

## SUMMARY OVERVIEW OF HOME STUDY COURSE ON CONTROL THERAPY

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There is a voluminous research literature showing the importance of control for mental and physical health. This course reviews the role of control in healthy and disordered cognitive, behavioral and affective functioning and offers a practical guide to integrating control-based techniques into virtually any practice. The course details research literature on the negative mental and physical health effects resulting from a loss of control and outlines research and clinical evidence demonstrating how lack of control can contribute to and or exacerbate mental and physical illness. Specific control profiles of DSM IV populations are offered and ways of assessing a client's control profile are detailed. The book shows how health care professionals can facilitate their patients gaining a positive sense of control. Specific ways of assessing a patient's control profile are provided, and ways of matching particular control-related coping techniques for a patient are detailed. These control related techniques include a positive assertive mode involving active involvement ("fighting spirit") in their care, and a positive yielding mode of control involving acceptance without resignation and denial.

### BEHAVIORAL OBJECTIVES

After having completed this course, the student will be able to:

1. List the four major schools of psychology and their particular perspective on control and its importance in human behavior.
2. List three ways to assess a patient or client's control profile.
3. Describe the four principle components of control necessary for a complete patient control profile.
4. List words and phrases of client speech related to each of the four areas of a client's control profile.
5. Describe and define each of the four modes of control, the two positive ones and the two negative ones.
6. Identify three differences in control profiles of generalized anxiety disorder and depressed patients.
7. Describe two techniques that can be used to facilitate the positive assertive mode of control and positive yielding modes of control.
8. List the three major findings that come from the research on control and mental and physical health.

## MULTIPLE CHOICE QUESTIONS

1. The radical behavioral school emphasizes that nearly all of human behavior is controlled by:
  - a. instinctual, biological urges
  - b. environmental factors
  - c. one's self or personal will
  - d. a and c
  - e. all of the above
  
2. Classical psychoanalysis believes that the control of human behavior primarily resides in:
  - a. instinctual, biological urges
  - b. one's work environment
  - c. one's self or personal will
  - d. doctor-patient relationships
  - e. none of the above
  
3. A reductionistic genetic, biological approach would argue, regarding control, that
  - a. genes and biology are where ultimate control resides.
  - b. humans have the capacity for free choice
  - c. humans have no free will
  - d. environmental factors are most critical.
  - e. a and c
  
4. Existential/humanistic schools place great emphasis on
  - a. genetic endowments
  - b. environmental conditioning
  - c. on the individual capacity of humans to exercise choice, free will, and self-determination
  - d. all of the above
  - e. none of the above
  
5. The biopsychosocial theory of control argues that
  - a. while psychological and social factors are important, it is primarily genetics that determines one's control dynamics
  - b. biological, social, and psychological factors all impact how one seeks to gain a sense of control
  - c. has fallen into disfavor recently
  - d. a and c
  - e. none of the above
  
6. The four principle components of a complete control profile include a person's
  - a. desire for control
  - b. agency of control
  - c. modes of control
  - d. overall sense of control
  - e. all of the above
  
7. Ways to assess a patients' control profile include
  - a. paper and pencil self-assessment inventory
  - b. listening to client control-related speech

- c. finding out about the client's control story
  - d. none of the above
  - e. all of the above
8. The main findings from the research literature on control and physical and mental health are:
- a. having active control is generally positive.
  - b. desire for too much active control can be negative
  - c. some people find active control helpful, others' don't
  - d. having a sense of control is related to better immune functioning.
  - e. all of the above
9. The two positive modes of control--assertive and yielding --are
- a. mutually exclusive
  - b. can help balance each other
  - c. can be used appropriately at different times and situations
  - d. b and c.
  - e. none of the above.
10. Agency of control refers to
- a. a government agency
  - b. the source(s) from which one gains a sense of control
  - c. how much a person is motivated to gain a sense of control
  - d. the modes for gaining a sense of control
  - e. none of the above.
11. Which of the following are positive examples of agency of control:
- a. from one's self
  - b. from others--family and friends
  - c. from others--a higher power
  - d. from self and other
  - e. all of the above
12. Which of the following examples of client speech can be helpful in learning about their control dynamics and profile
- a. "All circumstances are beyond my control."
  - b. "I feel like I always have to be in control at all times."
  - c. "I want to be master of my own destiny."
  - d. "Others seem like they are always running my life."
  - e. All of the above
13. Which of the following are differences in control profiles of generalized anxiety disorder and depressed patients.
- a. anxiety patients have a greater fear of losing control
  - b. depressed patients have a higher positive assertive mode of control than anxious patients.
  - c. depressed patients have the lowest score on positive agency from self.
  - d. a and c
  - e. none of the above

14. Research suggests that having a desire for control
- a. is necessary for healthy psychological functioning
  - b. if excessive may contribute to poor physical health
  - c. can sometimes cause people to become overcontrolling
  - d. a and b.
  - e. all of the above
15. Which of the following techniques can be used to facilitate the positive yielding mode of control.
- a. mental scan
  - b. body scan
  - c. cognitive self-statements to surrender and let go
  - d. control model rehearsal
  - e. all of the above
16. Which of the following techniques can be used to facilitate the positive assertive mode of control. .
- a. self-observation
  - b. goal setting
  - c. cognitive self-statements of self-efficacy
  - d. assertiveness training
  - e. all of the above
17. Which of the following are examples of control-related issues in interpersonal relationships
- a. power struggles
  - b. inability to surrender
  - c. always needing to be in control
  - d. inability to balance assertive and yielding modes of control
  - e. all of the above
18. A client with high control needs finds your guided relaxation to be unpleasant, and is resisting practicing. This may reflect:
- a. his difficulty letting go of control and developing the yielding mode
  - b. a teaching style that is poorly matched his control dynamics
  - c. resistance on the part of the client that needs to be explored in therapy
  - d. all of the above
  - e. a and c
19. The normal psychological control profile, according to mainstream psychology, involves, all but:
- a. a high desire for control
  - b. predominant use of the assertive mode
  - c. use of defense mechanisms to maintain a sense of control and deny personal responsibility
  - d. self-serving illusions of control
  - e. realistic assessment of one's degree of personal control.
20. Which of the following does not describe an optimal control profile

- a. gaining a sense of control from self and other
- b. balance of positive assertive and yielding modes of control
- c. desire for control both for self and other's welfare
- d. a very high desire for control only for one's own benefit
- e. values and conscious choice are used to determine how and where one gains a sense of control

21. Your boss continuously is giving you tasks that you feel would be better done by one of your colleagues, and that in terms of your training and what you were hired to do, are an insult and waste of your skills and talents. However, you don't say anything about it, and feel helpless and victimized. Which mode of control best describes your feeling response to this situation?

- a. Quadrant One--Positive assertive
- b. Quadrant two--positive yielding
- c. Quadrant three--negative assertive
- d. Quadrant four--negative yielding
- e. none of the above

Additional multiple choice questions can be found on pp 11-14, [\[click here\]](#)