

Group Counseling Strategies & Skills
Test Bank Items
Chapter 1: Introduction

FILL IN THE BLANK: Fill in the following blanks with the most appropriate answer.

1. The relationship developed among group members, as well as the way in which members participate in group, defines group _____.

ANS: process

PG: 24

2. The benefits members may gain from group or the activities they participate in are reflective of the group's _____.

ANS: goals

PG: 6

3. A leader focused largely on group process and the “here and now” has a/an _____ leadership style.

ANS: interpersonal

PG: 23

4. A leader focused primarily on the needs of individual members has a/an _____ leadership style.

ANS: intrapersonal

PG: 23

5. A leader who allows members to determine the content of the group themselves utilizes a _____ directed approach.

ANS: group

PG: 22

6. In _____ groups, members are given the opportunity to explore and develop personal goals, and better understand themselves and others.

ANS: growth

PG: 11

7. Leaders should not use the groups that they lead for their own therapy or _____ growth.

ANS: personal

PG: 29

8. Organizations, such as the American Counseling Association and the American Psychological Association, publish _____ standards that outline sound practices when conducting group work.

ANS: ethical

PG: 27

9. A group leader who uses practices that are very different from ones generally accepted by others in the field could be considered _____.

ANS: negligent or unethical

PG: 27

MATCHING KINDS OF GROUPS: Match the descriptions below with the available choices.

Choices:

- A. Counseling
- B. Discussion
- C. Education
- D. Growth
- E. Self-help
- F. Support
- G. Task

_____ 1. A group of boys diagnosed with oppositional defiant disorder (ODD) meet daily in a residential treatment facility to discuss their problems and focus on improved functioning in school and at home. The leader often plays an active role to ensure each session is productive and beneficial for all members.

ANS: A

PG: 13

_____ 2. Meetings of a weekly weight loss group for women focus on healthy weight loss strategies. The group is facilitated by a different member each week. Common group topics include: healthy food choices, the progress of group members, staying motivated, and barriers to successful weight loss.

ANS: E

PG: 19

- _____ 3. A group of first-generation college students meet weekly to share their experiences adapting to college. The leader facilitates discussions that help the students to connect with one another so that they do not feel alone in their new environment.

ANS: F
PG: 15

- _____ 4. An office manager faced with forced budget cuts calls a staff meeting to discuss strategies to decrease spending on, and maximize the use of, office supplies. Group members are assigned to brainstorm together to generate money-saving solutions. The manager oversees the group and intervenes to keep members on track, and to stop any conflicts that arise.

ANS: G
PG: 9

- _____ 5. A group for parents whose children have been sexually abused meet weekly to discuss effective parenting skills. The leader provides information on a variety of topics including: the nature of abuse and its effects on the child, parenting an abused child, and dealing with the stress and grief of child sexual abuse. Sometimes, the leader facilitates discussion so that members can share their perspectives and ideas.

ANS: C
PG: 6

MATCHING ETHICAL SITUATIONS: Match the ethical situations described below with the available choices.

Choices:

- A. Confidentiality
- B. Dual relationships
- C. Ethically using exercises
- D. Informing members about the group
- E. Leader qualification and preparation
- F. Leader's role in making referrals

- _____ 1. A counselor in private practice lives in a small town and sees members of his group in many different places. One of the members joins the softball team that the leader plays on.

ANS: B
PG: 29

- _____ 2.. This leader finished her Master's degree last semester and has no experience leading groups. Her new job requires her to lead a therapy group for clients with schizophrenia.

ANS:E
PG: 28

- _____ 3. A leader of a diverse group comprised of members from many different cultures struggles to understand his clients. Though his skills are good, the group dynamics are often effected by cultural concerns.

ANS: E
PG: 28

- _____ 4. A school counselor led an exercise that generated an intense reaction from one member. After the session, with the member's permission, the counselor contacted the member's parent to provide a list of phone numbers so that plans for follow up services could be made.

ANS: F
PG: 32

- _____ 5. During the first session of a group for survivors of sexual abuse, the leader tells members the purpose of the group, and informs the members that they can share as little, or as much as they would like.

ANS: D
PG: 30

MULTIPLE CHOICE: Choose the best answer for each item from the available choices.

- _____ 1. To become an effective group leader, these authors recommend
- A. setting counseling theory aside and focusing on process.
 - B. organizing sessions so that the intended topics are covered.

- C. leading difficult groups first to quickly gain experience.
- D. using the group he or she is leading to work on unresolved issues.

ANS: B
PG: 26

_____ 2. According to the authors, a leader can use information to

- A. share ideas.
- B. clarify issues.
- C. stimulate discussion.
- D. all of the available choices

ANS: D
PG: 26

_____ 3. To increase the comfort and effectiveness of the beginning group leader, the authors recommend starting

- A. with a small discussion group.
- B. as a co-leader in a therapy group.
- C. with a large, personal growth group.
- D. with a group of children with serious counseling concerns.

ANS: A
PG: 26

_____ 4. Which of the following is **NOT** a specific recommendation from the authors to build “experience with individuals” for the purpose of increasing effective leadership skills?

- A. Talking with all kinds of people
- B. Pursuing a broad range of life experience
- C. Being romantically involved with a person from another culture
- D. Having one-on-one counseling experience with a diverse clientele

ANS: C
PG: 26

_____ 5. In the beginning stage of an addictions group, the leader chooses topics and activities pertaining to denial, treatment, and recovery. He keeps the group focused on the individual concerns of members and provides structure to the session. Which leadership style is being utilized?

- A. Group directed and interpersonal
- B. Group directed and intrapersonal
- C. Leader directed and interpersonal

D. Leader directed and intrapersonal

ANS: D

PG: 23

_____ 6. In the middle stage of changing families support group for step-parents the members choose to focus on the “here and now” to understand what it is like to ask for and to receive support. Which leadership style is being utilized?

- A. Group directed and interpersonal
- B. Group directed and intrapersonal
- C. Leader directed and interpersonal
- D. Leader directed and intrapersonal

ANS: A

PG: 23

_____ 7. In a social skills group for children, the leader uses exercises and asks thought-provoking questions about group dynamics, to help members learn skills to improve peer relationships. Which leadership style is being utilized?

- A. Group directed and interpersonal
- B. Group directed and intrapersonal
- C. Leader directed and interpersonal
- D. Leader directed and intrapersonal

ANS: C

PG: 23

_____ 8. The relationship developed among group members, as well as the way in which members participate in a group, defines group

- A. process
- B. think
- C. harmony
- D. cohesion

ANS: A

PG: 24

_____ 9. Which of the following is **TRUE** of impact therapy?

- A. Impact therapy is theory-driven and creative
- B. Impact therapy focuses only on verbal exchanges
- C. Impact therapy is an abstract and emotional approach
- D. Impact therapy posits that the leader should be passive

ANS: A
PG: 20

- _____ 10. Which of the following characterizes an advantage of group work?
- A. Learning from others by listening to them
 - B. Receiving feedback from multiple sources
 - C. Feeling a sense of belonging with others who share similar concerns
 - D. All of the available choices

ANS: D
PG: 2

- _____ 11. Which of the following would **NOT** be an appropriate therapy group?
- A. Teenagers being treated for self injury in an institutional setting
 - B. Women with eating disorders
 - C. Victims of sex abuse
 - D. Parents wanting to improve parenting skills

ANS: D
PG: 13

- _____ 12. Which groups are led by laypeople with similar concerns as group members?
- A. Support groups
 - B. Therapy groups
 - C. Self help groups
 - D. Experiential groups

ANS: C
PG: 19

- _____ 13. Which of the following is **NOT** identified by the authors as a potential problem for a group?
- A. Members skipping from topic to topic
 - B. Members trying to dominate the discussion
 - C. Members expressing their feelings
 - D. Members disliking one another

ANS: C
PG: 32

- _____ 14. Which of the following is **FALSE** about confidentiality?

- A. The leader cannot guarantee complete confidentiality
- B. Leaders may divulge information concerning child or adolescent members
- C. Confidentiality may be breached if the leader learns that a member is planning to hurt someone
- D. None of the available choices is false.

ANS: D
PG: 30

_____ 15. According to the authors, which of the following is the *most* important point to remember with regard to legal issues?

- A. Exercises should be used ethically
- B. A leader must know the laws in his/her state regarding clients rights
- C. The members must be protected harm at all costs
- D. A group leader must demonstrate care for his/her members

ANS: B
PG: 28

_____ 16.. Which of the following is **FALSE** regarding ethical practices when working with groups? The leader should

- A. practice within his/her own skill limits.
- B. inform members that confidentiality cannot be guaranteed in group.
- C. force members to continue with an exercise once it has been started.
- D. avoid engaging in business relationships with group members.

ANS: C
PG: 31

_____ 17. Which of the following is **FALSE** regarding ethical practices when conducting group work?

- A. All persons with an advanced degree are qualified to lead groups.
- B. It is the responsibility of the leader to understand group dynamics and processes.
- C. A leader must have a thorough knowledge of the subjects being discussed in group.
- D. Group members should not attempt any technique unless they are trained to use it.

ANS: A
PG: 28

_____ 18. Prospective group members should be informed

- A. of the purpose of group
- B. of the risks and benefits of group participation
- C. of how group participation could impact their daily lives
- D. all of the available choices

ANS: D

PG: 30

____ 19. Understanding group dynamics, group process, group leadership skills, and group development, addresses which of the following ethical responsibilities?

- A. Knowledge
- B. Dual relationships
- C. Leader preparation and qualifications
- D. Informing members about the group

ANS: C

PG: 28

SHORT ANSWER/ESSAY: In the space provided below, please write concise but complete answers to the following items. (Instructor: You may wish to give students a choice among several essays.)

1. What strategies should new group leaders implement to become more effective?

ANS: Counselors new to leading groups should seek opportunities to work with a diverse range of individuals in one-on-one counseling sessions in order to become more comfortable with culture and diversity in groups. In addition, new counselors should lead smaller education, discussion, support, or task groups until they are more comfortable. The beginning leader should also become more knowledgeable about the topic of the group they are leading, counseling theory, conflicts and dilemmas, and how to plan and organize group sessions in order to become more effective.

PG: 26, 27

2. How does “Impact Therapy” apply to group work?

ANS: Using impact therapy means using theory and multisensory creative techniques to make group counseling more concrete and understandable for members. The impact therapy approach encourages leaders to be in charge of their groups and actively lead them.

PG: 20, 21

3. What are the possible consequences of forcing group participation on a member who is not

ready for the experience?

ANS: Individuals who are not ready to be in a group may be inappropriate for group counseling. They may be disruptive to the group because they are forced to attend. In addition, group work may not be beneficial and may actually be harmful to them if they feel pressured to share and participate at a level with which they are not comfortable.

PG: 31

4. What are some of the advantages of group work?

ANS: Group work is more time and cost effective for agencies and clients. For members, the advantages of being in a group include feeling connected and a sense of belonging with others who share similar concerns and the opportunities to receive feedback, to practice skills in a social context, and to learn from others with different viewpoints.

PG: 2-5

5. Why do the authors advocate for a leader-directed model of group counseling?

ANS: The authors advocate for using a leader-directed model in general because this model can be used to provide a valuable experience for members by structuring discussions and/or activities to meet the needs of the members. The authors also state that the members often do not know what they need, and a leader-directed style includes the use of structure, thought provoking questions, and exercises that fit the purpose of the group. Ultimately, the authors believe that the responsibility for group lies with the leaders.

PG: 22, 23

6. Discuss potential member behaviors that have the potential to cause problems in group.

ANS: Member behaviors that have the potential to cause problems in group include: skipping from topic to topic, members dominating the discussion, sporadic attendance, shy or withdrawn members, members becoming angry with the leader or other group members, members attempting to preach religion or morals to the group, members who are resistant to attend, or who stop attending all together. The authors advocate for the development effective leadership skills to address these problematic member behaviors.

PG: 32, 33