Mastering Competencies in Family Therapy 4th edition Gehart Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01: Competency and Theory in Family Therapy

1. The key to mapping a successful therapeutic journey involves which of the following?
   a. Labeling clients into groups such as depressed clients or clients with anxiety
   b. Understanding each client's life as a one-of-a-kind journey
   c. Honing in on the small picture of the client's life
   d. Conceptualizing the client's situation without the help of theory

ANSWER: b

2. Therapists can rule out possible medical issues and identify psychiatric issues by doing which of the following with their client?
   a. A treatment plan
   b. Case management
   c. Mental status exam
   d. A therapeutic inventory

ANSWER: c

3. When working with clients, therapists should create a preferred path or general set of directions for the course of therapy. This document is known as:
   a. a road map.
   b. a clinical assessment.
   c. a treatment plan.
   d. a case management file.

ANSWER: c

4. When working with clients in therapy, it is very important to make sure the plan is working and that you and the client are sticking with the plan. If the client is not making progress, it is recommended that the therapist _____:
   a. always stick to the original treatment plan.
   b. reassess the accuracy of the treatment plan.
   c. adjust where needed on the treatment plan.
   d. assess the therapist's perspective client's progress.

ANSWER: b

5. It is important for therapists to leave a trail of where they have been when working with a client. The purpose of the trail is to:
   a. get paid by clients.
   b. ensure of the correct path was selected.
   c. help therapists find their way back if they get lost.
   d. identify obstacles.

ANSWER: c

6. Which of the following is the primary tool therapists use to help their clients?
   a. A theory
   b. A hammer
   c. A treatment plan
   d. A supervisor

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ANSWER: a

7. According to the author, why do theories matter in therapy?
   a. They provide a means for dominating clients.
   b. They allow therapists to target specific thoughts, behaviors, or emotional processes for change.
   c. They help clients to explain their presenting problems.
   d. They allow therapists to select the proper medications for clients.

ANSWER: b

8. How can all the talk about competency in family therapy help you to better serve your clients?
   a. It clearly defines what therapists should know to be able to help their clients.
   b. It ensures that students know how to meaningfully apply the knowledge and skills of their given profession.
   c. It both clearly defines what therapists should know to be able to help their clients and ensures that students know how to meaningfully apply the knowledge and skills of their given profession.
   d. It neither clearly defines what therapists should know to be able to help their clients nor ensures that students know how to meaningfully apply the knowledge and skills of their given profession.

ANSWER: c

9. To be a competent therapist, you are required to do which of the following?
   a. Figure out what worked best in your personal therapy and apply it to your clients.
   b. Get outside your comfort zone and learn what works for you.
   c. Learn a narrow range of theories and techniques.
   d. Understand the one approach that will be most effective for the client.

ANSWER: b

10. Which statement about the role of diversity in the therapy process is **false**?
   a. Diversity factors include age, gender, race, ethnicity, ability, and language.
   b. Diversity factors of the client should not be considered when selecting a theory.
   c. Everything you think, do, or say as a professional should be informed by diversity factors.
   d. Effectively responding to diversity is not easily learned and can be messy.

ANSWER: b

11. Which statement is TRUE about a therapist competent in working with and acknowledging diversity issues in the counseling relationship?
   a. A competent therapist is one who admits that handling diversity issues is a career-long struggle and journey that adds depth to the person-of-the-therapist.
   b. A competent therapist is one who says, “I don’t have any culture,” so they cannot help with diversity issues.
   c. A competent therapist is one who reports that being from a diverse or marginalized group qualifies them as an expert in diversity issues.
   d. A competent therapist is one who assumes that, because they have read about topics in diversity, they are competent in diversity issues.

ANSWER: a

12. What should a competent therapist do with the research-related material in their mental health field?
   a. Avoid the research literature altogether to prevent confusion

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b. Stop reading the research literature upon graduation
c. Use the research literature to inform clinical decisions and treatment planning throughout their career
d. Learn at least one evidence-based treatment and implement it with all clients

ANSWER: c

13. Being a competent therapist requires which specific personal characteristics?
a. The ability to exude empathy, compassion, and charisma to connect with clients
b. The ability to ignore personal emotions and reactions when working with clients
c. The ability to avoid personal issues in order to build therapeutic relationships
d. The ability to use personal bias to pathologize clients

ANSWER: a

14. When thinking about family therapy theories, the author of the text suggests which of the following to make the most of your theoretical education?
a. Pick your favorite theory and stick with it, because it is likely to meet the needs of allwhatyour clients just by the nature of it its in this book
b. Appreciate that every theory is universally useful
c. Theories are generally equally effective because they are simply different modes for delivering the same factors
d. All of these are correct

ANSWER: c

15. In family therapy, our *case conceptualizations* can be considered our _____ to identify the steps that will need to be taken along the way to the resolution of a family issue.
a. list
b. map
c. client resource
d. all of these are correct

ANSWER: b

16. *Countertransference* refers to:
a. inappropriate observation of the client's language.
b. inappropriate relationship with the client.
c. inappropriate pathologizing of the client.
d. inappropriate determination of the client's therapeutic presence.

ANSWER: c

17. Two key practices of evidence-based family therapy are:
a. using anecdotal opinions and determining therapies based on your own family life.
b. relying on the advice of other practitioners and on your own beliefs to determine your approach.
c. using previous theories to determine your approach and creating new theories about therapy treatment.
d. using existing research to inform decisions and learning to use evidence-based treatments.

ANSWER: d

18. Which of the following is a common theme that stresses the specific qualities and identified competencies for mental

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health professionals?

a. Research and the Evidence Base
b. Ethics
c. Social Justice and Diversity
d. Person-of-the Therapist

ANSWER: d

19. Which set of competencies addresses what therapists must be aware of in the client populations and presenting problems.

a. Person-of-the-Therapist
b. Social Justice and Diversity
c. Ethics
d. Research and the Evidence Base

ANSWER: d

20. Which of the following is a specific learning activity from the book's section on clinical case documentation?

a. Clinical assessment
b. Activity learning
c. Competencies
d. Philosophical foundations

ANSWER: a

21. Which of the following is a specific learning activity from the book's section on theoretical foundations?

a. Progress notes
b. Social Justice
c. Systemic theories
d. Case conceptualization

ANSWER: b

22. Which of the following is a specific learning activity form the book's section for couple and family therapy theories?

a. Research, ethics, and telehealth
b. Competencies
c. Experiential family therapies
d. Clinical assessment

ANSWER: c

23. In the "Anatomy of a Theory" part of the textbook, which section uses case conceptualizations to help identify the signature theory concepts?

a. The Viewing: Case Conceptualization and Assessment
b. Making a Connection: The Therapeutic Relationship
c. Interventions for Specific Problems/Populations
d. Targeting Change: Goal Setting

ANSWER: a

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24. What is one suggestion the author encourages when thinking about family therapy theories?
    a. To find a favorite theory and deemphasize all other theories.
    b. To find the most useful theory that can be used for all clients.
    c. To only look for and use the narrowest parts of each theory.
    d. To find the common themes between each of the different theories.

ANSWER: d

25. Which set of competencies focuses on issues such as the age of the client?
    a. Ethics
    b. Person-of-the Therapist
    c. Research and the Evidence Base
    d. Social Justice and Diversity

ANSWER: d

26. The book is designed to help one _____ the content and develop real-world competencies.
    a. systematically learn
    b. proactively learn
    c. passively learn
    d. actively learn

ANSWER: d

27. Once you have mapped with oases and obstacles clearly, you can confidently:
    a. track the client's progress.
    b. accept payment.
    c. start a treatment plan.
    d. set goals for your client.

ANSWER: d

28. When you are evaluating the client's response to treatment, you are doing what step of competent therapy?
    a. Identify Oases and Obstacles
    b. Map the Territory
    c. Track Progress
    d. Leave a Trail

ANSWER: c

29. In competent therapy, which step conceptualizes the situation with help of theory?
    a. Track Progress
    b. Leave a Trail
    c. Select the Path
    d. Map the Territory

ANSWER: d

30. When you are assessing the client's mental status and providing case management, you are in what stage of competent therapy?

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a. Selecting a Path
b. Identify Oases and Obstacles
c. Tracking Progress
d. Leaving a Trail

ANSWER: b

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