



Chapter 16 Exercises

Review Questions

- Who of the following does *not* support the humane and improved treatment of mentally ill persons?
 - Philippe Pinel
 - Medieval priests
 - Dorothea Dix
 - all of the above
- The process of closing large asylums and providing for people to stay in the community to be treated locally is known as _____.
 - deinstitutionalization
 - exorcism
 - deactivation
 - decentralization
- Joey was convicted of domestic violence. As part of his sentence, the judge has ordered that he attend therapy for anger management. This is considered _____ treatment.
 - involuntary
 - voluntary
 - forced
 - mandatory
- Today, most people with psychological problems are not hospitalized. Typically, they are only hospitalized if they _____.
 - have schizophrenia
 - have insurance
 - are an imminent threat to themselves or others
 - require therapy
- The idea behind _____ is that how you think determines how you feel and act.
 - cognitive therapy
 - cognitive-behavioral therapy
 - behavior therapy
 - client-centered therapy
- Mood stabilizers, such as lithium, are used to treat _____.
 - anxiety disorders
 - depression
 - bipolar disorder
 - ADHD
- Clay is in a therapy session. The therapist asks him to relax and say whatever comes to his mind at the moment. This therapist is using _____, which is a technique of _____.
 - active listening; client-centered therapy
 - systematic desensitization; behavior therapy
 - transference; psychoanalysis
 - free association; psychoanalysis
- A treatment modality in which five to 10 people with the same issue or concern meet together with a trained clinician is known as _____.
 - family therapy
 - couples therapy
 - group therapy
 - self-help group
- What happens during an intake?
 - The therapist gathers specific information to address the client's immediate needs, such as the presenting problem, the client's support system, and insurance status. The therapist informs the client about confidentiality, fees, and what to expect in a therapy session.
 - The therapist guides what happens in the therapy session and designs a detailed approach to resolving each member's presenting problem.
 - The therapist meets with a couple to help them see how their individual backgrounds, beliefs, and actions are affecting their relationship.

- d. The therapist examines and discusses with the family the boundaries and structure of the family.
10. What is the minimum amount of time addicts should receive treatment if they are to achieve a desired outcome?
- 3 months
 - 6 months
 - 9 months
 - 12 months
11. When an individual has two or more diagnoses, which often include a substance-related diagnosis and another psychiatric diagnosis, this is known as _____.
- bipolar disorder
 - comorbid disorder
 - codependency
 - bi-morbid disorder
12. John was drug-free for almost 6 months. Then he started hanging out with his addict friends, and he has now started abusing drugs again. This is an example of _____.
- release
 - reversion
 - readdiction
 - relapse
13. The sociocultural perspective examines you, your behaviors, and your symptoms in the context of your _____.
- education
 - socioeconomic status
 - culture and background
 - age
14. Which of the following was *not* listed as a barrier to mental health treatment?
- fears about treatment
 - language
 - transportation
 - being a member of the ethnic majority

Critical Thinking Questions

15. People with psychological disorders have been treated badly throughout history. Describe some efforts to improve treatment and include explanations for the success or lack thereof.
16. Describe the criteria that must be met in order for an individual to be hospitalized.
17. Imagine that you are a psychiatrist. Your patient, Pat, comes to you with anxiety and feelings of sadness. Which therapeutic approach would you recommend, and why?
18. Compare and contrast individual and group therapies.
19. You are conducting an intake assessment. Your client is a 45-year-old single, employed male with cocaine dependence. He failed a drug screening at work and has been mandated to treatment by his employer if he wants to keep his job. Your client admits that he needs help. Why would you recommend group therapy for him?
20. Deja is a 24-year-old Black American female. For years she has been struggling with bulimia. She knows she has a problem, but she is not willing to seek mental health services. What are some reasons why she may be hesitant to get help?