

NRNP 6645 Psychotherapy Midterm Exam 2022 - WALDEN UNIVERSITY

written by
sweetstudy

1. Which of the following is inconsistent with Socratic Dialogue basic rules for the therapist?

2. A patient involved in expressive psychotherapy is having intense emotional reactions to painful experiences that have been expressed. This is known as which of the following?

Catharsis

3. The change agent in relational psychodynamic therapy is which of the following

- **Mindfulness**

4. schizoid personality is a pathological outcome associated with which of Erikson's psychosocial stages?

Intimacy vs isolation (20-30yrs)

5. patients who would not be considered ideal candidates for psychoanalytic psychotherapy are which of the following?

- **Pts who do not know who they are**
- **Those who are not in touch with reality**
- **Those who cannot perfectly describe others.**
- **Those that are confused**

6. The therapist using a CBT approach says to the patient: "You say you become depressed. Explain to me what depressed feels like to you." This is an example of what question type in Socratic Dialogue?

Translational Questions

7. Which of the following is true regarding the difference between brief and long-term psychodynamic psychotherapy?

Brief psychodynamic Psychotherapy takes place in fewer days per week and lasts for a shorter duration.

- **Although psychodynamic psychotherapy is frequently thought of as long-term therapy, brief psychodynamic psychotherapy is probably most often practiced given the current climate of managed care.**
- **Long term goes for more than 1yr-2yrs and over 40 sessions.**
- **Brief will be goal-oriented with about 25 sessions. Psychodynamic therapy focuses on unconscious processes manifested in a person's behavior.**

8. Which of the following is true about Automatic Thought Records? ATS (page 368)

- **key component in CBT**
- **first introduced in 1979 by Beck to capture and analyze automatic thoughts both during and between sessions.**
- **Used as homework after introducing the process within the therapy session**

9. Patients who would not be considered ideal candidates for psychoanalytic psychotherapy are which of the following.

The confused, severely psychotic, those who are not aware of their suffering, the uneducated

See #5 see pg 271

10. A patient involved in expressive psychotherapy is having intense emotional reactions to painful experiences that have been expressed. This is known as which of the following?

Catharsis pg 477

11. The focus of therapy in brief psychodynamic psychotherapy is on which of the following.

Setting the termination date pg 281

12. The process of a group member benefiting by observing the therapy of another member with similar problems is a phenomenon referred to as which of the following:

Pg 475 Instillation of hope

13. The therapist using a CBT approach in which the therapist encourages the patient to investigate whether their thoughts are based on facts or assumptions is known as which of the following?

Pg 473 Cognitive behavioral

14. A patient comment at the end of their group therapy how important it was for them to have observed the improvement of others. This is consistent with which of Yalom's therapeutic factors

Pg 477 Group cohesiveness

15. Freud's Psychosexual stages development of sexual identity occurs during what age range?

3 to 6 years

16. Recommending or prescribing specific readings related to the individual's difficulties is known as which of the following?

Bibliotherapy

17. The advanced practice psychiatric nurse who assists the patient to maintain eye contact appropriately, shaking hands appropriately, appropriate language in public is doing which of the following?

Social Skills training

18. Which of the following is consistent research related to resilience and posttraumatic growth?