Mastering Competencies in Family Therapy
Chapter 3: Philosophical Foundations of Family Therapy Theories

1. To some degree or another, all schools of family therapy have been influenced by which two closely related philosophical traditions?
    a. Systems theory and Freudian psychology
    b. Systems theory and social constructionism
    c. Freudian psychology and social constructionism
    d. Rogerian ideology and social constructionism

    ANS: B
    REF: Lay of the Land (p. 37)

2. The Macy Conferences gave birth to which two theories that ultimately describe how biological, social, and mechanical systems operate?
    a. Intergenerational theory and external-generational theory
    b. Negative feedback theory and cybernetic systems theory
    c. General systems theory and cybernetic systems theory
    d. Postmodern theory and cognitive theory

    ANS: C
    REF: Systemic Foundations (p. 38)

3. The term "cybernetic" hints at the functional principles of cybernetic systems, which are _____ and able to "steer" their own course.
    a. self-destructing
    b. self-directive
    c. self-correcting
    d. none of the above

    ANS: C
    REF: Systemic Foundations (p. 39)

4. The unique set of behavioral, emotional, and interactional norms that create stability for the family or other social group is known as which of the following?
    a. Dependence
    b. Balance

c. Dynamic

d. Homeostasis

ANS: D

REF: Systemic Foundations (p. 39)

5. The idea that no new information — or "more of the same" feedback — is in the system refers to which of the following?

a. Negative feedback

b. Positive feedback

c. Universal feedback

d. General feedback

ANS: A

REF: Systemic Foundations (p. 39-40)

6. New information or news experienced in a system is referred to as which of the following?

a. Negative feedback

b. Positive feedback

c. Universal feedback

d. General feedback

ANS: B

REF: Systemic Foundations (p. 39-40)

7. Which of the following statements is FALSE regarding positive feedback?

a. Positive feedback is news that things are within expected parameters.

b. Positive feedback can be experienced as a problem or crisis.

c. Positive feedback can be experienced as good news.

d. Positive feedback can result in a return to former homeostasis or create a new homeostasis.

ANS: A

REF: Systemic Foundations (p. 39-40)

8. During the early stages of counseling, shifts in family structure that seem like radical change, but the underlying family rules remain the same refer to what?

a. Radical change

b. Expected change

c. First-order change

d. Second-order change

ANS: C

REF: Systemic Foundations (p. 40)

9. In therapy, you are working with parents and their 11-year-old daughter. In the beginning, both parents want their daughter to take more responsibility for getting her homework and chores done; however, their daughter does not want to give up her childhood assume personal responsibility. In the early stages of therapy, a shift occurs, and suddenly you notice the daughter pulling away from her parents and doing more things on her own while her parents begin lamenting the days when their daughter needed them more. This is an example of what?
    a. Radical Change
    b. Expected change
    c. First-order change
    d. Second-order change

    ANS: C
    REF: Systemic Foundations (p. 40)

10. Which of the following terms describes the process of a system restructuring its homeostasis in response to positive feedback?
    a. Cybernetics
    b. Feedback loop
    c. Second-order change
    d. Systemic response

    ANS: C
    REF: Systemic Foundations (p. 40)

11. The phrase "one cannot not communicate" refers to which of the following concepts?
    a. "We do not want to communicate."
    b. "We just cannot communicate."
    c. "We are always communicating."
    d. "We lovingly communicate."

    ANS: C
    REF: Systemic Foundations (p. 40-41)

12. The elements of a communicated message include _____ (content) and _____ (relationship).
    a. stories and truths
    b. definitions and data
    c. primary and secondary
    d. report and command

    ANS: D
    REF: Systemic Foundations (p. 41)

13. Each of the following statements about metacommunication is TRUE EXCEPT?

a. Metacommunication is the literal meaning of the statement.
b. Metacommunication is the communication about how to interpret the communication.
c. Metacommunication helps to define the relationship between two people.
d. In therapy, it often helps to move the discussion directly to the metacommunication level.

ANS: A
REF: Systemic Foundations (p. 41)

14. Bateson's double-bind theory of schizophrenia reconceptualized psychotic behavior as a family's attempt to meaningfully respond in a family system characterized by double-bind communications. Which of the following is required for a double-bind communication?
    a. Two people are in an intense relationship.
    b. A primary injunction and a simultaneous, contradictory secondary injunction.
    c. The receiver of the injunction cannot escape the contradictions without threatening the relationship.
    d. All of the above.

ANS: D
REF: Systemic Foundations (p. 41-42)

15. A child commands "play with me" to her sister, and when her sister sits down to play, the child will not share her toys. This is an example of which of the following?
    a. Command
    b. Double bind
    c. Feedback loop
    d. Self-correction

ANS: B
REF: Systemic Foundations (p. 41-42)

16. Which of the following is an accurate reflection of a symmetrical relationship?
    a. Partners have an unequal relationship in the system.
    b. Partners have evenly distributed abilities and roles in the system.
    c. Partners have distinct, separate roles that balance the system.
    d. Partners have roles that result in a hierarchy for the system.

ANS: B
REF: Systemic Foundations (p. 42-43)

17. Select the best example of common complementary dynamics.
    a. Visionary/planner
    b. Apple/oranges
    c. Pursuer/distancer

d. Cooker/baker

ANS: C
REF: Systemic Foundations (p. 42-43)

18. Which of the following statements is TRUE when viewing the family as a system?
    a. One single person in the family orchestrates the interactional patterns.
    b. One single person can be blamed for family distress.
    c. All behavior makes sense in context.
    d. Personal characteristics are independent of the system.

ANS: C
REF: Systemic Foundations (p. 43)

19. _____ is the study of knowledge and the process of knowing.
    a. Systems theory
    b. Epistemology
    c. Cybernetics
    d. Complementarity

ANS: B
REF: Systemic Foundations (p. 43)

20. Family therapists pay careful attention to the family's epistemology. What does this mean?
    a. Understanding the operating premises that underlie family actions and cognitions.
    b. Assuming that what families believe to be true is true.
    c. Disregarding how the observer and the observed reciprocally affect each other.
    d. Relying on assumptions to understand families.

ANS: A
REF: Systemic Foundations (p. 43)

21. In second-order cybernetics, which of the following statements about the therapist involved with the client system is TRUE?
    a. The therapist can be neutral.
    b. The therapist is an unbiased observer.
    c. The therapist remains outside the client system as an observer.
    d. The therapist becomes an active participant in creating what is observed.

ANS: D
REF: Systemic Foundations (p. 44).

22. Systemic counselors view the presenting problem not as an individual problem but a _____ one, specifically an *interactional* one, even if the counselor is working with an individual.

    a. relational
    b. pathological
    c. independent
    d. dysfunctional

ANS: A
REF: Systemic Foundations (p. 44)

23. Of the various postmodern schools, which of the following philosophies were family therapists the first to embrace?
    a. Constructivist
    b. Social constructionist
    c. Structuralist
    d. Poststructuralist

ANS: B
REF: Social Constructionist Foundations (p. 44-45)

24. It is said that systemic and postmodern therapies have more shared views than differences. Which of the following statements is NOT TRUE about their shared assumptions?
    a. A person's lived reality is relationally constructed.
    b. Personal identity and an individual's symptoms are related to the social systems of which they are a part.
    c. Changing one's language and descriptions of a problem alters how it is experienced.
    d. An objective outsider perspective is the only way to determine truths.

ANS: D
REF: Social Constructionist Foundations (p. 45)

25. According to postmodernism, the construction of reality is a complex process that involves four levels including which one of the following levels?
    a. Linguine Level
    b. Professional Level
    c. Rational Level
    d. Societal Level

ANS: D
REF: Social Constructionist Foundations (p. 46)

26. According to postmodern therapists, the meaning a person gives to a particular behavior, haircut, job, sex act, or religious view is developed through _____.
    a. language
    b. relationships
    c. action

d. construction

ANS: B
REF: Social Constructionist Foundations (p. 47)

27. When a group of people coordinate meanings and values to coordinate social action or to get along with each other, this is referred to as what?
    a. Culture
    b. Interaction
    c. Chaos
    d. Relationships

ANS: A
REF: Social Constructionist Foundations (p. 47)

28. Postmodern philosophy heightens awareness of diversity issues. How so?
    a. Postmodernists define what is normal.
    b. Postmodernists accept singular truths.
    c. Postmodernists see multiple realties and multiple truths.
    d. Postmodernists know what a "good" life is for their clients.

ANS: C
REF: Social Constructionist Foundations (p. 48)

29. Which of the following descriptions best captures the postmodern spirit?
    a. When a couple comes in for therapy with entirely different perspectives of the same problem, the therapist works to weave the stories together.
    b. When a couple comes in for therapy with entirely different perspectives of the same problem, the therapist works to figure out who is right.
    c. When a couple comes in for therapy with entirely different perspectives of the same problem, the therapist works to build a hierarchy.
    d. When a couple comes in for therapy with entirely different perspectives of the same problem, the therapist is interested in figuring out who is wrong.

ANS: A
REF: Social Constructionist Foundations (p. 48)

30. According to the author of the textbook, philosophical foundations of family therapies are divided into four main categories including each of the following EXCEPT?
    a. Modernist
    b. Humanistic
    c. Systemic
    d. Realistic

ANS: D

31. _____ is founded on the assumption that there is an external and knowable "Truth."
   a. Modernism
   b. Humanism
   c. Systems
   d. Postmodernism

ANS: A
REF: Eeny, Meeney, Miny, Moe and Other Strategies for Choosing a Theory (p. 50)

32. Which of the following family therapies illustrates a humanistic philosophical stance?
   a. Cognitive behavioral therapy
   b. Satir's communication approach
   c. Strategic therapy
   d. Narrative therapy

ANS: B
REF: Eeny, Meeney, Miny, Moe and Other Strategies for Choosing a Theory (p. 51)

33. Which of the following statements most accurately reflects humanistic assumptions?
   a. All people naturally tend toward growth and strive for self-actualization, a process of becoming authentically human.
   b. The therapist is an expert who assumes the primary responsibility for identifying pathology, problems, and goals, often assuming the role of teacher or mentor.
   c. An individual's behavior and symptoms always make sense in the person's broader relational contexts.
   d. What a person experiences as "real" and believes to be "true" is shaped primarily through language and relationships.

ANS: A
REF: Eeny, Meeney, Miny, Moe and Other Strategies for Choosing a Theory (p. 51)

34. "No one individual unilaterally controls behavior in a system. Thus, no one person can be blamed for problems in a couple or family relationship; instead, problematic behavior is viewed as emerging from the interactions between members of the system." This statement fits with which philosophical stance?
   a. Modernist
   b. Humanistic
   c. Systemic
   d. Postmodernist

ANS: C
REF: Eeny, Meeney, Miny, Moe and Other Strategies for Choosing a Theory (p. 52-53)

35. _____ therapies are based on the premise that objective truth can never be fully known because it must always pass through subjective and intersubjective filters.
   a. Modernist
   b. Humanistic
   c. Systemic
   d. Postmodernist

   ANS: D
   REF: Eeny, Meeney, Miny, Moe and Other Strategies for Choosing a Theory (p. 53)

36. As you master one theoretical approach and deepen your understanding of its underlying _____ assumptions, you are able to understand other theories at a greater depth as well as effectively incorporate a wider range of practices within a coherent approach to therapy.
   a. dark
   b. truthful
   c. philosophical
   d. false

   ANS: C
   REF: Eeny, Meeney, Miny, Moe and Other Strategies for Choosing a Theory (p. 54)