**Multiple Choice**

*This activity contains 10 questions.*

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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 1. **The theorist most associated with cognitive therapy is:** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_1.gif [Open Hint for Question 1 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733680.cw/hint/1/index.html) | |  | |  |  | | --- | --- | |  | Beck. | |  | Jung. | |  | Ellis. | |  | Perls. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 3. **In the cognitive model, our emotions and behaviors are the product of:** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_3.gif [Open Hint for Question 3 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733682.cw/hint/3/index.html) | |  | |  |  | | --- | --- | |  | Underlying drives. | |  | Social needs. | |  | Perceptions of situations. | |  | Push toward self-actualization. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 4. **The cognitive structures that organize the barrage of information with which we are constantly confronted are referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in cognitive therapy.** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_4.gif [Open Hint for Question 4 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733683.cw/hint/4/index.html) | |  | |  |  | | --- | --- | |  | Beliefs. | |  | Archetypes. | |  | Automatic thoughts. | |  | Schemas. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 5. **Which of the following is true of our core beliefs, according to the cognitive therapy model?** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_5.gif [Open Hint for Question 5 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733684.cw/hint/5/index.html) | |  | |  |  | | --- | --- | |  | They are the most basic beliefs we hold and the hardest to modify. | |  | They include "should" and "must" beliefs as well as conditional beliefs. | |  | They deal with specific simple schema, such as simple ideas and physical objects. | |  | They include primary archetypes. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 6. **Christal's cognitive therapist is helping her pay attention to the swift, evaluative statements and images that exist alongside her conscious thoughts regarding her mother. She is helping her attend to:** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_6.gif [Open Hint for Question 6 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733685.cw/hint/6/index.html) | |  | |  |  | | --- | --- | |  | Core beliefs. | |  | Automatic thoughts. | |  | Intermediate beliefs. | |  | Simple schema. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 7. **Self-enhancement is an example of a(n):** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_7.gif [Open Hint for Question 7 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733686.cw/hint/7/index.html) | |  | |  |  | | --- | --- | |  | Destructive mode. | |  | Minor mode. | |  | Primal mode. | |  | Major mode. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 8.  **Tracy sought therapy from a cognitive therapist due to feelings of sadness, crying spells, and a lack of interest in hobbies she has had for several years. During the intake interview, she expressed feelings of low self-worth and hopelessness regarding her ability to be involved in a close interpersonal relationship or achieve success at her job. She thinks that the world is an awful place and the future is bleak. Tracy's presentation most closely exemplifies which of the following cognitive constructs?** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_8.gif [Open Hint for Question 8 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733687.cw/hint/8/index.html) | |  | |  |  | | --- | --- | |  | Conscious control system. | |  | Irrational beliefs. | |  | Metacognition. | |  | Cognitive triad. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 9. **Using the example in question 8, decide what Tracy's therapist will do during the process of therapy.** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_9.gif [Open Hint for Question 9 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733688.cw/hint/9/index.html) | |  | |  |  | | --- | --- | |  | Educate Tracy about the structure of her counseling sessions. | |  | Educate Tracy about the emotional inadequacies of her family. | |  | Engage Tracy in free association activities to bring unconscious material into her conscious. | |  | Examine ways that Tracy may be deficient in fully "experiencing" her environment. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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| http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif | |  |  | | --- | --- | |  | Question 10. **Using the example in question 8, complete the following. Tracy's goals for therapy will most likely include:** | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/problem_type_10.gif [Open Hint for Question 10 in a new window.](http://wps.prenhall.com/chet_murdock_theories_2/87/22397/5733689.cw/hint/10/index.html) | |  | |  |  | | --- | --- | |  | Increasing her level of insight about the roots of her symptoms of depression. | |  | Changing Tracy's distorted beliefs about her inability to achieve success. | |  | Exploring patterns of communication within her family. | |  | Increasing the congruence between her real and ideal selves. | | | http://wps.prenhall.com/wps/media/styles/1480/_skins_/D/default_blue/pixel.gif |
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