

# PSY509

## Theories of Marriage and Family

Text: Family Therapy Concepts and Methods

8th Edition, 2008

ISBN: 0-2-5-54320-0 ; 13: 978-0-205-54320-5

Authors: Michael P. Nichols

Publisher: Pearson Education, Inc., Allyn and Bacon: Boston, MA 02116

Multiple Choice Questions (Enter your answers on the enclosed answer sheet)

- 1) Family sculpting and choreography are applications of this early approach to group treatment, which consists of dramatic enactments from the lives of group members and uses a number of techniques to stimulate emotional expression and clarify conflicts.
  - A) psychodrama
  - B) T-group
  - C) psychoeducation
  - D) encounter group
  
- 2) The first to apply group concepts to family treatment was
  - A) Murray Bowen
  - B) Carl Whitaker
  - C) John Elderkin Bell
  - D) Virginia Satir
  
- 3) Reflecting the recent recognition that some problems are in fact problems of individuals and not caused by families, Carol Anderson and colleagues developed this family therapy approach to treating families with schizophrenics.
  - A) family group counseling
  - B) psychodrama
  - C) solution-focused therapy
  - D) psychoeducation
  
- 4) Leaders of family therapy who are social workers include all except whom?
  - A) Virginia Satir
  - B) Carl Whitaker
  - C) Monica McGoldrick
  - D) Braulio Montalvo
  
- 5) Lyman Wynne's term for the facade of family harmony that characterized many schizophrenic families is:
  - A) pseudomutuality
  - B) pseudoharmony
  - C) pseudocomplementarity
  - D) pseudohostility

- 6) Hospital clinicians began to acknowledge and include the family in an individual's treatment when:
- A) they noticed when the patient got better, someone in the family got worse
  - B) they realized the family was footing the bill for treatment
  - C) they realized the family continued to influence the course of treatment anyway
  - D) A and C
- 7) Gregory Bateson and his colleagues at Palo Alto introduced this concept to describe the patterns of disturbed family communication which cause schizophrenia.
- A) double bind
  - B) schizophrenogenesis
  - C) pseudohostility
  - D) none of the above
- 8) This family therapist's personal resolution of emotional reactivity in his family was as significant for his approach to family therapy as Freud's self-analysis had been for psychoanalysis.
- A) Murray Bowen
  - B) Salvador Minuchin
  - C) Jay Haley
  - D) Carl Whitaker
- 9) This family therapist believed in the existence of an interpersonal unconscious within each family.
- A) Virginia Satir
  - B) Nathan Ackerman
  - C) Ivan Boszormenyi-Nagy
  - D) Murray Bowen
- 10) The techniques of structural family therapy fall into two general categories, joining and \_\_\_\_\_.
- A) disengaging maneuvers
  - B) taking an "I" position
  - C) restructuring techniques
  - D) paradoxical interventions
- 11) Group-oriented therapists promote communication by concentrating on process rather than content.
- A) TRUE
  - B) FALSE

- 12) The tendency of families to resist change in order to maintain a steady state is known as:
- A) complementarity
  - B) paradox
  - C) negative feedback
  - D) the black box concept
- 13) While the communications family therapists share the common goal of altering self-reinforcing and destructive patterns of communication in families, their intervention strategies differed. For example, Haley favored the use of \_\_\_\_\_ while Satir sought change by making family rules explicit and by teaching principles of clear communication.
- A) paradox
  - B) interpretations
  - C) positive connotations
  - D) behavioral contracts
- 14) According to communications theory, healthy families are able to adapt to changing circumstances through use of:
- A) positive feedback
  - B) negative feedback
  - C) homeostasis
  - D) therapeutic double-binds
- 15) A conflict created when a person receives contradictory messages on different levels of abstraction in an important relationship, and cannot leave or comment is known as a:
- A) double-bind
  - B) reframe
  - C) quid pro quo
  - D) complementarity
- 16) The goal of family group therapy is to:
- A) promote individuation of family members
  - B) promote verbalization and understanding of unmet needs
  - C) improve family relationships
  - D) all of the above

- 17) The family theory of the etiology of schizophrenia which focused on disturbed patterns of communication was founded by Gregory Bateson, Theodore Lidz, and:
- A) Lyman Wynne
  - B) Mara Selvini-Palazzoli
  - C) Carl Whitaker
  - D) Virginia Satir
- 18) According to Bateson's research on the disorder, they believed that \_\_\_\_\_ was a disturbance of the entire family, not the individual.
- A) depression
  - B) alcoholism
  - C) schizophrenia
  - D) A and C
- 19) According to the authors, the communication theorists tend to describe families as \_\_\_\_\_ in their theoretical statements, though they tended to treat them as \_\_\_\_\_ in their clinical work.
- A) complementary/symmetrical
  - B) open systems/closed systems
  - C) closed systems/open systems
  - D) symmetrical/complementary
- 20) The stages of a family's life from separation from one's parents to marriage, having children, growing older, retirement, and finally death, are known as the:
- A) homeostasis
  - B) family structure
  - C) function of the system
  - D) family life cycle
- 21) Constructivism first found its way into psychotherapy in the work of:
- A) George Kelly
  - B) Michael White
  - C) Kenneth Gergen
  - D) Paul Watzlawick
- 22) A biological model of living systems as whole entities which maintain themselves through continuous input and output from the environment, developed by Ludwig von Bertalanffy is known as
- A) general systems theory
  - B) cybernetics

- C) constructivism
- D) ecosystemic communication

23) Which phenomena are NOT a focus of cybernetics, as applied to families?

- A) family rules
- B) negative feedback
- C) sequences of interaction
- D) family hierarchy

24) Superficial change in a system which itself stays invariant is termed \_\_\_\_\_, while basic change in the structure of a system is called \_\_\_\_\_.

- A) first-order; systemic
- B) second-order; first-order
- C) first-order; second-order
- D) cybernetic; second-order

25) Boundaries around the executive subsystem in the family are of particular importance because the family \_\_\_\_\_ is seen by structural therapists as crucial to the family's well-being.

- A) life cycle
- B) quid pro quo
- C) network
- D) hierarchy

Multiple Choice Questions (Enter your answers on the enclosed answer sheet)

- 1) By training family members in 3 areas--teaching differentiation, avoiding triangulation, and \_\_\_\_\_, Bowen therapists can enable a single individual to transform the whole network of his or her family system.
  - A) avoiding expression of intense emotions
  - B) increasing contact with dysfunctional family members
  - C) reopening cut-off family relationships
  - D) all of the above
  
- 2) According the Bowen theory, the flight from an unresolved emotional attachment to one's parents is known as:
  - A) fusion
  - B) emotional cutoff
  - C) enmeshment
  - D) disengagement
  
- 3) In Bowen theory, this is a process wherein the projection of varying degrees of immaturity to different children in the same family occurs. The child who is most involved in the family emerges with the lowest level of differentiation, and passes on problems to succeeding generations.
  - A) multigenerational transmission process
  - B) nuclear family emotional process
  - C) societal emotional process
  - D) family projection process
  
- 4) This Bowenian term describes the level of emotional "stuck-togetherness" or fusion in the family.
  - A) unconscious need complementarity
  - B) triangling
  - C) nuclear family emotional process
  - D) A and C
  
- 5) According to Bowen, \_\_\_\_\_are the smallest stable unit of human relations.
  - A) dyads
  - B) foursomes
  - C) triangles
  - D) none of the above

- 6) Unlike experiential therapists, Bowenians seek to \_\_\_\_\_ levels of anxiety in order to increase levels of differentiation of self in the family.
- A) decrease
  - B) identify
  - C) monitor
  - D) increase
- 7) \_\_\_\_\_ is a prominent technique in Bowen therapy designed to clarify emotional processes involved in altering key triangles. The technique is used in order to help family members become aware of systems processes and recognize their own roles in them--it was first developed for use with emotional pursuers and distancers.
- A) Coaching
  - B) Use of genograms
  - C) Relationship experiments
  - D) Use of displacement stories
- 8) According to Sulloway's research on the correlates of sibling position in families, are more likely to question the status quo and are more open to experience.
- A) Firstborns
  - B) Only children
  - C) Laterborns
  - D) B and C
- 9) Bowen's concept "differentiation of self" is most like, which of the following?
- A) Ego strength
  - B) Independence
  - C) Self-actualization
  - D) Disengagement
- 10) A primary goal of communications family therapy is to:
- A) interrupt dysfunctional feedback loops
  - B) negatively reinforce symptoms
  - C) foster insight
  - D) promote individuation of family members

- 11) Basic change in the structure and functioning of a system is known in general systems theory as:
- A) second-order change
  - B) paradoxical change
  - C) quid pro quo change
  - D) first-order change
- 12) MRI therapists identify 3 categories of client solutions which tend to perpetuate or exacerbate their problems. They include attempting to solve something which isn't really a problem, taking action to solve a problem but doing so at the wrong level, and \_\_\_\_\_.
- A) complying with a paradoxical directive
  - B) failing to take action, though action is necessary
  - C) denying that a problem exists
  - D) B and C
  - E) none of the above
- 13) All of these schools have for their goals of therapy both symptom resolution and transformation in the whole family system, except which?
- A) MRI
  - B) Structural
  - C) Bowenian
  - D) Experiential
- 14) The strategic technique of providing a new label for a family's description of behavior, in order to make it more amenable to therapeutic change; for example, describing someone as "lazy" rather than "depressed."
- A) Restraining
  - B) Reframing
  - C) Interpretation
  - D) A and C
- 15) Madanes categorizes family problems according to 4 basic intentions of family members involved in them. They are: the desire to dominate and control, the desire to love and protect others, the desire to repent and forgive, and the desire to \_\_\_\_\_.
- A) be loved
  - B) be secure
  - C) create a family
  - D) none of the above

- 16) Structuralists believe the family must first accept the therapist, in a process called \_\_\_\_\_, which allows the therapist to increase stress and unbalance the family homeostasis, thus opening the way for structural transformation in the family.
- A) restructuring
  - B) taking an "I" position
  - C) detouring
  - D) joining
- 17) When parents are unable to resolve the conflicts between them, a common pattern is to continue to argue through the children. When father says mother is too permissive, she says he's too strict. He may in turn withdraw, and she responds to the child with excessive concern and devotion. The structural term which best describes the resulting family structure is:
- A) a pathological triangle
  - B) over involvement between father and child
  - C) diffuse boundaries between husband and wife
  - D) a cross-generational coalition between mother and child
- 18) An interaction stimulated in structural family therapy in order to observe and then change transactions which make up family structure is called:
- A) an enactment
  - B) a spontaneous behavior exchange
  - C) a positive connotation
  - D) a reframing
- 19) In order to highlight and modify interactions in the family, structural therapists must use intensity to:
- A) extend interactional sequences beyond the point where dysfunctional homeostasis is reinstated
  - B) interrupt rigid patterns of conflict-avoidance
  - C) break families loose from their patterns of equilibrium
  - D) all of the above
- 20) Minuchin, Rosman, and Baker (1978) reported a 90% improvement rate in the results of their treatment study of structural family therapy in treating \_\_\_\_\_.
- A) depression
  - B) anxiety disorders
  - C) drug addiction
  - D) anorexia

- 21) Carl Whitaker, like Murray Bowen, believes that personal growth (i.e., individuation) also requires:
- A) problem-solving abilities
  - B) rational thinking
  - C) family connectedness
  - D) none of the above
- 22) A non-verbal experiential technique, in which family members position themselves in a tableau that reveals significant aspects of their perceptions and feelings, is known as:
- A) family sculpting
  - B) family ritual
  - C) existential encounter
  - D) conjoint family drawing
- 23) Among experientialists, families are typically conceived of and treated as \_\_\_\_\_.
- A) parent and child subsystems
  - B) systems
  - C) groups of individuals
  - D) none of the above
- 24) The goal of Internal Family Systems therapy is to:
- A) achieve self-leadership
  - B) de-triangulate
  - C) experience unique outcomes
  - D) B and C
- 25) An essential role of an IFS therapist is to:
- A) help family members notice when their parts have taken over
  - B) educate family members about internal positive feedback loops
  - C) solve the family's presenting problem
  - D) reposition the family hierarchy



Multiple Choice Questions (Enter your answers on the enclosed answer sheet)

- 1) \_\_\_\_\_ is an interactive process in which a subject perceives an object as containing elements of the subject's personality and evokes certain behaviors and feelings from the object that conform to these perceptions.
  - A) Projective identification
  - B) Transference-countertransference
  - C) Separation-individuation
  - D) Reciprocal introjection
  
- 2) Non-psychoanalytic family therapists locate problems between people; psychoanalytic family therapists identify problems \_\_\_\_\_ people.
  - A) within
  - B) between
  - C) within and between
  - D) none of the above
  
- 3) An emotional reaction, usually unconscious and often distorted, on the part of the therapist to a patient or family member in treatment is known as:
  - A) introjection
  - B) countertransference
  - C) transference
  - D) projective identification
  
- 4) According to psychoanalytic theory, marital choice is affected in part by the \_\_\_\_\_ phenomenon, in which the insecurely attached child grows up learning to hide their real needs and feelings to win approval.
  - A) double-bind
  - B) invisible loyalty
  - C) introjective
  - D) false self
  
- 5) A process in psychoanalytic family therapy, by which insights are translated into new and more productive ways of behaving and interacting is known as:
  - A) metacommunication
  - B) interpretation
  - C) working through
  - D) projective identification
  
- 6) Psychoanalytic family therapists pay particular interest to childhood memories when:
  - A) they feel family members' need reassurance and direction
  - B) they are re-enacted in the present, manifested as transference

- C) family members' associations and spontaneous interactions cease  
D) none of the above
- 7) Unlike \_\_\_\_\_, psychoanalytic clinicians may not complete their assessment or arrive at a final diagnosis until the end of treatment.
- A) experientialists  
B) behaviorists  
C) structuralists  
D) B and C
- 8) Psychoanalytic family therapy consists of four basic techniques: listening, empathy, interpretation, and \_\_\_\_\_.
- A) re-storying  
B) facilitating emotional expression  
C) maintaining analytic neutrality  
D) paradoxical directives
- 9) Along with the achievement of insight, the processes of 'working through' and \_\_\_\_\_ of the therapy are considered three specific processes that facilitate change in psychodynamic therapy.
- A) sublimation  
B) reciprocal introjection  
C) warding off  
D) internalization
- 10) This behavioral technique uses a system of points or stars to reward children for successful behavior:
- A) shaping  
B) contingency contracting  
C) aversion therapy  
D) token economy
- 11) A behavioral technique used to eliminate behavior by not reinforcing it is known as:
- A) extinction  
B) punishment  
C) assertive training  
D) contingency contracting
- 12) Behavioral assessment methods fall into each of the following categories except which?
- A) observation

- B) objective testing
- C) clinical interview
- D) projective testing

13) According to Jacobson and Margolin, behavioral marital therapists prefer to use \_\_\_\_\_ to identify problems and understand their etiology.

- A) interviews
- B) written questionnaires
- C) direct observation
- D) B and C
- E) none of the above

14) The major intent of behavioral exchange procedures is to help couples:

- A) establish reinforcement reciprocity
- B) evaluate treatment outcome
- C) resolve sexual arousal disorders
- D) with severe marital problems

15) Masters and Johnson tend to lump sexual problems into which category:

- A) poor technique
- B) anxiety
- C) lack of motivation
- D) lack of information

16) According to behaviorists, disturbed marital interactions result from:

- A) low rates of positive reinforcement exchange
- B) positive expectancies
- C) low rates of aversive control
- D) none of the above

17) The \_\_\_\_\_ model of mental disorder, which proposes that an individual develops a disorder when a genetic weakness is sufficiently stressed by an event in the environment, is used in Bowen theory and by the psychoeducational therapists.

- A) object relations
- B) general systems
- C) diathesis-stress
- D) none of the above

- 18) The primary goal of the psychoeducational approach to treatment of schizophrenia is:
- A) to cure the patient of schizophrenia
  - B) to maximize functioning and minimize relapse
  - C) to determine the family's contribution to the illness
  - D) to remove the patient from their family environment
- 19) The one-day "survival-skills workshop" conducted with groups of family members is used in which treatment approach?
- A. internal family systems therapy
  - B. medical family therapy
  - C. solution-focused therapy
  - D. psychoeducation
- 20) Reflecting teams are used by which family therapists?
- A) Bowen family therapists
  - B) Jay Haley and Chloe Madanes
  - C) structural family therapists
  - D) narrative constructive therapists
- 21) Early in the development of solution focused therapy, all clients were given the same assignment, \_\_\_\_\_, in which clients are asked to observe what happens in their life/relationships that they want to continue.
- A) invariant prescription
  - B) re-storying task
  - C) formula first-session task
  - D) family ritual
- 22) This question, used by solution focused therapists, is intended to circumvent clients' global and unremitting perceptions of the problems and directs their attention to times in the past or present when they didn't have the problem.
- A) scaling question
  - B) exception question
  - C) miracle question
  - D) none of the above

23) The \_\_\_\_\_ school of family therapy views resistance as an activation of the protective side of family members.

- A) solution focused
- B) MRI
- C) structural
- D) experiential

24) Steve de Shazer's term for someone who isn't willing to work at changing is:

- A) patient
- B) client
- C) complainant
- D) customer

25) Solution-focused therapy draws heavily on:

- A) social constructionism
- B) social learning theory
- C) systems theory
- D) constructivism



## Multiple Choice Questions (Enter your answers on the enclosed answer sheet)

- 1) Both the narrative and Milan systemic approaches are characterized by an:
  - A) emphasis on paradoxical intervention
  - B) interest in the origin or cause of problems
  - C) ethic of collaboration
  - D) none of the above
  
- 2) Reflecting teams are used by which family therapists?
  - A) structural family therapists
  - B) Jay Haley and Cloe Madanes
  - C) narrative constructive therapists
  - D) Bowen family therapists
  
- 3) According to White, the “constitutionalist self” is a fluid and plastic version of the self, affected by one’s \_\_\_\_\_.
  - A) cultural
  - B) cognitive schemas
  - C) lifescritps
  - D) interactions with others
  
- 4) Unlike the cybernetic metaphor, which focuses on self-defeating patterns of \_\_\_\_\_, the narrative metaphor focuses on self-defeating \_\_\_\_\_.
  - A) cognition(s); behavior(s)
  - B) culture(s); emotion(s)
  - C) behavior(s); cognition(s)
  - D) behavior(s); emotion(s)
  
- 5) The narrative approach first founds its way into psychotherapy in the hermeneutic traditions in \_\_\_\_\_.
  - A) client-centered therapy
  - B) feminism
  - C) gestalt therapy
  - D) psychoanalysis

- 6) Narrative therapists \_\_\_\_\_ problems in order to free the family and individual family members from blame.
- A) externalize
  - B) prescribe
  - C) re-story
  - D) reframe
- 7) According to social constructionists, the “constitutional self” is \_\_\_\_\_.
- A) fluid and plastic
  - B) enduring
  - C) highly resistant to outside influence
  - D) a wellspring of untapped resources
- 8) According to narrative therapy, by maintaining a dominant story of their problem, family members fail to see \_\_\_\_\_ their problems.
- A) the paradox in
  - B) exceptions to
  - C) underlying causes of
  - D) their contributions to
- 9) Narrative therapists search the family’s history for \_\_\_\_\_, in their efforts to separate them from their problems.
- A) sparking outcome
  - B) multigenerational patterns
  - C) miracle outcomes
  - D) none of the above
- 10) In order to fortify gains made in narrative treatment, \_\_\_\_\_ are organized to discuss how to facilitate the client’s success in countering the effects of their problem story.
- A) supportive teams
  - B) multiple family groups
  - C) reflecting teams
  - D) none of the above

- 11) In order to externalize a problem, whether it's an internal experience, a syndrome, or a relationship pattern, the narrative therapist must \_\_\_\_\_.
- A) prescribe it
  - B) personify it
  - C) ask the miracle question
  - D) ignore it and focus on unique outcomes
- 12) The narrative technique of \_\_\_\_\_ enables family members to distance from their problem by externalizing it, and thus experiencing their control over the problem.
- A) re-storying
  - B) sequences
  - C) family rituals
  - D) the invariant prescription
- 13) The multicultural framework encourages therapists to speak with families about their \_\_\_\_\_.
- A) culture
  - B) race
  - C) ethnicity
  - D) ethnicity, education, and religion
- 14) Metaframework therapists:
- A) have conversations with families about potential constraints
  - B) collaborate with family members to form hypotheses
  - C) use a reflecting team to help re-story the family problem
  - D) B and C
  - E) A and B
- 15) Rather than combining models, this integrative treatment approach incorporates a variety of family and individual approaches in sequence.
- A) integrative problem-centered therapy
  - B) metaframeworks model
  - C) integrative couple therapy
  - D) all of the above

- 16) The narrative solutions approach combines the insights of \_\_\_\_\_ with narrative techniques.
- A) structural therapy
  - B) Bowenian theory
  - C) experiential therapy
  - D) MRI's model
- 17) The narrative solutions approach revolves around the concept of \_\_\_\_\_, which assumes that people have strong preferences for how they would like to see themselves, and be seen by others.
- A) preferred views
  - B) Self leadership
  - C) emotional reactivity
  - D) externalizing the problem
- 18) This therapist teamed with Andrew Christensen to figure out how to improve the limited success rates they were finding in couples treated with traditional behavioral couples therapy.
- A) Joseph Eron
  - B) Neil Jacobson
  - C) William Pinsof
  - D) Virginia Goldner
- 19) In contrast to traditional behavioral therapy, integrative couple therapy emphasizes \_\_\_\_\_.
- A) emotional experiencing
  - B) support and empathy
  - C) insight
  - D) accountability
- 20) Cognitive-behavioral and strategic therapists tend to emphasize the technical role of the therapist, while \_\_\_\_\_ and \_\_\_\_\_ therapists stress the artistic side of the person.
- A) experiential; constructivist
  - B) Bowenian; structural
  - C) communications; Bowenian
  - D) structural; experiential

- 21) The \_\_\_\_\_ model of mental disorder, which proposes that an individual develops a disorder when a genetic weakness is sufficiently stressed by an event in the environment, is supported by Bowen theorists and psychoeducational therapists.
- A) object relations
  - B) diathesis-stress
  - C) general systems
  - D) none of the above
- 22) The concept of \_\_\_\_\_ describes how when two people are in conflict, the one who experiences the most anxiety will triangle in another person.
- A) the empty chair
  - B) the miracle question
  - C) genograms
  - D) none of the above
- 23) Action and insight are the primary vehicles of change in family therapy. The \_\_\_\_\_ school emphasizes behavioral change and avoids insight as a medium for change.
- A) psychodynamic
  - B) strategic
  - C) narrative
  - D) experiential
- 24) One variation of the patient-therapist relationship is exemplified by this model which instructs its therapists to empathize with a family's predicament while also empowering them to use their own strengths to find solutions, from a position of partnership.
- A) psychoanalytic
  - B) solution focused
  - C) communications
  - D) A and B
- 25) Which is NOT a technique used by therapists to block or change dysfunctional behavior?
- A) paradox
  - B) directives
  - C) therapeutic double-binds
  - D) none of the above- all are techniques used commonly by therapists

