50 Multiple Choice Questions

1. Theorists or philosophers associated with the existential movement?

2. The basic goal of existential therapy?

3. What are the key concepts of existential therapy?

4. What is the function(s) of the existentially oriented counselor?

5. What exactly is Existential therapy?

6. Most crucial quality(ies) of a therapist building an effective therapeutic relationship with a client?

7. Philosophically, the existentialist emphasizes?

8. Central issue in existential therapy is?

9. The existential emphasis is based on?

10. What is expanding awareness?

11. What is Existential therapy basically?

12. Philosophical assumptions underlying the existential approach?

13. In relation to other approaches, the existential approach is?

14. What did each existential philosopher address?

15. What do Existentialists contend can be therapeutic?

16. Issues involved in our search for meaning?

17. What does living authentically imply?

18. What does the concept of "bad faith" refers to?

19. What is Person-centered therapy?

20. What is considered important in person-centered therapy?

21. Person-centered therapy’s perspective on transference?

22. What are the key concepts of the person-centered approach?

23. How would you best describe the person-centered therapist?

24. What does the concept of "unconditional positive regard" imply?

25. What is "Accurate empathic understanding"?
26. What techniques does the person-centered approach use?

27. Disagreements between existential and humanistic thought?

28. How does Rogerian therapy define an "internal source of evaluation"?

29. What are some of the most recent trends in person-centered therapy?

30. What was Rogers' final position on confronting the client?

31. What are some consistent themes that underlie most of Rogers’ writing?

32. What is a person-centered therapist's most important function?

33. Person-centered research?

34. Accurate empathy?

35. Gestalt therapy is what form of therapy?

36. What is focus Gestalt therapy?

37. What are the key concepts of Gestalt therapy?

38. Gestalt view of awareness?

39. Basic goal of Gestalt therapy?

40. Gestalt therapy can best be characterized as?

41. What Gestalt techniques are most appropriate for certain problems?

42. Gestalt-therapy techniques are designed to help the client?

43. Contribution(s) of this therapeutic approach?

44. What and why ‘contact’ is important according to Gestalt Therapy?

45. Fritz Perls Bio?

46. Gestalt view of the role of confrontation in therapy?

47. More Gestalt techniques and how they work?

48. Resistance to contact?

49. Major channels of resistance?

50. Limitation(s) of Gestalt therapy?