

CHAPTER-5 | Therapeutic Approaches

QUIZ
PART-05

1. Which factor in psychotherapy refers to the trusting bond between client and therapist?

- A. Confidentiality
- B. Therapeutic Alliance
- C. Informed Consent
- D. Integrity (B)

Explanation: Therapeutic alliance is the emotional bond and trust built between client and therapist, essential for effective healing.

2. Which therapist quality is NOT listed as essential for healing?

- A. Empathy
- B. Warmth
- C. Genuineness
- D. Academic Achievement (D)

Explanation: Healing depends on empathy, warmth, genuineness, and unconditional positive regard, not academic titles alone.

3. Respecting the client's cultural background, values, and beliefs is part of:

- A. Therapist's Characteristics
- B. Client's Characteristics
- C. Techniques Used
- D. Therapeutic Setting (A)

Explanation: Cultural sensitivity is included under therapist's characteristics to ensure respect and inclusiveness.

4. Which client characteristic contributes to quicker progress in therapy?

- A. Avoidance of feelings
- B. Lack of support system
- C. Low motivation to change
- D. Less severity of the problem (D)

Explanation: Clients with less severe issues typically respond more quickly to therapeutic interventions.

5. Confidential and safe space in psychotherapy contributes to:

- A. Anxiety and defensiveness
- B. Trust and openness
- C. Lack of motivation
- D. Cognitive distortions (B)

Explanation: A private and secure environment builds trust and helps clients open up honestly.

6. Evidence-based interventions such as CBT for depression are categorized under:

- A. Client's Characteristics
- B. Techniques Used
- C. Therapist's Characteristics
- D. Therapeutic Setting (B)

Explanation: The choice and application of evidence-based interventions fall under therapeutic techniques.

7. The principle of "Informed Consent" means:

- A. Forcing the client to participate
- B. Client consciously agrees to therapy participation
- C. Therapist making unilateral decisions
- D. Guarantee of immediate cure (B)

Explanation: Informed consent ensures the client voluntarily and knowingly agrees to participate in therapy sessions.

8. Which ethical principle ensures that client information is kept private?

- A. Integrity
- B. Informed Consent
- C. Confidentiality
- D. Competence (C)

Explanation: Confidentiality is an ethical requirement to protect client privacy during therapy.

9. Competence in psychotherapy refers to:

- A. The client's willingness to change
- B. The therapist's training and skills to deliver therapy effectively
- C. The confidentiality of therapy sessions
- D. The structure of therapy setting (B)

Explanation: Competence refers to the therapist's professional qualifications, training, and ability to apply effective interventions.

10. "Client or patient is forced to resolve his or her issues." This statement is:

- A. True
- B. False
- C. Client-Centered Therapy
- D. All of the above (B)

Explanation: Psychotherapy is collaborative and non-coercive; clients are never forced but supported to work through their problems.