Mastering Competencies in Family Therapy 3rd edition Gehart Test Bank

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MULTIPLE CHOICE

1 : The minimum standard of practice for those in the medical field is known as evidence-based practice. Which of the following statements is the best definition?
A : Evidence-based practice uses research findings to inform medical decisions for the care of individual clients.
B : Evidence-based practice encourages using clients in experiments to determine what works for medical decisions.
C : Evidence-based practice uses the same practices to treat all problems for all clients.
D : Evidence-based practice refers to a therapists own way of doing things based on his or her experience in the field.

Correct Answer : A

2 : Which of the following is NOT one of the five steps for family therapists implementing evidence-based practice into their practice?
A : Develop an answerable question to focus on in the search for evidence-based information
B : Search the literature for the best empirical evidence to answer the question
C : Evaluate the validity, impact, and applicability of the research to determine its usefulness in this case
D : Assume the research findings are applicable to the current clients situation

Correct Answer : D

3 : Which of the following statements is FALSE about common factors research?
A : The effectiveness of therapy has more to do with the key elements found in all theories than with the unique components of a specific theory.
B : The similarities among theories matter more than the differences.
C : There is major evidence in the research literature to support the superiority of one theory over another in family therapy.
D : There is major evidence in the research literature to support the superiority of one theory over another in family therapy.

Correct Answer : C

4 : According to Wampolds common factors model, which of the following factors matters LEAST in therapeutic outcomes for clients?
A : Client hope
B : Therapeutic model
C : Therapeutic relationship
D : Client motivation and resources

Correct Answer : B

5 : In both Lamberts and Wampolds research, the quality of the therapeutic relationship appears to be more important than the specific model in predicting outcome. Which one of the following would be considered a positive factor in an effective therapeutic relationship?
A : The therapist accommodates the clients level of motivation.
B : The therapist sets the goals for the client.
C : The therapist expresses judgment when the client is not making progress.
D : The therapist is reserved and professional at all times.

Correct Answer : A

6 : According to the author of this textbook, an appropriate answer to the question Do we still need theory? is:
A : Theory is most relevant for the client, not the therapist.
B : Theories prevent therapists from using a systematic way for dealing with the wide range of difficulties clients can bring.
C : Theories are important because they are the vehicles through which the common factors do their work.
D : Theories do not allow therapists to take into consideration unique issues related to diversity.

Correct Answer : C

7 : When therapists, licensing boards, or funding institutions refer to therapy models as evidence-based, they are generally referring to:
A : evidence-based therapies (EBTs)
B : empirically validated treatments (EVTs)
C : empirically supported treatments (ESTs)
D : effectively tested therapies (ETTs)

Correct Answer : C

8 : Empirically supported treatments (ESTs) meet each of the following criteria EXCEPT:
A : treatment is significantly better than the no-treatment control group.
B : the treatment is based on a written treatment manual.
C : a specific population with a specific problem is identified.
D : researchers have no need for reliable and valid outcome measures.

Correct Answer : D

9 : Which of the following would be considered a DISADVANTAGE of an empirically supported treatment (EST)?
A : They have greater scientific support.
B : They are expensive.
C : They are highly structured.
D : They do not target a specific population with a specific problem.

Correct Answer : B

10 : Why is it important to keep the evidence-based therapy movement and research in perspective?
A : The evidence-based therapy movement aims to debunk the current theories in search of one grand theory.
B : The evidence-based therapy approach is important because nothing in the field has ever been researched or studied before.
C : Research indicates that any therapy, no matter what the theory, is better than no treatment at all.
D : Research is yet another thread in the theory debate to confuse therapists in training.

Correct Answer : C

11 : Practicing any form of therapy in a professional manner means understanding three levels of rules that govern professional behavior: laws, ethics, and standards of care. Which of the

following is the best definition for laws?
A : Laws are either by the local, state, or federal government, in the form of legislation establishing specific responsibilities for professionals.
B : Laws are often about what you want to do and do not want to do.
C : If a law conflicts with an element of an ethical code, the therapist must abide by the ethical code.
D : Laws define in detail the expectations of family therapists and specific guidance on every possible scenario a therapist will encounter.

Correct Answer : A

12 : Each major branch of professional associations in mental health publishes a code of ethics that serves as a guide for responsible and professional behavior. Which of the following is NOT an ethical principal?
A : Justice
B : Autonomy
C : Infidelity
D : Beneficence

Correct Answer : C

13 : The standard of care for therapists means:
A : establishing a set code of ethics for your private practice.
B : what most people at the same professional level are doing in practice.
C : making a personal decision on which laws to follow and which to ignore.
D : making a personal decision on which laws to follow and which to ignore.

Correct Answer : B

14 : When working with couples and families in therapy, why is it important to define who your client is?
A : It will impact how the therapist organizes treatment.
B : It will impact how the therapist documents the case.
C : It will impact how the therapist documents the case.
D : All of these are correct.

Correct Answer : D

15 : Confidentiality is both a legal and ethical requirement for therapists. Why does confidentiality become more complex when working with couples and families?
A : Therapists cannot share what their clients tell them one-on-one.
B : Therapists are obligated to keep secrets no matter what.
C : Therapists could cause harm to their clients if they do not keep secrets.
D : Therapists need to establish their own secrets policy and make sure clients understand it.

Correct Answer : D

16 : When working with minors, why is maintaining an individual therapist stance versus a family therapist stance nearly impossible?
A : Family members must give consent for the minor to receive treatment.
B : Family members often do not want to be included in the therapy process.
C : Family members do not have the right to access treatment records for the minor.
D : All of these are correct.

Correct Answer : A

17 : In working with children and families, a therapist is considered a mandated reporter of child abuse in which of the following circumstances?
A : When the therapist has collected enough thorough information to confirm that abuse has taken place
B : When the therapist hears from another therapist that a client has been abused
C : When the therapist has a reasonable suspicion that abuse has taken place
D : All of these are correct

Correct Answer : C

18 : When working with a couple who has experienced intimate partner violence (IPV), the therapist should follow which of the following guidelines for working with the couple?
A : Discontinue couple therapy immediately.
B : Follow state, county, or agency rules governing the treatment of IPV.
C : Treat the couple together.
D : Work with the non-offending partner only.

Correct Answer : B

19 : Which of the following is NOT a true statement regarding working with couple or family clients via videoconference or related technology?
A : Therapists should be trained and have experience using technology.
B : Therapists should be aware of potential risks and benefits of electronic therapy.
C : Therapists must ensure the privacy and confidentiality by securing the connection.
D : Therapists do not need to be licensed in the state their clients are residing in.

Correct Answer : D

20 : Which of the following statements is TRUE regarding therapists values and their practice of family therapy?
A : Family therapy can be value-free.
B : Family therapists cannot be sued for imposing their values on clients.
C : Family therapists can refuse to see clients based on their own value system.
D : Family therapists must contend with the struggle between their obligations to serve clients and their right to practice based on their own values.

Correct Answer : D

21 : Which of the following represent two general categories of client factors described by Miller et al.?
A : Client characteristics and extratherapeutic factors
B : Client values and family factors
C : Client attitudes and social support
D : Client characteristics and intratherapeutic factors

Correct Answer : A

22 : According to the review of Journal of Family Therapy discussed in the chapter, what are some of the areas involving infants that family therapy has been effective at addressing?
A : Family division of labor in child care

B : Sleep, feeding and attachment problems
C : Sibling rivalries, premature birth, and breastfeeding
D : All of these are correct

Correct Answer : B

23 : According to the chapter, what are included as major elements of Christensens unified protocol for couples therapy?
A : Provide contextualized, dyadic, and objective conceptualization of problems
B : Modify emotion-driven dysfunctional and destructive interactional behavior
C : Foster productive communication
D : All of these are correct

Correct Answer : D

24 : Which of the following is NOT a true statement regarding suicide when working with couple or family clients?
A : Current family therapy codes do not address the issue of suicide, leaving many therapists without clear guidance on how to proceed.
B : Under the 2014 ACA Code of Ethics, counselors have the option to maintain the confidentiality of terminally ill clients planning to take their own lives.
C : In states where assisted suicide is legal, it typically does not require that a patient be diagnosed as terminally ill.
D : Even in states where assisted suicide is not allowed, some patients engage in a conscious effort to take their own life before an illness overtakes them.

Correct Answer : C

25 : Beneficence refers to the therapists obligation to:
A : provide accurate, complete, and objective information to clients.
B : avoid harm to clients or others.
C : actively work to benefit clients.
D : keep promises and uphold loyalty to the client.

Correct Answer : C