Questions from chapter 1

1) Rozin (1997) states that moral commitments
   a) arise in the primitive brain
   b) are learned behaviors
   c) lay claim on other individuals
   d) are culturally bound

2) According to Akhtar (1984) uncertainty regarding core values can contribute to disturbances in identity and self-esteem in situations such as
   a) adolescent turmoil
   b) adjustment to medical illness
   c) recovery from trauma
   d) addiction

3) The third step in the process of forgiveness is
   a) mastering emotion
   b) recognition one has suffered unfairly
   c) feeling anger
   d) restitution

4) Cloninger et al. (1993) believes a greater degree of self-directedness is inversely related to the likelihood of developing
   a) a depressive disorder
   b) an anxiety disorder
   c) a personality disorder
   d) a psychotic disorder

Questions from chapter 2

5) In the case of Osherhoff v. Chestnut Lodge, monetary damages resulted from the failure of a psychodynamically oriented hospital staff to use accepted somatic means in treating major depression
   a) True
   b) False

6) All the following are difficulties patients and therapists may have in identifying a moral problem EXCEPT
   a) disagreement on which worldview to utilize
   b) knowing what is best for the patient
   c) deciding what role the therapist should play in the patient's life
   d) frank disagreement about the direction of the work

7) Which paradigm recognizes that patients often struggle with inescapable conditions such as death anxiety and the search for meaning?
   a) intrapsychic
   b) existential
   c) developmental
   d) situational
8) What term did Freud use to denote the unconscious guilt he saw behind the tendency of patients to accept roles in interpersonal situations that bring them significant adverse consequences?
   a) moral masochism
   b) narcissism
   c) moralism
   d) nihilism

Questions from chapter 3

9) When a clinician takes responsibility for promoting a vulnerable patient's well-being, this is a type of Caring as
   a) Feeling
   b) Nurturing
   c) Commitment
   d) Diligence

10) What term describes suffering with someone else and depends on empathy or accurately perceiving what she feels?
    a) empathy
    b) compassion
    c) diligence
    d) commitment

11) From a moral perspective, when people integrate compassion into their core commitments, they develop a sense of
    a) nurturance
    b) obligation
    c) morality
    d) empathy

12) Vigilance for problems in nurturing effectively and taking appropriate corrective measures requires accountability, understood as
    a) moral acumen
    b) affective sensibility
    c) fiduciary responsibility
    d) emotional attunement

Questions from chapter 4

13) Which type of moral conflict is examined by Strasburger et al. (1997)?
    a) dual relationships
    b) serving as an expert witness
    c) managed care issues
    d) psychopharmacological treatment issues

14) What term does Engelhardt (1996) use to describe individuals who do not share a worldview?
    a) moral strangers
    b) ethical aliens
    c) noncontiguous neighbors
    d) distant relatives
15) Useful venues mentioned for clinicians to increase their awareness and find support for “doing the right thing” include all EXCEPT
   a) individual therapy
   b) team meetings
   c) consultation
   d) risk-management seminars

16) Relating values to possible courses of action requires clinicians to clarify their own values without regard to a third party such as a managed care organization.
   a) True
   b) False

Questions from chapter 5

17) According to Semrad in Rako & Mazur (1980), a major task for any therapist is to help the patient
   a) behave proactively
   b) respect the clinician's wisdom
   c) put their pain in perspective
   d) include significant others in the process

18) When a patient deals with unfair pain by “considering the source”, he is using what type of response?
   a) resignation
   b) blaming oneself
   c) retaliating
   d) feeling superior

19) What type of approach does Beck (1999) suggest to break the cycle of thoughts that lead from a perceived insult to hostile retaliation?
   a) existential
   b) cognitive
   c) humanistic
   d) psychodynamic

20) Arguably the most demanding and potentially liberating way of dealing with unfair suffering is
   a) ninja training
   b) through pharmacology
   c) confronting the source
   d) to forgive

Questions from chapter 6

21) Guilt and shame, like pain, signal a need to
   a) check defenses
   b) change course
   c) confirm that liability premiums are paid
   d) reality test with an impartial third party

22) What is often important in helping character-disordered individuals take responsibility for their actions?
   a) family intervention
   b) a restraining order
   c) group confrontation
   d) inpatient treatment
23) What typically requires honesty, compassion, and willingness to move in a new direction?
   a) seeking therapy
   b) forgiving oneself
   c) questioning
   d) seeking forgiveness

Questions from chapter 7

24) According to Byock (1997), dying well does NOT involve saying
   a) forgive me
   b) thank you
   c) love me
   d) good-bye

25) Which secular support group is based on the philosophy of Albert Ellis?
   a) RETurn
   b) SMART Recovery
   c) UNCLE
   d) SEEK

26) All the following are mentioned by Peteet (1994) as approaches for patients looking for direction in life to their spiritual worldview EXCEPT
   a) acknowledge the problem but limit discussion to its psychological dimension
   b) address spiritual as well as emotional aspects of the problem indirectly using the patient's own spiritual perspective
   c) involve a spiritual leader as a co-therapist to deal with the spiritual issues
   d) try to address the problem together directly, using a shared spiritual framework

Questions from chapter 8

27) The question “does adherence to a paradigm contribute to a view of the person as a material object rather than a subjective self” would be asked about which paradigm?
   a) biological
   b) developmental
   c) situational
   d) intrapsychic

28) According to Doherty (1995), what have clinicians more explicitly embraced as a mark of psychological maturity?
   a) peer oversite
   b) moral integrity
   c) professional codes of ethics
   d) spirituality