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QUESTION 1

When you see the letter P in relation to a test of significance, it means:

- A. Probability
- B. Possibility
- C. Positive
- D. Psychoanalysis

Correct Answer: A

Most researchers use a P value of .05 as a cutoff for significance. If it is less than .05, the null hypothesis is rejected and it is concluded significance does not exist.

QUESTION 2

Jerry hears a fellow group member say, "I am really struggling with this divorce. I can't see my way to the other side sometimes. It seems like I'll never feel better." Jerry just experienced a relationship break-up himself, which spun him into a depression. Though the group member's situation is unfortunate, Jerry feels a little better hearing about it. Jerry is experiencing which curative factor of group therapy?

- A. Imitative behavior
- B. Imparting information
- C. Instillation of hope
- D. Universality

Correct Answer: D

Jerry is experiencing universality, when a member feels relief that they are not alone and that others share similar problems. He is not adapting another member's coping strategy, so it is not imitative behavior. Instillation of hope creates a feeling of optimism, which is not mentioned.

QUESTION 3

One of the first formal therapeutic groups was held by:

- A. Joseph Pratt
- B. Carl Rogers
- C. Irv Yalom
- D. Wilfred Bion

Correct Answer: A

In 1905, Joseph Pratt, a medical doctor from Boston, gathered a group of patients with tuberculosis in order to educate them. The rest are all group theorists of later years. Rogers is often referred to as the "father of counseling psychology".

Yalom developed a list of therapeutic factors in group therapy. Bion was a British psychoanalyst.

QUESTION 4

According to Piaget's stages of moral judgment, a child younger than age ten will think which of the following is worse?

- A. Someone who was trying to help his mother set the table and broke five dishes.
- B. Someone who was stealing a cookie from the cookie jar when he wasn't allowed, and knocked over a cup that broke.
- C. Someone who did not control the dog who jumped up on the table and pulled down a glass full of water, which broke.
- D. Someone who accidentally dropped a dinner knife which could have hurt someone if they would have stepped on it.

Correct Answer: A

Piaget saw moral judgment broken into two age brackets: below and above age ten. Those under age ten tended to judge wrong-doings by the amount of damage caused rather than the intention behind the act. Hence, even though the person in answer A had the best intentions, he broke more dishes and, therefore, is seen as more wrong. Since the person stealing only knocked over one cup, it is not viewed as bad as breaking five dishes.

QUESTION 5

Who developed the technique of paradoxical intention?

- A. Wolpe
- B. Super
- C. Frankl
- D. Jung

Correct Answer: C

Victor Frankl developed the technique of paradoxical intention and used it with clients who had severe anxiety. Systematic desensitization is a behavioral therapy technique developed by Wolpe to help clients overcome phobias.