Brief Strategic Family Therapy for Adolescent Drug Abuse

1) "An adolescent suffers a drug overdose or gets arrested to attract attention to herself when her mother and grandmother are having a very serious fight". This is an example of the BSFT principle involving
   a) family systems
   b) patterns of interaction
   c) a targeted intervention
   d) intergenerational enmeshment

2) BSFT can be implemented in approximately _____ sessions.
   a) 2 to 6
   b) 6 to 18
   c) 8 to 24
   d) 10 to 30

3) Family problems that have been identified as linked to adolescent problem behaviors include all the following except
   a) lack of adult supervision of the adolescent's activities with peers
   b) poor adolescent bonding to family
   c) poor family cohesiveness
   d) familial genetic predisposition to drug abuse

4) Robbins et al. (1998) states that families of drug-abusing adolescents exhibit high degrees of
   a) poverty
   b) negativity
   c) illiteracy
   d) divorce

5) BSFT has not been tested with adult addicts.
   a) True
   b) False

6) Santisteban et al. (2003) state that the family and the child are influenced by their ______ context.
   a) cultural
   b) neighborhood
   c) genetic
   d) peer

7) In BSFT, the principle of _____ holds that for every action by a family member there is a corresponding reaction from the rest of the family.
   a) enmeshment
   b) string theory
   c) reactivity
   d) complementarity

8) Which is not one of the 3 P’s which describe BSFT interventions?
   a) Practical
   b) Persistent
   c) Problem-Focused
   d) Planned
9) In contrast to the content of therapy, the process of therapy refers to _____ family members interact.
   a) what
   b) how
   c) why
   d) where

10) Unlike other psychotherapies, BSFT assesses and diagnoses by identifying the _____ family process.
    a) past
    b) current
    c) future
    d) ideal

11) Relationships in which one parent figure and a child unite against another parent figure are called
    a) unions
    b) coalitions
    c) triangulation
    d) enmeshment

12) When two parental authority figures involve a third, less powerful person to diffuse the conflict, this is known as
    a) a union
    b) a coalition
    c) triangulation
    d) enmeshment

13) What defines the emotional and psychological accessibility or distance between family members?
    a) timbre
    b) resonance
    c) harmonics
    d) octaves

14) When boundaries are permeable and the emotional and psychological closeness between people is too great, these family members are said to be
    a) united
    b) coalesced
    c) triangulated
    d) enmeshed

15) Some traditional African-American and Hispanic families tend to protect their children longer than non-Hispanic Whites do.
    a) True
    b) False

16) The family member who has been branded by the family as the problem is the
    a) identified patient
    b) designated problem
    c) scape goat
    d) index patient
17) Which term refers to situations in which conflict begins to emerge, but discussion about the conflict is diverted in another direction?
   a) denial
   b) avoidance
   c) diversion
   d) diffusion

18) Establishing a therapeutic relationship means that the BSFT counselor needs to form a new system – a _____ system – made up of the counselor and the family.
   a) symbiotic
   b) therapeutic
   c) open
   d) closed

19) When joining, frequently, the person with whom it is most critical to establish an alliance or bond is the most powerful and ______ family member.
   a) absent
   b) unlikable
   c) oldest
   d) youngest

20) Which is a technique in which the counselor respects how the family interacts, but takes advantage of those interactions for therapeutic purposes?
   a) forming
   b) shaping
   c) mirroring
   d) tracking

21) Which is a form of tracking for the purpose of joining?
   a) taunting
   b) mirroring
   c) pacing
   d) mimesis

22) Family interactions that occur as they would at home and show the family’s typical interactional patterns are called
   a) portraits
   b) enactments
   c) snapshots
   d) glimpses

23) BSFT counselors work with the past less than _____ percent of the counseling time.
   a) 5
   b) 15
   c) 30
   d) 50

24) Robbins et al. (2000) report that the best-known strategy for transforming negative interactions into positive ones is
   a) denial
   b) reversals
   c) reframing
   d) subjugation
25) When using the technique called _____, the counselor changes a habitual pattern of interacting by coaching one member of the family to do or say the opposite of what he or she usually would.
   a) negation  
   b) looking glass  
   c) doppelganger  
   d) reversal

26) Helping parents use _____ contracting to establish boundaries for themselves in relationship to their adolescent is of tremendous therapeutic value.
   a) temporal  
   b) emotional  
   c) behavioral  
   d) monetary

27) Triangulation is always a form of
   a) a cry for help  
   b) conflict avoidance  
   c) passive aggression  
   d) geometry

28) If the counselor wants the family to be in counseling, it must be recognized that the youth (or noncooperative parent figure) is the most powerful person in the family.
   a) True  
   b) False

29) A therapeutic alliance is built around _____ goals that family members can reach in therapy.
   a) individual  
   b) therapeutic  
   c) corporate  
   d) realistic

30) The most frequently observed type of family resistance to entering treatment is characterized by a
   a) contact person protecting structure  
   b) powerful identified patient  
   c) lack of environmental support  
   d) fear of legal ramifications

31) Family structures with disengaged parents are characterized by little or no _____ and lack of alliance between the parents.
   a) communication  
   b) love  
   c) respect  
   d) cohesiveness

32) In the conduct disorder BSFT study cited, at the end of treatment, _____ of these adolescents showed reliable improvement.
   a) 26%  
   b) 36%  
   c) 46%  
   d) 56%
33) Regarding marijuana use, of the participants who reported using marijuana at intake, ______ showed improvement in drug use.
   a) 30%
   b) 40%
   c) 50%
   d) 60%

34) Which is an adaptation of BSFT which does not require the whole family to attend treatment sessions?
   a) one person BSFT
   b) partial BSFT
   c) component BSFT
   d) focused BSFT

35) "Attempting more through joining" is which level of engagement effort?
   a) Level 0
   b) Level 1
   c) Level 2
   d) Level 3

36) Coatsworth et al. (2001) found that in BSFT, families of adolescents with less severe conduct problem symptoms were more likely to remain in treatment.
   a) True
   b) False