



# Psychotherapy: Treatment Modalities

## 1- Group therapy can be advantageous when an individual:

- a) May need to work out their problems in the presence of others (e.g. in the case of emotional problems relating to relationships, feelings of isolation, loneliness and rejection).
- b) May need comfort and support from others.
- c) May acquire therapeutic benefit from observing and watching others.
- d) **All of the above**

## 2- Family therapy is generally used to:

- a) Improve communications between members of the family.
- b) Resolve specific conflicts - for example between adolescents and their parents.
- c) Attempts to understand the family as a social system.
- d) **All of the above.**

## 3- serotonin-reuptake inhibitors " Herbal Products" are effective for the treatment of:

- a) Schizophrenia.
- b) **mild depression.**
- c) Obsessive compulsive disorder.
- d) Generalized anxiety disorder.

## 4- How does Prozac work :

- a) It elevates the mood by producing dopamine.
- b) **It blocks the reabsorption of serotonin.**
- c) It blocks the action of dopamine.
- d) It creates an excess of GABA.

5- Each of the following is part of the definition of psychotherapy except :

- a) trained professional
- b) psychological methods
- c) **medical treatment methods**
- d) based on psychological theory

6- The technical term for the process in which a trained professional uses psychological methods to help a person with psychological problems is :

- a) **psychotherapy.**
- b) psychoanalysis.
- c) psychiatry.
- d) clinical psychology.

7- Regarding phototherapy:

- a) sunglasses should be worn to protect the eyes during treatment
- b) treatment is given once throughout the winter months
- c) **headaches are a recognised side-effect**
- d) endogenous symptoms predict a good response

8- The following are first line treatments for SAD:

- a) **phototherapy**
- b) tricyclic antidepressants
- c) **SSRIs**
- d) Melatonin

**OR , phototherapy is used for :**

- a) **Seasonal affective disorder**
- b) Schizophrenia
- c) Adjustment disorder
- d) Anxiety

**OR, Seasonal affective disorder, which is depression associated with certain types of weather seasons, seems to be managed or treated with \_\_\_\_\_, therapy**

- a) Family
- b) Psychoanalysis
- c) Behaviour
- d) Cognitive
- e) **Light- exposure " phototherapy"**

What are the risks of Phototherapy?

How long is Phototherapy usually needed?

9- A state in which the body is consciously relaxed and the mind becomes calm and focused is :

- A) Yoga " meditation "
- B) hypnosis.
- C) massage.
- D) Acupuncture

10- Which alternative therapy is a system of healing that uses special needles inserted into points on the body to restore balance:

- A) homeopathy
- B) chiropractic
- C) acupuncture
- D) naturopathy

11- Which of the following describes how CAM therapies are similar:

- a) They treat disease.
- b) They promote self-care and self-healing.
- c) They focus on generalized treatments, good nutrition, and preventive health practices.
- d) They recognize of the physical nature of the individual.

12- acupuncture involves :

- a) a system of movements and floor exercises designed to retrain the nervous system.
- b) a treatment plan based on classifying the patient into one of three body types.
- c) using pressure of the fingers or hands to ease pain and improve energy flow.
- d) stimulating various locations on the body by the placement of fine needles to improve energy flow.

13- Research has shown that acupuncture may use in treating:

- a) Migraines
- b) Broken bones
- c) anxiety
- d) Digestion problems

14- Complementary and alternative medicine (CAM) includes:

- a) Acupoints
- b) Massage
- c) Use of natural products, such as herbs
- d) All of the above

15- The term Yoga is said to mean:

- a) The union of the sun, moon, and earth
- b) The union of mind, body & spirit in communication and awareness "breathing control stretching, and meditation "
- c) The union mind, soul, and body
- d) Truth

**16- Alcoholics Anonymous (AA) is an example of:**

- a) group therapy.
- b) a self-help group.
- c) couples therapy.
- d) dialectical behavioral therapy.

**17- Group therapy can be helpful for clients because :**

- a) it is more cost-effective than individual therapy.
- b) clients can interact in genuine relationships, which is more like real life than individual therapy.
- c) it allows clients to not invest as much psychological energy as in individual therapy.
- d) clients are more comfortable speaking in groups.

**18- Community psychology is a :**

- a) Type of psychology that involves fewer sessions
- b) Type of phobia treatment through the associations of new responses
- c) Movement to minimize psychological disorders through changing the way a patient seeks and are given therapy
- d) A type of SSRI used to increase neural communication

**19- What is ineffective group communication in the workplace:**

- a) it is mediocre communication from inexperience.
- b) never occurs in the workplace.
- c) it is when groups try and work together but management provides obstacles that get in their way.
- d) it is when groups work synergistically together to solve a problem.
- e) it is poor team communication from lack of trust, respect, commitment and cooperation.

**20- In the forming stage, the group leader will :**

- a) screen group members.
- b) establish the rules.
- c) develop a rationale for the group.
- d) advertise the group.
- e) all are correct.

**21- The working stage is when :**

- a) members can roleplay their problem.
- b) members feel most comfortable to disclose.
- c) members may be given homework to do between sessions.
- d) members are able to talk about what they have learned in group.
- e) all are correct.

**22- What are the five factors of ineffective group communication:**

- a) Lack of Focus, Inequality of Group Members, Negativity, Lack of Cohesion, and Poor Leadership
- b) Lack of education, Inequality of Group Members, Negativity, Lack of Cohesion, and Poor Leadership
- c) Lack of Focus, Inequality of Group Members, Negativity, Lack of Direction, and Poor Leadership
- d) Lack of Focus, Inequality of Group Members, Negativity, Lack of Cohesion, and Corruption
- e) Lack of Focus, Inequality of Group Members, , Lack of Responsibility, Cohesion, and Poor Leadership

**23- What is the optimal group size for effective listening :**

- a) 20+
- b) 10 - 15
- c) 15+
- d) 2 - 3
- e) 6 - 8

**24- groups at the \_\_\_\_\_ stage develop guidelines and standards of acceptable behavior:**

- a) Norming
- b) Adjourning
- c) Forming
- d) Storming

**25- What is the final stage in group development in which members focus on completing the job and getting group activities in order :**

- a) Storming
- b) Norming
- c) Adjourning
- d) Performing

**26- in which of the five stages of group development suggested by Tuckman and Jensen do groups build success in a cohesive and co-operative manner?**

- a. Forming
- b. Storming
- c. Norming
- d. Performing

**27- Which one of the following characteristics is not part of a definition of a group:**

- a. interdependent
- b. two or more members
- c. organizationally assigned goals
- d. interacting

**28- Which one of the following characteristics is part of the definition of a group :**

- a) interdependent effort
- b) personal accountability
- c) individual goals
- d) independent behavior
- e) unstable relationship

**29- All of the following statements help to explain the current popularity of teams except:**

- a) Teams can quickly assemble, deploy, refocus and disband.
- b) Teams are more flexible and responsive to changing events.
- c) Teams are a way to better utilize employee talents.
- d) **Teams expertly focus on individual performance.**
- e) Teams typically outperform individuals when tasks require multiple skills, judgment, and experience.

**30- The stages of group development are:**

- a) Initiation, evolution, maturation, and decline.
- b) forming, storming, norming, performing, adjourning.
- c) Introduction, high productivity, decline.
- d) Initiating, storming, norming, performing, adjourning.
- e) Idea generation, implementation, and termination.

**31- In the second stage of group development:**

- a) The job task is performed.
- b) Intergroup conflict often occurs.
- c) Close relationships are developed.
- d) The group demonstrates cohesiveness.
- e) Group objectives are clearly formulated.

**32- Counselling is a profession that aims to:**

- a) **Promote personal growth and productivity.**
- b) Provide a successful diagnosis in psychopathology.
- c) Ensure that clients are on the correct medication.
- d) Solely address behaviour.

**33- With regard to counselling, the best statement is:**

- a) It is done by trained counsellors.
- b) It is about giving the best possible advice.
- c) It is not an ordinary everyday conversation.
- d) It is a technique to help people help themselves by increasing self understanding

**34- After which stage of a group's development has the group formed a common set of expectations of member behaviors :**

- a) forming
- b) storming
- c) norming
- d) performing

**35- When the group energy is focused on the task at hand, the group has moved to the \_\_\_\_\_ stage**

- a) forming
- b) storming
- c) norming
- d) performing

**or, Members of a team tend to become more motivated and better able to deal with conflict during the \_\_\_\_\_ stage of team development.**

- a. Forming
- b. Norming
- c. Performing
- d. Adjourning

**36- Which stage in group development is most characterized by uncertainty**

- a) forming
- b) storming
- c) norming
- d) performing

**37- Which is the stage of group development characterized by the development of close relationships and cohesiveness**

- a) forming
- b) storming
- c) norming
- d) performing

**38- Providing a safe environment for patients with impaired cognition planning unit activities to stimulate thinking, and including patients and staff in unit meetings are all part of:**

- a) Milieu therapy
- b) Cognitive-behavior therapy
- c) Behavior therapy
- d) Interpersonal psychotherapy

**40- Milieu Therapy includes all of the following, EXCEPT:**

- a) treatment team approach.
- b) interaction between clients.
- c) the promotion of positive functioning.
- d) **responsibility for change on the part of the client**

**39- A therapeutic milieu approach is based on all the following principles except:**

- a. Adult intervention must enhance feelings of acceptance and protection.
- b. Crises are excellent events for teaching and learning.
- c. Cognitive and affective processes are in continuous interaction.
- d. The environment must be individually created for each pupil so that successful functioning will result.
- e. **Behavioral/affective lessons must be a separate part of the curriculum and dealt with only when they are scheduled.**

**40- A client diagnosed with schizophrenia functions well and is bright, spontaneous, and interactive during hospitalization but then decompensates after discharge. What does the milieu provide that may be missing in the home environment:**

- a) Peer pressure
- b) **Structured programming**
- c) Visitor restrictions
- d) Mandated activities

**41- What is the best rationale for including the client's family in therapy within the inpatient milieu**

- a) To structure a program of social and work-related activities
- b) **To facilitate discharge from the hospital**
- c) To provide a concrete demonstration of caring
- d) To encourage the family to model positive behaviors

**42- The family systems therapy approach sees the family as:**

- a) A collective aggregate of individual members
- b) **An emotional and psychological unit**
- c) Secondary to the individual members
- d) An integrated social network

**43- Family \_\_\_\_\_ results from a combination of stress and failure to realign itself to cope with new challenges.**

- a. Accommodation
- b. Structure
- c. **Dysfunction**
- d. Coalition



**44- True about a family genogram:**

- a) Graphically represents at least 3 generations
- b) Includes even the deceased family members
- c) Completely depicts family functioning
- d) **A and B**

**45- Juan and Maria with their five year old son live in their own home and are managing to survive with Juan's daily wage. This is an example of what structure of family**

- a) **Nuclear**
- b) Extended
- c) Single Parent
- d) Blended

**Or, Members of the nuclear family**

- a) parents
- b) dependent children
- c) spouses of the dependent children
- d) **A and B**

**46- The family as a unit of care is very special because:**

- a) there is lifelong involvement
- b) there are shared genetic and developmental attributes
- c) they are confined to one household
- d) **A and B**

**47- True about impact of acute illness in the family:**

- a) emotions are high, and can lead to anger
- b) family has no time for psychological adjustment
- c) family members become sick in the course of the crisis
- d) **A and B**