

# Test Bank for Couple and Family Therapy 1st Murdock

TEST BANK SAMPLE PREVIEW

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**Test Bank**

# Test Bank

D. Robert Casares, Jr., Wake Forest University

## **Couples and Family Therapy: A Case Approach**

1st Edition

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*University of Missouri–Kansas City*



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## TEST ITEMS

### Short-Answer Questions

1. Why is it important for therapists to operate from a particular theoretical approach? Explain.
2. Briefly explain the author's purpose for writing this book.
3. Define the term *identified patient* and briefly explain how this concept relates to the practice of couple and family therapy.

### Multiple-Choice Questions

1. Theories offer therapists a roadmap for how to help clients get from the presenting problem to the:
  - a. desired goal
  - b. fastest fix
  - c. easiest outcome
  - d. all of the above
2. Most observers locate the distant beginnings of family therapy in the:
  - a. 1920s
  - b. 1930s and 1940s
  - c. 1940s and 1950s
  - d. 1960s
3. In the 1940s and 1950s, the primary leaders of the family therapy movement came from each of the following backgrounds except:
  - a. social workers
  - b. psychologists
  - c. psychiatrists
  - d. pediatricians
4. Systems theory was developed by:
  - a. Nathan Ackerman
  - b. Gregory Bateson
  - c. Ludwig von Bertalanffy
  - d. Murry Bowen

5. Each of the following individuals were members with the Palo Alto Group except:
  - a. Jay Haley
  - b. Murry Bowen
  - c. John Weakland
  - d. Virginia Satir
6. Gregory Bateson was largely responsible for contributing each of the following concepts to couples family therapy except:
  - a. systems thinking
  - b. cybernetics
  - c. feedback
  - d. social constructionism
7. The best way to approach helping individuals, from a family systems perspective, is to view them as:
  - a. distinct from a particular system
  - b. part of a larger system
  - c. unique individuals
  - d. a and c
8. A form of communication in which contradictory messages are given to a family member who is unable to protest or escape the situation is described by the theory of the:
  - a. double bind
  - b. double speak
  - c. circular causality
  - d. relational paradox
9. Since a system is an interlocking chain of events, the causes of a given behavior or problem are irrelevant. The term used by systems theorists to describe this view of interaction is:
  - a. double bind
  - b. causal relationship
  - c. circular causality
  - d. cybernetics

10. Each of the following theories emerged during the “golden age of family therapy” except:
- a. strategic
  - b. structural
  - c. experiential
  - d. social constructivist
11. Couple and family therapy traditionally views problems as \_\_\_\_\_ people.
- a. between
  - b. within
  - c. outside
  - d. a and b
12. Family systems theorists are more interested in:
- a. content over process
  - b. problems over process
  - c. process over content
  - d. process over problems
13. The constructivist movement influenced which of the following theories?
- a. narrative
  - b. solution-focused
  - c. Bowenian
  - d. a and b
14. Homeostasis refers to the idea that systems:
- a. are constantly changing
  - b. tend to self-regulate
  - c. are rigid and incapable of change
  - d. prevent information flowing in or out
15. Each of the following are important criteria for choosing a theory except:
- a. research support
  - b. fits your assumptions about the world
  - c. can be easily combined with other theories
  - d. fits your style of relating to others

# Instructor's Manual

D. Robert Casares, Jr., Wake Forest University

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## CHAPTER ONE: INTRODUCTION

### CHAPTER OUTLINE

#### What is family?

“The family is a social system that supports survival and welfare of its members.”

However, what constitutes a family is varied, complicated, and expansive

Counselors should approach couples and family counseling with respectful curiosity and an awareness of personal biases

#### What is couple and family therapy? Why do I use the term *couple*?

In couple and family counseling, the relationship—rather than an individual—is the client

#### A Brief History

Family therapy began in the 1940s and 1950s

British anthropologist Gregory Bateson introduced systems thinking and cybernetics to the profession of CFT

The Palo Alto Group eventually established the Mental Research Institute, which explored and advanced early theory in CFT

Notable early CFT figures included Jay Haley, Don Jackson, John Weakland, John Fry, Virginia Satir, Murray Bowen, and Salvador Minuchin

1970–1985: Strategic, Structural, Bowen, and Experiential theories were developed

1980s and 1990s: Increased emphasis on social constructivism and cultural diversity

#### Basic Systemic Constructs

The family is a system

The family is interconnected—each part affects other parts of the system

Systems therapists are more interested in the *process* (how things happen in a family) than the *content* (the what) of the happenings

#### There are too many theories!

Review major theories before selecting one

It is valuable to learn about and practice a single theory during early efforts to become a CFT

Key considerations for selecting a theory: research support and how a particular theory fits with your assumptions about world and style of relating to others

#### Research

Research indicates that CFT approaches produce desired client change

Types of research: outcome research and theory testing research

Choosing a Theory

Avoid trying to be integrative early in your career

### **The Theories I Chose**

The CFT approaches presented represent traditional, postmodern/constructivist, and couples-focused theories

### **Conclusion—A Word About My Case-Based Approach**

Each chapter starts with a case

After each construct, principle, or technique associated with a theory is introduced, it is applied to the chapter's case