Addressing Cultural Complexities in Practice

Questions from chapter 1

1) The "A" in the ADDRESSING framework stands for
   a) attitudes  
   b) age  
   c) ancestors  
   d) affect

2) McIntosh (1998) encourages therapists to pay special attention to the role of
   a) preconceptions  
   b) privilege  
   c) religion  
   d) relatives

3) Which term is the most inclusive but also the most general?
   a) race  
   b) ethnicity  
   c) culture  
   d) minority

4) Which term is defined as the common ancestry through which individuals have evolved shared values and customs?
   a) race  
   b) ethnicity  
   c) culture  
   d) minority

Questions from chapter 2

5) At the individual level, biases emerge in tandem with two other cognitive processes:
   a) categorization and generalization  
   b) generalization and minimization  
   c) minimization and labeling  
   d) labeling and categorization

6) According to Fiske (1993) one of the ways powerful groups exert control is through
   a) fear  
   b) stereotypes  
   c) fiscal policies  
   d) coercion

7) The belief "If you work hard enough you'll succeed" describes
   a) democracy  
   b) humanism  
   c) socialism  
   d) meritocracy
8) Obstacles to the development of compassion include all EXCEPT
   a) motivation
   b) fear
   c) ignorance
   d) pain

Questions from chapter 3

9) "This state of being burdened spiritually or mentally, or suppressed or crushed by an abuse of power” (Merriam-Webster, 1983) describes what term?
   a) bullied
   b) enslaved
   c) oppressed
   d) subjugated

10) According to Kantiowitz & Ballou (1992) many therapists believe that their approaches are
   a) value free
   b) duty-free
   c) culture free
   d) bias free

11) Which is NOT one of Bergin et al.'s (1996) values which are relevant to the therapist's self-exploration?
   a) value discovery
   b) value ordering
   c) value enhancement
   d) value internalization

12) According to Wren (1992), if the people around us hold similar identities and share the same privileges, we may become what type of counselors?
   a) inbred
   b) culturally encapsulated
   c) stunted
   d) bunker mentality

Questions from chapter 4

13) According to Reynolds & Pope (1991) much research assumes identity is
   a) culturally bound
   b) a theoretical construct
   c) a unidimensional phenomenon
   d) genetic

14) What Hawaiian word is used to mean "part Japanese"?
   a) lava
   b) hapa
   c) luau
   d) guava
15) Which question is NOT recommended for use in understanding a client's identity?
   a) How might you have been different without your disability?
   b) How would you describe yourself?
   c) What was your religious upbringing?
   d) What was your family's economic situation growing up?

16) Chin (1994) noted that countertransference in EuroAmerican therapists often involves issues related to
   a) age and gender
   b) height and weight
   c) power and difference
   d) wealth and attractiveness

Questions from chapter 5

17) Relationship building behaviors which include attending, listening, and focusing are known as
   a) macroskills
   b) microskills
   c) basic skills
   d) foundation skills

18) "An internal orientation to the world" and "A set of overt behaviors" are ways to think of
   a) personality
   b) worldview
   c) respect
   d) bias

19) Sue et al. (1991) found treatment outcomes for African-Americans and EuroAmericans were not related
to ethnic match.
   a) True
   b) False

20) Brown (1994) described three thematic characteristics of boundary violations which include all EXCEPT
   a) objectifying the client
   b) gratifying the therapist's impulses
   c) stereotyping the client
   d) excessively privileging the therapist's needs

21) The term "Dysfunctional" is categorized as
   a) psychological jargon
   b) a value judgment
   c) gender biased
   d) ethnically bound

Questions from chapter 6

22) What do Suzuki & Kugler (1995) say helps the therapist to gain a fuller picture of the client's needs and
    strengths?
   a) multiple perspectives
   b) an immersion experience
   c) a lucky 8 ball
   d) empathetic listening skills
23) The diverse ways clients conceptualize illness, health and disability within and across cultures are what Kleinman (1980) calls
a) cultural paradigms
b) explanatory models
c) functional templates
d) somatic sets

24) American Sign Language is
a) English based
b) aurally based
c) conceptually based
d) phonetically based

25) Westermeyer (1987) offered criteria for distinguishing unusual beliefs and behaviors that may be normal in certain contexts. These are characterized by all EXCEPT
a) community and family support
b) a resultant gain in self-esteem
c) culturally congruent visions
d) a chronic course

Questions from chapter 7

26) Solutions to the problem of Eurocentism in standardized tests include all EXCEPT
a) obtaining norms for a wide range of cultural groups
b) teaching the test to cultural minorities
c) using an Index of Correction for Culture
d) adopting a more fluid approach to assessment

27) What type of knowledge is action oriented, practical, and usually acquired without the help of others?
a) tacit
b) pragmatic
c) innate
d) cultural

28) Until recently, neuropsychologists believed cultural influences had little to do with physiological brain processes.
a) True
b) False

a) True
b) False

30) What term does Kubisyn et al. (2000) prefer to "Projective"?
a) unconscious
b) performance-based
c) selective
d) situationally-bound
Questions from chapter 8

31) How many DSM-IV disorders have the section "Specific Culture, Age, and Gender Features"?
   a) 69  
   b) 79  
   c) 89  
   d) all of them

32) All of the following are new V codes in DSM-IV EXCEPT
   a) Identity Problem  
   b) Religious or Spiritual Problem  
   c) Acculturation Problem  
   d) Communication Barrier Problem

33) Culture-bound syndromes are described within the DSM-IV as
   a) cultural artifacts  
   b) residual behaviors  
   c) topics for further study  
   d) folk categories

Questions from chapter 9

34) Multicultural therapy begins from the question
   a) How is it done?  
   b) Where is it done?  
   c) With whom is it done?  
   d) When is it over?

35) Which AA step is "Made a searching and fearless moral inventory of ourselves"?
   a) Step 1  
   b) Step 2  
   c) Step 3  
   d) Step 4

36) The "B" in BASIC-ID stands for
   a) Beliefs  
   b) Brevity  
   c) Behavior  
   d) Background

37) One complaint community psychologists have with psychotherapy is that it is
   a) generative  
   b) lonely  
   c) modulative  
   d) inefficient
Questions from chapter 10

38) Robert diagnosed Mrs. Penn with
   a) Major Depressive Disorder
   b) Anxiety Disorder NOS
   c) Acculturation Problem
   d) Malingering

39) Individually with Mrs. Penn, which therapeutic approach was used?
   a) psychoanalysis
   b) life review therapy
   c) rebirthing
   d) RET

Questions from chapter 11

40) According to Rosenweig (1999) there seems to be increasing interest in
   a) culture-free therapies
   b) global perspectives
   c) reverse discrimination
   d) distance learning continuing education opportunities