1. **A goal of family therapy is to ______.**
   a. improve family communication and interaction
   b. identify and treat the person in the family who is the source of the majority of the family's problems
   c. change the needs of individual family members
   d. teach family members to remain neutral on sensitive issues

2. **Carl Rogers's person-centered approach is considered ________ because the client actually does all the real work, with the therapist merely acting as a sounding board.**
   a. nondirective
   b. directive
   c. behavioral
   d. cognitive

3. **According to Sigmund Freud, the __________ of the dream refers to the client's memory of the things, people, and events in the dream.**
   a. resistance
   b. free association
   c. manifest content
   d. latent content

4. **Gestalt therapy is considered ________ because the therapist leads the client through a number of planned exercises, as well as confronts the client's statements.**
   a. directive
   b. cognitive
   c. behavioral
   d. nondirective

5. **Allen, who has a drug addiction problem, is MOST likely to be successfully treated by ______.**
   a. psychoanalysis
   b. behavior therapy
   c. family therapy
   d. Gestalt therapy
6. **Gary** takes antipsychotic drugs to control the symptoms of schizophrenia. After taking the drug for some time, he begins exhibiting repetitive, involuntary jerks and movements of his face, lips, and legs. Gary is showing signs of _________.
   a. savant syndrome  
   b. a clozapine overdose  
   c. tardive dyskinesia  
   d. neuroleptic malignant syndrome

7. __________ therapies have had considerable success in treating many types of disorders, including depression, stress disorders, anxiety disorders, and even some of the behavioral symptoms of schizophrenia.
   a. Humanistic  
   b. Cognitive and cognitive-behavioral  
   c. Biomedical  
   d. Psychoanalytic

8. The most important aspect of successful psychotherapy is the ______ between client and therapist.
   a. therapeutic alliance  
   b. transference  
   c. authenticity  
   d. mindfulness

9. Eye-movement desensitization reprocessing is primarily used for treatment of __________.
   a. post-traumatic stress disorder  
   b. bipolar disorder  
   c. depression  
   d. schizophrenia

10. Modern psychoanalysts differ from traditional Freudian psychoanalysts in that they focus on the _____ as a motivating force of behavior, and they favor _____ their patients.
   a. ego; sitting behind and passively listening to  
   b. ego; face-to-face discussions with  
   c. id; sitting behind and passively listening to  
   d. id; face-to-face discussions with
11. Which of the following is a barrier to effective therapy when the cultural backgrounds of the client and therapist are different?
   a. gender  
   b. clothing  
   c. age  
   d. language

12. Rational-emotive therapy is a type of ______ therapy.
   a. cognitive-behavioral  
   b. insight  
   c. humanistic  
   d. psychoanalytic

13. An advantage to group therapy is that groups ______.
   a. allow an extremely shy person to feel more comfortable speaking up  
   b. bestow unconditional approval on group members  
   c. allow countertransference to occur  
   d. are a source of social support

14. The process of learning through the observation and imitation of others is called ______.
   a. modeling  
   b. flooding  
   c. free association  
   d. voyeurism

15. Lulu sees a professional once a month to manage the medication she is taking to help alleviate the symptoms of her anxiety disorder. The type of therapy Lulu is undergoing is called _____________.
   a. psychotherapy  
   b. physical therapy  
   c. electroconvulsive shock therapy  
   d. psychopharmacology

16. Therapies aimed mainly at understanding one's motives and actions are referred to as _____________.
LAMC Psych 1 Chapter-15 Review Quiz

a. biomedical therapies  
b. relationship therapies  
c. insight therapies  
d. action therapies

17. **Bilateral anterior cingulotomy has been performed in cases of _____ that have not responded to other therapy techniques.**  
a. major depression  
b. panic disorder  
c. schizophrenia  
d. antisocial personality disorder

18. **Therapy that depends on identifying and changing distorted thinking and unrealistic beliefs is _____ therapy.**  
a. psychoanalytic  
b. behavior  
c. cognitive  
d. person-centered

19. **The use of learning techniques to modify or change undesirable behavior and increase desirable behaviors is called ______.**  
a. empty chair technique  
b. reflection  
c. selective thinking  
d. behavior modification

20. **In the wake of the recent BP oil spill disaster in the Gulf of Mexico, there has been an increase in reported cases of ________. Some researchers are finding that virtual reality exposure therapy has helped with the treatment of these problems.**  
a. panic disorder  
b. posttraumatic stress disorder  
c. major depression  
d. schizophrenia
LAMC Psych 1 Chapter-15 Review Quiz

**Test Name:** LAMC Psych 1 Chapter-15 Review Questions and Solutions

1. a.improve family communication and interaction
   **Feedback:**
   **Hints:**
   1. See page 591 of your textbook.

2. a.nondirective
   **Feedback:**
   **Hints:**
   1. See page 580 of your textbook.

3. c.manifest content
   **Feedback:**
   **Hints:**
   1. See page 578 of your textbook.

4. a.directive
   **Feedback:**
   **Hints:**
   1. See page 581 of your textbook.

5. b.behavior therapy
   **Feedback:**
Hints:
1. See page 587 of your textbook.

6. c. tardive dyskinesia
   Feedback:

   Hints:
   1. See page 599 of your textbook.

7. b. Cognitive and cognitive-behavioral
   Feedback:

   Hints:
   1. See page 590 of your textbook.

8. a. therapeutic alliance
   Feedback:

   Hints:
   1. See page 595 of your textbook.

9. a. post-traumatic stress disorder
   Feedback:

   Hints:
   1. See page 586 of your textbook.
10. b. ego; face-to-face discussions with
   Feedback:

   Hints:
   1. See page 579 of your textbook.

11. d. language
   Feedback:

   Hints:
   1. See page 597 of your textbook.

12. a. cognitive-behavioral
   Feedback:

   Hints:
   1. See page 589 of your textbook.

13. d. are a source of social support
   Feedback:

   Hints:
   1. See page 591 of your textbook.

14. a. modeling
   Feedback:

   Hints:
   1. See page 586 of your textbook.
15. d. psychopharmacology
   **Feedback:**

   **Hints:**
   1. See page 598 of your textbook.

16. c. insight therapies
   **Feedback:**

   **Hints:**
   1. See page 577 of your textbook.

17. a. major depression
   **Feedback:**

   **Hints:**
   1. See page 604 of your textbook.

18. c. cognitive
   **Feedback:**

   **Hints:**
   1. See page 588 of your textbook.

19. d. behavior modification
   **Feedback:**

   **Hints:**
   1. See page 585 of your textbook.
20.  b. posttraumatic stress disorder

**Feedback:**

**Hints:**

1. See page 607 of your textbook.