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Boundaries in Mental Health Treatment

- 1) What does Gabbard (2008b) state often leads to boundary breaches?
 - a) insecurity and isolation
 - b) loneliness and gregariousness
 - c) familiarity and trust
 - d) similarity and willingness

- 2) Pope (2003) cites _____ as the most frequently made allegations of ethics violations.
 - a) financial fraud
 - b) disagreement with report findings
 - c) confidentiality violations
 - d) sexual violations

- 3) Boundary crossings are defined as a decision to deviate from an established boundary for a _____ purpose.
 - a) therapeutic
 - b) selfish
 - c) countertransference
 - d) therapist-centered

- 4) Sarkar (2004) states that that what causes harm to client is the
 - a) behavior itself
 - b) intentions of the treatment professional
 - c) frequency and duration of the behavior
 - d) meaning of the behavior to the client

- 5) According to Sakar (2004), a key factor why boundary violations occur is that the treating professionals have both personal and professional
 - a) unfinished business
 - b) roles
 - c) identities
 - d) needs

- 6) What term does Nield-Anderson (1999) use to describe a client disclosing information "never told to anyone else"?
 - a) instant intimacy
 - b) secret bearer
 - c) diary and key
 - d) confidence building

- 7) Which theoretical orientation was mentioned as advocating the use of self-disclosure?
- feminist therapy
 - client centered therapy
 - cognitive behavioral therapy
 - RET
- 8) Which is mentioned as an example of a multiple relationship?
- social relationships
 - bartering
 - providing both individual and group therapy
 - all the above
- 9) According to Fisher (2003), multiple relationships that would not reasonably be expected to cause impairment or risk exploitation or harm are not considered unethical.
- True
 - False
- 10) Sexual relationships with clients are allowed in which condition?
- The client's participation if voluntary
 - The client is first referred to another clinician
 - There was a relationship prior to therapy
 - none of the above
- 11) According to Pope & Vasquez (1991), the most important predictor of whether a client will become sexually involved with a therapist is
- the client's diagnosis
 - the client's sexual abuse history
 - the therapist's gender
 - prior sexual involvement on the part of the therapist
- 12) What percent of therapists report that they have experienced sexual attraction to clients at some point in their career?
- 22%
 - 42%
 - 62%
 - 82%
- 13) All the following are mentioned by Peternelj-Taylor (2008) as important areas to consider regarding boundaries EXCEPT
- education
 - client feedback
 - self-awareness and monitoring
 - peer debriefing
- 14) Gabbard (2008b) describes the _____ problem as occurring when psychotherapists remain isolated when dealing with clinical problems.
- Gollum
 - Superman
 - Spiderman
 - Lone Ranger