personality disorders, psychosis or organicity**
 - c. a precipitating event occurs, subjective distress is experienced, functioning is impaired and coping fails**
 - d. none of the above**

Correct answer: c

Page: 2

- 3. Ego strength refers to**
 - a. how proud and self-centered a person is**
 - b. the amount of energy available to overcome post traumatic stress disorder**
 - c. the ability to understand the world realistically and act upon it to get one's needs met**
 - d. all of the above**

Correct answer: c

Page: 6

- 4. The cognitive key refers to:**
 - a. the precipitating event**
 - b. the coping strategies**
 - c. the meaning given to the precipitating event**
 - d. none of the above**

Correct answer: c

Page: 9

5. Which of the following is not an example of effective coping behaviors?
- a. actively exploring reality issues
 - b. learning to stifle emotions and contain them
 - c. actively invoking help from others
 - d. none of the above

Correct answer: b

Page: 12

Chapter 2

1. Crisis intervention was first developed with what population?
- a. survivors of concentration camps
 - b. survivors of a nightclub fire
 - c. battered women
 - d. none of the above

Correct answer: b

Page: 17

2. Who did Lindemann work with to establish a communitywide mental health program known as the Wellesley Project?
- a. Eric Lindemann
 - b. Doyle Short
 - c. Gerald Caplan
 - d. JFK

Correct answer: c

Page: 17

3. The concept of finite psychic energy comes from which theory?
- a. Darwin's
 - b. psychoanalytic
 - c. existential
 - d. humanistic

Correct answer: b

Page: 20

4. The idea of growth and optimism comes from which theory?
- a. behaviorism
 - b. psychoanalytic

- c. cognitive
- d. humanistic

Correct answer: d

Page: 21

5. Carl Rogers and his person-centered counseling has contributed much in the way of:

- a. empathic skills
- b. reflective skills
- c. creating a special therapeutic environment
- d. all of the above

Correct answer: d

Page: 21

SECTION IV: INSTRUCTOR TEST BANK

Multiple Choice and True/False Items

Chapter 1

1. Ego strength refers to:
 - a. how proud and self-centered the person is
 - b. the amount of energy available to overcome post-traumatic stress disorder
 - c. the ability to understand the world realistically and act upon it to get one's needs met
 - d. all of the above
 - e. none of the above

Correct answer: c

Page: 8

2. The outcome of a person's crisis is determined by his/her:
 - a. material resources
 - b. personal resources
 - c. social resources
 - d. all of the above
 - e. none of the above

Correct answer: d

Page: 7

3. The cognitive key refers to:
 - a. the precipitating event
 - b. the coping strategies
 - c. the meaning given to the precipitating event
 - d. a and b
 - e. none of the above

Correct answer: c

Page: 9

4. Which of the following is not an example of effective coping behavior according to Caplan?
 - a. actively exploring reality issues
 - b. learning to stifle emotions and contain them
 - c. actively invoking help from others

- d. all of the above
- e. none of the above

Correct answer: b

Page: 12

5. An example of effective coping behavior is:
- a. learning to accept that oneself cannot be trusted in crisis situations
 - b. learning to master the problem as it comes to you as a whole
 - c. mastering feelings where possible
 - d. none of the above

Correct answer: c

Page: 12

6. The curvilinear model of anxiety proposes that:
- a. anxiety is always negative and serves no purpose
 - b. anxiety may be used to increase motivation
 - c. anxiety should be avoided at all costs
 - d. none of the above

Correct answer: b

Page: 10-11

7. Which best describes the trilogy definition of a crisis?
- a. a person experiences stress, suffers a nervous breakdown, and requires hospitalization
 - b. a precipitating event occurs, subjective distress is experienced, coping fails
 - c. an abnormal state which is caused by personality disorders, psychosis or organicity
 - d. a and b above
 - e. none of the above

Correct answer: b

Page: 2

8. A crisis can be an opportunity because:
- a. the person can grow from the challenge of dealing with the precipitating event
 - b. the person can seek financial opportunity by winning malpractice lawsuits or workman's compensation
 - c. the person may learn to use ego defense mechanism
 - d. all of the above
 - e. none of the above

Correct answer: a

Page: 4-5

- 9. A person in crisis may be in danger of:**
- a. becoming psychotic**
 - b. committing suicide**
 - c. coming through the crisis at a lower level of functioning**
 - d. all of the above**
 - e. none of the above**

Correct answer: d

Page: 5

- 10. Which of the following might determine how well someone manages a crisis?**
- a. material resources**
 - b. personal resources**
 - c. social resources**
 - d. all of the above**

Correct answer: d

Page: 7

- 11. Caplan believed that all but one of the following are characteristics of effective coping behavior:**
- a. actively exploring reality issues**
 - b. trusting in oneself**
 - c. freely expressing feelings**
 - d. none of the above**

Correct answer: d

Page: 12

- 12. The Crisis-Prone person usually:**
- a. has access to their ego to deal with stress**
 - b. has depleted their ego strength and operates defensively**
 - c. engages in problem solving behaviors under stress**
 - d. all of the above**

Correct answer: b

Page: 6-7

True or False Items:

- 13. Crises are abnormal and need long term therapy to overcome them. F/p.3**
- 14. The goal of crisis intervention is to change the precipitating event. F/p.3**

- 15. If left untreated, crisis states will usually last about one year. F/p.4**
- 16. Everyone who experiences a stressor in life will succumb to a crisis state. F/p. 6**
- 17. It is possible to grow after effective resolution of a crisis. T/p.4**
- 18. Caplan's list of effective coping people includes the ability to invoke help from others. T/p.12**
- 19. Ego strength refers to one's capacity to deal with the demands of reality. T/p.8**
- 20. Cognitive elements are of great importance in crisis work. T/p.9**
- 21. The major goal of crisis intervention is to increase the client's functioning. T/p.3**
- 22. Situational crises often have an emergency quality to them. T/p.10**