

***Crisis Intervention Strategies 9th edition James Test
Bank***

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Chapter 01 - Approaching Crisis Intervention

1. In the disequilibrium that accompanies crisis, what role does anxiety play?

- a. Anxiety is absent in crisis situations.
- b. Anxiety is always present and serves as an impetus for change.
- c. Anxiety is a rare occurrence during crises.
- d. Anxiety only affects certain individuals in crisis.

ANSWER: b

2. In the context of crisis intervention, why is the term "individual crisis" considered somewhat contradictory?

- a. Because crises typically remain confined to one person without affecting others.
- b. Because crises, such as date rape, tend to have a ripple effect on numerous individuals.
- c. Because individual crises are isolated incidents with no broader impact.
- d. Because crises rarely unfold and usually have minimal impact on those connected to the person in crisis.

ANSWER: b

3. How is a mega crisis characterized in the context of crisis intervention?

- a. Mega crises are manageable challenges within defined boundaries.
- b. Mega crises generate predictable outcomes based on past reaction models.
- c. Mega crises threaten the existence of the systems they affect and defy boundaries and limits.
- d. Mega crises have linear consequences that can be easily addressed.

ANSWER: c

4. What is a key difference between basic crisis theory and brief therapy?

- a. Basic crisis theory aims to remediate ongoing emotional problems, while brief therapy focuses on temporary affective, behavioral, and cognitive distortions.
- b. Brief therapy primarily addresses trauma-related issues, while basic crisis theory deals with ongoing emotional problems.
- c. Both basic crisis theory and brief therapy exclusively focus on ongoing emotional problems.
- d. Brief therapy seeks to restore equilibrium in trauma survivors, while basic crisis theory aims to provide ongoing emotional support.

ANSWER: a

5. In the cognitive model of crisis intervention, what is the primary focus for addressing crises?

- a. The events or situations surrounding the crisis.
- b. The events themselves or the facts of the events or situations.
- c. Developing avoidance strategies for crisis events.
- d. Awareness and change of views and beliefs about the crisis events or situations.

ANSWER: d

6. How did the COVID-19 pandemic impact the provision of psychotherapy and crisis intervention:

- a. It had no significant impact on the traditional format of psychotherapy.
- b. It led to a historic shift from face-to-face to telebehavioral therapy.
- c. It resulted in reduced reliance on technology in therapy.
- d. It had minimal influence on legal considerations for service provision.

ANSWER: b

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7. Which of the following best represents the goal of "Linkage with Collaborative Services" in crisis intervention?

- a. To provide immediate solutions to survivors' problems.
- b. To assess survivors' long-term mental health needs.
- c. To link survivors with available services needed at the time or in the future.
- d. To establish long-term therapeutic relationships with survivors.

ANSWER: c

8. Which of the following movements played a critical role in shaping crisis intervention into an emerging specialty?

- a. Civil Rights Movement
- b. Environmental Movement
- c. Alcoholics Anonymous (AA)
- d. Industrial Revolution

ANSWER: c

9. Which of the following is an individual crisis definition:

- a. Crisis occurs when a person's homeostatic is balanced.
- b. People are in crisis when they reach their goals.
- c. Crisis is a temporary breakdown of coping.
- d. Crisis is a gain of psychological equilibrium.

ANSWER: c

10. What is a recognized component of many crisis centers and agencies, often playing a key role in getting the agency started?

- a. Professional crisis workers
- b. Paid veteran crisis workers
- c. Trained volunteers
- d. Menial chores staff

ANSWER: c

11. How does systems theory, as applied to crisis intervention, view the dynamics among individuals in crisis?

- a. Systems theory focuses on the internal emotional processes of individuals.
- b. Systems theory emphasizes the independence of individuals in crisis.
- c. Systems theory emphasizes the interrelationships between people and events.
- d. Systems theory only considers the needs of individuals in crisis.

ANSWER: c

12. Which of the following is a key aspect of interpersonal theory, according to Rogers (1977), that enhances personal self-esteem and contributes to individuals overcoming a personal state of crisis?

- a. The belief that people are not resilient under tough circumstances.
- b. Promoting external locus of control in individuals.
- c. Building deep, empathic relationships with clients.
- d. Maintaining a state of crisis for an extended period enhances personal self-esteem.

ANSWER: c

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13. What is the goal of crisis intervention according to the psychosocial transition model?

- a. Promoting genetic development
- b. Encouraging reliance on external factors
- c. Maintaining crisis situations
- d. Helping clients gain control over their lives

ANSWER: d

14. Which of the following best describes the goal of "Contact and Engagement" in crisis intervention?

- a. To avoid any contact with survivors unless absolutely necessary.
- b. To intrusively initiate contact with survivors to gather information.
- c. To respond to contacts in a nonintrusive, compassionate, and helpful manner.
- d. To provide unsolicited advice and guidance to survivors without their request.

ANSWER: c

15. Which of the following is a personal characteristic of an effective crisis worker that remains calm and in control:

- a. Assertiveness
- b. Flexibility
- c. Resiliency
- d. Poise

ANSWER: d

16. The term "crisis" refers to the perception of an event or situation as an intolerable difficulty that exceeds the person's:

- a. ego strength.
- b. resources and coping mechanisms.
- c. ability to comprehend the crisis.
- d. anxiety level following the crisis.

ANSWER: b

17. Being aware that an individual in crisis is operating in a transcrisis state provides the crisis worker with important information regarding:

- a. transcrisis points that are generally marked by the client coming to grips with the problem.
- b. the kind and degree of therapeutic intervention that should be provided for the client.
- c. multicultural perspectives that might have a significant impact on the crisis.
- d. a brief therapy approach that can be used to elevate a crisis.

ANSWER: b

18. A crisis which is not properly dealt with may become submerged from awareness, where it forms a disease reservoir. The phenomenon in which such a crisis reemerges later in life, causing the person's previous crisis symptoms to recur has been termed:

- a. necessity.
- b. regression.
- c. recidivism.
- d. transcrisis.

ANSWER: d

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19. The Equilibrium model of crisis intervention is:

- a. generally useful with persons who are unable to make appropriate choices during their crisis.
- b. used to blend a variety of approaches equally into an eclectic whole.
- c. to reduce psychological balance of a submerged crisis that occurred later in life.
- d. designed for use with persons who are coping effectively and able to solve problems in a state of crisis.

ANSWER: a

20. Grassroots movements are:

- a. always successful in changing society.
- b. government organizations.
- c. groups of individuals personally affected by a common problem.
- d. staffed primarily with paid staff.

ANSWER: c

21. A model of crisis intervention that reaches outside the individual and promotes change in the systems in need of change is the:

- a. cognitive-milieu model.
- b. psychoanalytic model.
- c. psychosocial transition model.
- d. disequilibrium model.

ANSWER: c

22. Transcrisis points tend to occur in:

- a. regular intervals.
- b. response to unconditioned aversive stimuli.
- c. unpredictable intervals.
- d. progressively increasing incidents.

ANSWER: c

23. An eclectic approach to crisis intervention means:

- a. perceiving crisis as an internal and external state of affairs.
- b. that people are viewed as products of both heredity and social learning.
- c. not being locked into any theoretical approach in a dogmatic fashion.
- d. dealing with the equilibrium/disequilibrium aspects of the crisis.

ANSWER: c

24. Interpersonal theory states that:

- a. the total ecological system is involved in resolving the crisis.
- b. the crisis cannot be sustained when people believe in their ability to overcome the crisis.
- c. maladaptive thinking and behaving is changed to more adaptational thoughts and behaviors.
- d. crises result from disequilibrium in coping responses.

ANSWER: b

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25. Lindemann's basic crisis theory was important because his work negated the prevailing perception that clients manifesting crisis responses should be treated as:

- a. abnormal or pathological.
- b. permanently immobile.
- c. mentally incompetent.
- d. stuck in a state of disequilibrium.

ANSWER: a

26. Characteristics of effective crisis workers include:

- a. having the same experiences.
- b. being of the same race, sex, religion, etc.
- c. being older and having the experience of age.
- d. resiliency, poise, and flexibility.

ANSWER: d

27. What theory is based on the view that the disequilibrium which accompanies crisis can be understood by gaining access to the client's unconscious thoughts and past emotional experiences?

- a. Developmental theory
- b. Systems theory
- c. Psychoanalytic theory
- d. Adaptational theory

ANSWER: c

28. Chaos theory is really a theory of:

- a. evolution applied to human functioning.
- b. eclecticism applied to human functioning.
- c. random events applied to human functioning.
- d. problem-solving applied to human functioning.

ANSWER: a

29. Successful crisis work may be described as:

- a. curing long term pathology.
- b. successfully resolving long-standing trauma.
- c. "one man's fruit may be another man's poison."
- d. tapping into the client's reservoir of resiliency.

ANSWER: d

30. Of the following components of basic crisis theory, which:

- a. basic crisis theory is equivalent to brief therapy.
- b. is where ordinary behaviors overcome the problem.
- c. the problem is viewed as tolerable.
- d. emotional disequilibrium is always experienced.

ANSWER: d

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31. Psychological First Aid involves which of the following?
- a. Initiating contact in a compassionate manner
 - b. Confronting hysterical paralyzing behaviors
 - c. Identifying long term needs
 - d. Ignoring the immediate needs of disaster survivors in favor of resolving developmental problems

ANSWER: a

32. A crisis theory that views the person's crisis as the result of defense mechanisms that have stopped working is:
- a. adaptational.
 - b. interpersonal.
 - c. chaos.
 - d. psychoanalytic.

ANSWER: d

33. The Contextual-Ecological Model of crisis is:
- a. really a disequilibrium model as well that occurs between the individual and the system.
 - b. contextual elements are layered, and reciprocal impact occurs between the individual and the system.
 - c. focused only on the relationship between the social environment where the crisis occurred.
 - d. a model that assumes people are products of their genes plus the learning they have absorbed.

ANSWER: b

34. In the United States, suicide intervention is about how many years old?
- a. 20
 - b. 100
 - c. 150
 - d. 120

ANSWER: b

35. Institutionalization of crisis services usually occurs when:
- a. the government starts funding a project.
 - b. the general population gets concerned and starts demanding change.
 - c. politicians see the political necessity for alleviating the crisis.
 - d. special-interest groups such as MADD form.

ANSWER: c

36. The major providers of crisis intervention services in the United States are:
- a. volunteers.
 - b. social workers.
 - c. psychologists.
 - d. counselors.

ANSWER: a

37. Successful crisis work may be described as:
- a. positive addicting behavior for the worker.

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- b. successfully resolving long standing trauma of the client.
- c. stopping transcrisis events before they occur.
- d. generating in the client a long-term resiliency to ward off future crisis.

ANSWER: d

38. The ACT model is an acronym for what?

- a. Action, Cognition, Trauma
- b. Activation, Confluence, Transcrisis
- c. Assessment, Connecting, Traumatic
- d. Assess, Create, Treat

ANSWER: c

39. A crisis worker encounters a client manifesting definite symptoms of an internalized *transcrisis state*. Describe the typical behaviors that such a client might emit during periods of emotional stress or when encountering stressful or anxiety producing events.

ANSWER: Answers may vary.

40. Compare and contrast two of the theories of crisis intervention.

ANSWER: Answers may vary.

41. How is eclectic crisis intervention different from the other approaches?

ANSWER: Answers may vary.

42. You are a crisis worker at a high school. Earlier in the day, a fight happened between two cultural groups who are also rivals in the community. The situation was badly handled by school administrators. How might this crisis metastasize?

ANSWER: Answers may vary.

43. Provide a historical overview of the origins of crisis intervention, including key events or influences that contributed to its development.

ANSWER: Answers may vary.

44. Discuss the three basic crisis intervention models: the equilibrium model, the cognitive model, and the psychosocial transition model, as presented by Leitner (1974) and Belkin (1984).

ANSWER: Answers may vary.

45. Discuss the risks associated with misguided idealism and a rose-colored view, especially when aiming to become a Florence Nightingale and solve global problems. Explore how such views may not only be ineffective for clients but could also lead to burnout among workers.

ANSWER: Answers may vary.