Quiz: Humor in Psychotherapy

1. Which of the following are there things that show actual therapeutic benefits to clients?
    a. Authenticity
    b. Deliberate practice
    c. Humor
    d. All of the above

2. What is iatrogenic harm in therapy?
    a. A therapeutic intervention that causes harm to a client
    b. Harm caused by not providing an intervention to a client
    c. When clients do something that harms the therapeutic relationship
    d. When clients leave a session in a worse mood than when they arrived

3. How can humor lead to iatrogenic harm in therapy?
    a. A client can feel left out of a joke
    b. A client can misinterpret the intent behind a therapist's humorous comment
    c. A client engages in banter back with the therapist
    d. The humor becomes distracting from the goals of the therapy session

4. Which of the following is a negative effect of humor in therapeutic depth?
    a. Challenges client perceptions
    b. Creates the opportunity for banter
    c. Deflection
    d. Gives too much energy to the session

5. A positive effect of humor in therapy is that it can redress power balances.
    a. True
    b. False

6. Which of the following is a negative effect of humor on the therapeutic relationship?
    a. It brings up difficult feelings as part of exposure
    b. It can be used as a form of seduction
    c. It is difficult to teach humor to less experienced therapists
    d. There can be cultural differences in the use of humor

7. Which of the following is a positive sub-theme of psychological and behavioral shifts?
    a. Challenges and shifts beliefs
    b. Helps accept limitations
    c. Helps cope with difficult things
    d. All of the above

8. Two-way teasing in therapy is discouraged and is always harmful.
    a. True
    b. False

9. Which of the following is a way that therapists can help become better at using humor in session?
    a. Sign up for stand-up classes
    b. Telling amusing stories
    c. Tell jokes in sessions
    d. Therapists should not be humorous in sessions

10. One cultural consideration when using humor in therapy is to examine the generation that a client belongs to.
    a. True
    b. False