The Theorists Quiz

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Introduction

What is your impression of the great psychological theorists? Do you put them on a pedestal? Do you know much about what their personal lives were like? Do you have any ideas about how their personal lives related to their theories?

The purpose of the Theorists Quiz is to stimulate your interest in learning more about psychological theorists. You may be surprised regarding some of the details of the lives of some of the great theorists. There are both admirable and not so admirable aspects of every person's life. Are you able to objectively evaluate the usefulness of a theorist's theory even if you do not particularly like a certain theorist?

Instructions

The following pages describe major psychological theorists. The descriptions are taken from major biographies and autobiographies. Read each description and write your guess about the name of the theorist in the space provided below. The correct answers are provided at the end of this paper.

Theorist #1:
Theorist #2:
Theorist #3:
Theorist #4:
Theorist #5:
Theorist #6:

Scoring
Answered 5 or 6 correctly: Good knowledge of major psychological theorists.
Answered 3 or 4 correctly: Moderate knowledge level.
Answered 1 or 2 correctly: Consider adding some theorist biographies and
autobiographies to your reading list.

**Theorist #1**

1. This man said "my deep involvement in psychotherapy was a cautious way of meeting my need for intimacy without risking too much of my person."
2. This man was called "a man whose effect on society has made him one of the most important social revolutionaries of our time."
3. This man originated the practicum (supervised experience) in counselor education.
4. This man originated the change in terms from "patient" to "client."
5. This man always sat face to face with his clients to convey an egalitarian relationship.
6. This man said that the counselor's reflection of the client's unexpressed feelings is a very dangerous technique.
7. This man said that counselors should avoid questions, interpretations, and reflections of hidden feelings.
8. This man originated the tape recording of psychotherapy for research and training.
9. This man said that the goal of counseling is insight (a new understanding of one's behavior and the meaning of one's behavior patterns).
10. This man considered the reflection of feelings as the primary technique in therapy, and the source of all growth in therapy.
11. This man said that technique without the appropriate counselor attitudes will fail.
12. This man was described by a friend as "very hard-headed, disciplined, and certainly not cuddly."
13. This man said "Effective therapy consists in the reinforcing of all the client's experienced feelings."
14. One of this man's colleagues, Charles Truax, sued him and later committed suicide.
15. When a friend confronted this man about his unkind remarks about a psychiatrist, he replied "What the hell, he's no client of mine."
16. This man drank about a bottle of vodka per day late in his life.
17. This man became the leading proponent of encounter groups.
18. This man's wife tried his form of therapy, but said she did not like it.
19. This man called group therapy the most potent and rapidly spreading social invention of the century.
20. This man lead a therapy group that was the subject of a documentary film, Journey Into Self, that won an Academy Award in 1968.
21. This man was invited to appear on the Dick Cavett talk show on t.v., but he declined.
22. This man said that Romeo and Juliet might have been all right with a little counseling.
23. This man said he always had trouble feeling and expressing anger.
24. This man said he feared that "the faddists, the cultists, the nudists, and the manipulators" may eventually dominate his approach to therapy.
25. This man's daughter said he wanted people to express all their feelings, except anger.
26. This man said "I am only interested in learnings which influence behavior."
27. One critic said this man had "no sense of tragedy."
28. This man said he did not actually write one of the books that bears his name.
29. One of this man's colleagues said "he hates Rogerians."
30. When his dying wife said she had nothing to live for except to live for him, this man said "Then I can understand why you want to die."
Theorist #2

1. This man founded a group called The Psychological Club, which some have called a secret church.
2. This man had affairs with at least two of his clients.
3. This man originated the approach of sitting face to face with clients for therapy.
4. This man was a solitary person who said he only felt fully himself when he was alone.
5. At one time this man believed his house was full of spirits of the dead.
6. This man said the earliest dream he remembered was of a huge penis fifteen feet high.
7. When asked "Do you believe in God?" this man said "I don't need to believe. I know."
8. This man had a psychotic (probably schizophrenic) episode that lasted several years.
9. This man lived with both his wife and his mistress in the same house.
10. This man considered his therapeutic approach a psychological substitute for religion.
11. This man said "the ethical problem of sexual freedom really is enormous."
12. This man said "the four highest achievements of humans are faith, hope, love, and understanding."
13. This man said that only people in the second half of life should try his form of therapy.
14. This man thought of himself as a spiritual leader rather than a psychiatrist.
15. This man believed in flying saucers, clairvoyance, astrology, magic, and the occult.
16. This man had a vision of God sitting on a throne above a cathedral and letting drop an enormous turd that shattered the cathedral.
17. This man said that Catholics have to face the fact that "Either Mary was a Virgin or Jesus was a civilian."
18. This man said that the collective unconscious is really the objective psyche.
19. This man originated the typology of introvert and extravert.
20. This man said "my contribution to psychotherapy confines itself to those cases where rational treatment does not yield satisfactory results."
21. This man edited a psychology journal that included articles by authors who praised Hitler and the Nazi party, and attacked Jewish ways of thinking.
22. This man said that Picasso was a latent schizophrenic.
23. This man defined neurosis as "the avoidance of necessary suffering."
24. This man said that unidentified flying objects could very well be messengers from some other dimension.
25. This man believed that the human psyche is immortal.
26. This man visited the Pueblo Indians of New Mexico and said he learned much from a chief at the Taos pueblo named Mountain Lake.
27. This man did some research that lead to the development of the polygraph (lie detector).
28. This man developed the word association test.
29. This man said that he predicted the rise of Nazi Germany by analyzing the dreams of young Germans shortly after World War I.
Theorist #3

1. This man's father often insulted him by calling him "ein Stuck Scheisse" (a piece of excrement).
2. This man was a medical officer in the German army in World War I and was wounded, gassed, and decorated for bravery.
3. This man was a patient in psychoanalysis with Karen Horney.
4. This man lived in his mother's house until he was 33 years old.
5. This man worked as a psychoanalyst in Vienna in 1927.
6. This man's home was photographed for the country's leading architectural magazine.
7. This man escaped Nazi Germany by leaving all his possessions and crossing the border into Holland with only 100 marks hidden in a cigarette lighter.
8. This man was a proficient airplane pilot.
9. This man called an early version of his approach "concentration therapy."
10. This man incorporated many of the ideas of Zen Buddhism into his approach to therapy.
11. This man often defied the prohibition against sexual contact between therapist and client.
12. At a workshop lead by Abe Maslow, this man crawled around on the floor like a baby.
13. This man lived at the Esalen Institute in Big Sur, California from 1964 to 1969.
14. This man developed the "hot seat" technique.
15. The film *Bob and Carol and Ted and Alice* was based on this man's work at Esalen.
16. This man said "anxiety is the gap between the now and the later."
17. This man said "lose your mind and come to your senses."
18. After the first time he took LSD, this man said "I'm a lot more crazy than I imagined."
19. This man said "we cannot deliberately bring about changes in ourselves or in others."
20. This man said that 90% of clients don't go to a therapist to be cured, but to become more adequate in their neurosis.
21. This man put many of his own poems and drawings into his books.
22. When this man was physically attacked by one of his clients, he beat her until she lay on the floor, and then told her "I've beaten up more than one bitch in my life."
23. This man sometimes let his clients choke him to get out their anger, and one client almost killed him in this way.
24. This man said that he enjoyed his reputation of being both a dirty old man and guru.
25. When this man was in therapy, when he talked about feeling inadequate as a man, he took out his penis and discussed its appearance with his therapist, and eventually they agreed that it was adequate.

26. This man had an affair with one of his clients, who was a married woman. They had sex during the therapy hour several times a week while the client continued to pay for the sessions. She also cooked for him and did his laundry.

27. This man moved to Canada and founded a psychotherapeutic kibbutz partly because of his fears that with the election of Richard Nixon, America would become Fascist.

28. This man smoked 80-100 cigarettes a day, and said that smoking was his biggest problem.

29. One critic called this man's approach "boom-boom-boom therapy" because it was theatrical and sometimes seemed to provoke catharsis quickly.

30. This man developed the therapy techniques of role-play, the "empty chair" technique, and awareness exercises.

31. This man said that individual therapy is obsolete; all therapy should be group therapy.

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**Theorist #4**

1. This man had a great sense of humor and wrote a book with the title *Jokes*.

2. This man said that the greatest question that he was not able to answer was the question "What does a woman want?"
3. This man repeatedly took cocaine and recommended it to his friends and clients.
4. This man was the subject of a Hollywood movie that was nominated for two Academy Awards.
5. This man was nominated for the Nobel Prize for Medicine more than once, but never won it.
6. This man was an atheist.
7. This man smoked about 20 cigars a day, and said "smoking is indispensable if one has nothing to kiss."
8. This man psychoanalyzed U. S. president Woodrow Wilson (although he never met him), and said that Wilson had a God complex.
9. There were rumors that this man had an affair with his sister-in-law, who lived in his house with him and his wife.
10. This man's death was a physician-assisted suicide.
11. Samuel Goldwyn, the powerful Hollywood producer, offered this man $100,000 to consult on a movie, hoping he would add some "love and laughter" to the movie.
12. This man originated the technique of listening to distressed people over long periods of time rather than giving them advice.
13. This man probably had an obsessional neurotic disorder.
14. This man originated the therapeutic approach of being nonjudgmental, accepting, and compassionate.
15. This man said that the end-point of his therapy was the development of a fully mature sexual relationship.
16. This man said that the goal of his form of therapy was to transform "hysterical misery into ordinary unhappiness."
17. This man said that he and people like him were predisposed to sexual impotence.
18. This man said that excessive masturbation causes the nervous disorder neurasthenia.
19. This man used the "pressure technique," which consisted of putting one of his hands on the client's forehead and commanding the client to "remember."
20. This man used a hypnotic technique of wiping away disturbing memories by placing his hands on the client's forehead and applying pressure.
21. This man was friends with the man who wrote the book that was made into the movie "Eyes Wide Shut."
22. This man said "I am actually not at all a man of science . . . not a thinker. I am by temperament nothing but a conquistador - an adventurer."
23. Even after this man had his right jaw and palate removed due to cancer, he continued to smoke by using a clothes-pin to force his teeth apart enough to hold a cigar.
24. One of this man's client's committed suicide by throwing herself down the stairwell of his building.
25. This man said that Michelangelo's sculptures of young nude men were a sublimation of the artist's homosexual feelings.
Theorist #5

1. At age 10 this man published a poem in the Lone Scout magazine for boys.
2. At age 11 this man first masturbated, and worried that he had broken his penis.
3. At age 12 this man tried to levitate himself through spiritual power. He failed and became and remained an atheist for the rest of his life.
4. Around age 20 this man had his first experience of intercourse, with a prostitute.
5. The poet Robert Frost praised this man's stories, saying "You have the touch of art."
6. After his college graduation this man took two years off, living in Greenwich Village, NYC, for six months, enjoying the free sex and free spirit, and then moved to Paris.
7. At his oral exam for the Ph.D., when asked "What are some of the objections to behaviorism?" this man could not think of a single one.
8. One of his professors said that this man had one serious defect - a desire to found a school or a science of behavior based upon his research.
10. The year after graduate school, when the woman he was dating broke up with him, this man branded his arm with an N (her first initial), which lasted for years.
11. After college this man became a heavy pipe smoker, and even made his own pipes. He quit smoking in 1941 after reading the original study linking smoking and mortality.
12. This man created an auditory "inkblot" test that was used at a state hospital.
14. This man's marriage to his wife Eve, which lasted 54 years, was an open marriage.
15. This man said "I do not think feelings are important. Freud is probably responsible for the current extent to which they are taken seriously."

16. This man’s first major book sold only 80 copies in the first 4 years. Eventually it was called "the most important experimental psychology book of the century."

17. As part of his research, this man taught chickens to play baseball, and he taught a pigeon to play a simple tune on a primitive piano. He also invented a teaching machine.

18. In 1941 this man invented a missile guidance system that used pigeons to peck at an image of the ground target in a bombsight. He used marijuana seeds to reward the birds.

19. This man invented the "air crib," which came to be known as the "baby box" or "baby tender." It provided the baby with warm filtered air, clean sheets, a window, room to exercise, and toys, and was meant to be used as an improved version of a playpen.

20. This man said "Well, yes, I violated the taboo about faculty and students. No one was raising this question at all, it was pretty rampant. There were no standards of ethics of that kind. I have always regarded my students as equals, and I treated them as equals."

21. When asked why he did not move to a utopian community like the one he wrote a book about, this man said "Well, I’d have to divorce my wife, who doesn’t believe in the community, and the practical problems are more difficult than I realized."

22. In 1966 this man said "I do not admire myself as a person. My successes do not override my shortcomings."

23. This man experimented with recreational drugs, but rejected them after finding that he could not drive safely after smoking marijuana.

24. In 1984 this man predicted "In the not-too-distant future, the motivational and emotional conditions of normal life will probably be maintained in any desired state through the use of drugs."
25. The book this man published in 1971 was on the *New York Times* best seller list for 26 weeks, and *Time* magazine put his picture on the cover of the magazine.

27. This man utterly rejected behavior modification programs that use punishment.

28. While at Harvard in his 80s, this man got in trouble when a secretary threatened to bring charges against him for sexual harassment. She was persuaded to drop the charges.

29. This man said "We are all to some extent Freudians."

30. This man said "cognitive science is the creationism of psychology."

31. In 1990, eight days before his death, this man received a gold medal from the American Psychological Association as "the most prominent psychologist of the century."
Theorist #6

1. This man had several illnesses as a child, including nephritis and pneumonia, and spent a lot of time in the hospital.
2. This man experienced severe untreatable headaches every day for sixty years.
3. This man has said that if he were not a therapist, he would be an efficiency expert.
4. This man wrote more books and articles than any other psychologist, including 75 professional and popular books, over 800 articles, and many unpublished novels, plays, film scripts, poems, and songs.
5. This man diagnosed his first wife as "a woman with severe depression, borderline personality traits, and obsessive-compulsive."
6. From age 15 to his mid-twenties, this man said he was addicted to frotteurism (rubbing against women in public places such as the subway for sexual gratification).
7. This man did marriage counseling for the professor who was his dissertation advisor.
8. This man said his PhD degree stood for "knowledge Piled Higher and Deeper."
10. Due to this man’s court testimony, nudist magazines were allowed to be sold
11. The comedian Lenny Bruce was banned from performing at a concert because he quoted something this man said which included use of the f-word.

12. This man denied the psychoanalytic idea that only vaginal orgasms are appropriate for women, saying "If Freud had screwed around more he would have known better."

13. This man said the existence of God is no more likely than the existence of Santa Claus.

14. This man said that "Self-esteem is the greatest sickness known to humans."

15. This man usually closes his eyes when doing therapy and has very little eye contact with clients.

16. This man said Wayne Dyer plagiarized his work in Your Erroneous Zones.

17. This man fell and broke his collarbone in a hotel just before he was scheduled to give a workshop. He conducted the workshop with his arm in a sling, and later sued the hotel.

18. Because he had diabetes, this man had to test his blood sugar ten times per day around the clock, inject insulin twice a day, and eat small meals ten times per day.

19. When asked at age 74 what he did in his spare time, this man said "I work and I screw!"

20. This man usually saw 40 individual clients per week and lead four groups per week.

21. This man said "I'm one of the best-loved psychologists in the United States, but I'm also probably the most hated one."

22. This man published over 100 articles in popular magazines, including Playboy, Penthouse, Forum, Cosmopolitan, Mademoiselle, and Psychology Today.

23. This man said "I have had two marriages, two living together arrangements, many passionate love experiences, and scores of (relatively brief) sexual affairs."

24. Asked what having sex was like at age 90, he said "It's like shooting pool with a rope."
25. The editor of *Psychology Today* said of this man that "no individual - not even Freud himself- has had a greater impact on modern psychotherapy."

Correct Answers to the Theorists Quiz

Theorist #1: Carl Rogers
Theorist #2: C. G. Jung
Theorist #3: Fritz Perls
Theorist #4: Sigmund Freud
Theorist #5: B. F. Skinner
Theorist #6: Albert Ellis