Theory Terms Quiz Answers

Directions: For each theory, go down the list and match it to the related terms. This gets you ready for the real exam where you will be scanning the different answers for the theory related terms.

<table>
<thead>
<tr>
<th>Adler</th>
<th>Bowen</th>
<th>Client-Centered/Humanistic (CC/H)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Existential</td>
<td>Gestalt</td>
<td>Object Relations/Psychodynamic (OR/P)</td>
</tr>
<tr>
<td>Narrative</td>
<td>Reality</td>
<td>Satir/Communication (S/C)</td>
</tr>
<tr>
<td>CBT</td>
<td>Strategic</td>
<td>Structural</td>
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</tbody>
</table>

1. Awareness of here-and-now **Gestalt**
2. Reparative experiences with therapist **OR/P**
3. Identify unique outcomes **Narrative**
4. Emphasizes finding solutions not on discovering the cause or origins of the problem **SF**
5. Therapist is nondirective **CC/H**
6. Change occurs through action-oriented directives **Strategic**
7. Restructure the family’s organization **Structural**
8. Philosophical meaning in the face of anxiety **Existential**
9. Change occurs by learning to modify dysfunctional thought patterns **CBT**
10. Increase the client’s awareness in the present moment **Gestalt**
11. Insight oriented **OR/P**
12. Choosing to think and act authentically and responsibly **Existential**
13. Enlist a witness **Narrative**
14. Accessing client’s strengths and resources **SF**
15. Paradoxical interventions **Strategic**
16. Systematic Desensitization CBT
17. Exploring experience by description Gestalt
18. Emphasis on transference and countertransference OR/P
19. Identifying and meeting needs Reality Therapy
20. Finding alternatives CBT
21. Empty-chair technique Gestalt
22. Thought Record CBT
23. Projection Identification OR/P
24. Restraining Strategic
25. Client confronts anxiety inherent in living Existential
26. Mimesis Structural
27. Develop socially useful goals and increase social interests Adler
28. Increase congruent communication S/C
29. Inferiority feelings motivate behavior Adler
30. Understanding multigenerational dynamics Bowen
31. Relaxation techniques CBT
32. Exception question SF
33. Unbalancing Structural
34. Maladaptive Automatic Thoughts CBT
35. Congruence/genuineness CC/H
36. Anxiety is part of the human condition Existential
37. Promote insight and growth through interpretation OR/P
38. Miracle question SF
39. Telling, talking about, and naming emotional pain Existential
40. Focus on present choices Reality Therapy
41. Family Life Chronology S/C
42. Prescribing the symptom Strategic
43. Deconstruct problem-saturated stories Narrative
44. Honoring the pain Existential
45. Enactment Structural
46. Differentiation Bowen
47. Everyone has four needs: love/belonging, power/achievement, freedom, and fun/relaxation Reality Therapy
48. Monitor thoughts and moods CBT
49. Scaling questions SF
50. Ordeals Strategic
51. Reduce anxiety and emotional turmoil in family system Bowen
52. Uses experiments Gestalt
53. Rearrange how people sit together in the room. Structural
54. Establish a holding environment OR/P
55. Family Sculpting S/C
56. Coping Questions SF
57. Affirmations/Compliments SF
58. Early Recollection Adler
59. Everyone must accept the responsibility that comes with freedom Existential
60. Therapist is directive **Strategic**
61. Family Constellation **Adler**
62. Unconditional positive regard **CC/H**
63. Body awareness **Gestalt**
64. Empathy **CC/H**
65. Self-actualization **CC/H**
66. Lifestyle Assessment **Adler**
67. Facilitate detriangulation **Bowen**
68. Exposure **CBT**
69. Understand problems effects **Narrative**
70. Labeling distortions **CBT**
71. Teach “I statements” (2) **S/C and Bowen**
72. Emotional cutoff **Bowen**
73. Three-column technique **CBT**
74. Reframing family dynamic as “problem” **Structural**
75. Life goals **Adler**
76. Separate patient from problem **Narrative**
77. Schema **CBT**
78. Self-acceptance **CC/H**
79. Write a letter to self and others **Narrative**
80. Boundary making **Structural**