

CHAPTER-5 | Therapeutic Approaches

QUIZ
PART-01

- What is the primary aim of psychotherapy?
 - To change a person's environment
 - To apply psychological principles to change distress-causing thoughts, feelings, or behaviors
 - To provide only medical treatment for mental illness
 - To replace personal growth with medication

(B)

Explanation: Psychotherapy is a systematic application of psychological principles to help modify distress-causing thoughts, emotions, and behaviors.

- Which of the following is NOT a goal of psychotherapy?
 - Reinforce coping capacity
 - Eliminate symptoms
 - Promote personal growth
 - Increase biological tolerance

(D)

Explanation: Goals of psychotherapy include reinforcing coping, personal growth, and symptom reduction, but not increasing biological tolerance.

- The trusting relationship between client and therapist is called:
 - Empathy
 - Duration of therapy
 - Therapeutic alliance
 - Confidentiality

(C)

Explanation: Therapeutic alliance refers to the trusting bond and collaborative relationship between therapist and client.

- Which feature of psychotherapy ensures the client's information is kept private?
 - Confidentiality
 - Empathy
 - Verbal communication
 - Therapeutic setting

(A)

Explanation: Confidentiality is a core feature of psychotherapy, ensuring that client information is protected.

- Which of the following is NOT listed as a feature of psychotherapy?
 - Regular interaction over sessions
 - Confidentiality
 - Unconditional positive regard
 - Pharmacological dosage

(D)

Explanation: Psychotherapy emphasizes relational features like empathy and positive regard, not medication.

- Which classification of psychotherapy is based on underlying theory?
 - Short-term vs. long-term therapy
 - Individual vs. group therapy
 - Psychoanalysis, Behavior Therapy, Cognitive Therapy, Humanistic Therapy
 - Couple vs. family therapy

(C)

Explanation: Therapies may be classified by underlying theoretical orientation such as psychoanalysis, behavioral, cognitive, and humanistic approaches.

- Which therapy type involves sessions with spouses together?
 - Individual therapy
 - Group therapy
 - Couple therapy
 - Family therapy

(C)

Explanation: Couple therapy focuses on resolving relational difficulties between partners.

- Which is an example of a long-term therapy?
 - Cognitive Behavior Therapy (CBT)
 - Behavior Therapy
 - Psychoanalysis
 - Exposure therapy

(C)

Explanation: Psychoanalysis is typically a long-term therapeutic approach, while CBT and behavior therapies are short-term.

- In behavior therapy, a client unable to hold a job due to fear of superiors would be assessed as having:
 - Lack of memory skills
 - Lack of assertiveness and anxiety
 - Social withdrawal and hallucinations
 - Poor intellectual capacity

(B)

Explanation: The clinical formulation in behavior therapy identifies the problem as lack of assertiveness and heightened anxiety.

- All therapies differ but they share the common method of providing treatment. This statement is:
 - True
 - False
 - Property damage
 - Serious rule violations

(A)

Explanation: Despite theoretical differences, all therapies share a systematic approach to alleviating psychological distress through structured interaction.