AMFTRB MFT - Quiz Questions with Answers

Domain 1: The Practice of Systemic Therapy

1.

Which of the following individuals is **MOST CLOSELY** associated with founding contextual family therapy?

Ivan Boszormenyi-Nagi

Carl Whitaker

Mara Selvini-Palazzoli

Michael White

Correct answer: Ivan Boszormenyi-Nagi

Ivan Boszormenyi-Nagi founded contextual family therapy.

Carl Whitaker is associated with experiential family therapy. Mara Selvini-Palazzoli is associated with Milan systemic therapy. Michael White is associated with narrative family therapy.

2.

John Gottman's 'emotional bank account' concept can **BEST** be described as:

Chronic positive interactions help smooth out rough conflicts.

Vulnerability creates a sense of safety within intimate relationships.

Partners need to 'give and take' equally when it comes to expressing needs.

Expressing primary needs maintains homeostasis.

Correct answer: Chronic positive interactions help smooth out rough conflicts.

Chronic positive interactions help smooth out rough conflicts is the correct definition of an emotional bank account.

Vulnerability is important, but it does not define the term. Gottman would likely agree with 'giving and taking,' but this is also not the term. Primary needs are a concept from EFT.

3.

Within the framework of transgenerational family therapy, the concept of rejunction is **BEST** described as:

Repairing a rupture within a significant relationship

Problems associated with safety and trustworthiness

A sense of loyalty to only one parent

Avoiding taking sides with any one family member

Correct answer: Repairing a rupture within a significant relationship

Repairing a rupture within a significant relationship is the best definition of injunction.

Problems associated with safety and trustworthiness are known as disjunction. A sense of loyalty to only one parent is known as a split loyalty. Avoiding taking sides with any one family member is part of neutrality.

4.

The Early Milan Approach differed from other types of family therapies in that:

Sessions were typically held at least one month apart.

Treatment only lasted for four sessions in total.

Every family member needed to be part of the therapy.

Cotherapists facilitated each session.

Correct answer: Sessions were typically held at least one month apart.

The Early Milan Approach was a brief therapy, but sessions were generally spaced out by one month.

Sessions were limited to 10 (not 4). These therapists did not require that each family member attend therapy, and cotherapy was not common in this approach.

5.

You are in a session with your client, Evelyn. You are discussing a minor mistake she made at work. She states, "It was just so bad. I know I'm going to get fired for it. If I check my email now, I bet there's something in there from my boss." A CBT therapist would **BEST** describe this cognitive distortion as:

Magnification

Minimization

Mind reading

Overgeneralization

Correct answer: Magnification

Magnification is a form of catastrophic thinking where someone greatly exaggerates potential consequences.

Minimization is the opposite (her saying her mistake was no big deal and nobody would notice). Mind reading is a form of assuming you know how others think or feel (her saying that she knows her boss must hate her). Overgeneralization occurs when you assume something will always happen because it happened once (her saying that she knows she's doomed to always make mistakes at work).

6.

Claire (32) just gave birth to her first child. You are a therapist who largely practices from a CBT framework. Claire expresses that she feels overwhelmed about knowing when to feed her baby. She states, "I'm a mother, and this should just be intuitive, shouldn't it?" In CBT, her statement is **BEST** known as a type of:

Irrational belief

Internal dialogue

Dichotomous thinking

Emotional reasoning

Correct answer: Irrational belief

It is irrational that Claire should intuitively know exactly when to feed her baby.

Her internal dialogue refers to thoughts/feelings she has about an experience (so her internal dialogue could certainly be shaping this irrational belief). Dichotomous thinking would sound like, "I should always know when to feed my baby." Emotional reasoning would sound like, "I feel like I don't know how to parent correctly. I must be a bad mother."

7.

Systemic therapists hypothesize that individuals in systems maintain behavior as a product of:

The system and themselves

The entire system

Themselves

Their immediate family-of-origin

Correct answer: The system and themselves

Systemic theory states that clients act in ways that maintain behavior within the system and themselves (not just themselves, their family-of-origin, or the system).

8.

The Galveston Family Institute takes all the following stances when it comes to the therapist's tasks, **EXCEPT:**

Embrace the significance of psychoeducation

Embrace a curious, not-knowing stance

Embrace the client's perception of reality

Embrace open, conversational questions

Correct answer: Embrace the significance of psychoeducation

While psychoeducation may inherently be a part of any therapy work, it is not a listed stance according to the Galveston Family Institute (GFI).

However, embracing curiosity, the client's perception of reality, and conversational questions are all important tenets.

9.

All the following represent unintentional or intentional ways therapists perpetuate gender issues, **EXCEPT:**

Asking clients about their internal experiences as it relates to their gender

Subscribing to patriarchal beliefs about men and women

Minimizing toxic male behavior

Expecting women to make more efforts than men to change behavior

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Correct answer: Asking clients about their internal experiences as it relates to their gender

Therapists can (and should!) ask about how gender affects their client's thoughts, values, and behaviors.

The remaining answers all represent potential ways therapists may maintain problems with gender beliefs.

10.

Which of the following is **NOT** one of John Bowlby's attachment categories?

Uncertain attachment

Secure attachment

Insecure attachment

Disorganized attachment

Correct answer: Uncertain attachment

Uncertain attachment is not one of Bowlby's attachment categories.

His categories include secure, insecure, and disorganized attachment styles.

11.

Marriage and family therapists typically believe all the following statements about play therapy **EXCEPT:**

Play therapy is more effective when it's directive in nature.

Home-based play sessions can be beneficial for observing the child in their own environment.

Play is essential for a child's well-being.

Play therapy is correlated with positive child outcomes.

Correct answer: Play therapy is more effective when it's directive in nature.

Most play therapists subscribe to the benefits of nondirective, child-led play.

MFTs generally agree that play is an important part of child development, that play therapy can yield positive benefits, and that it may be helpful to observe the child at home.

12.

Most of the time, Bob and Carol decide what to serve their children for dinner. Occasionally, however, they will ask their kids for input. About once a month, they rotate, allowing the kids to choose a restaurant for a family meal.

This dynamic **BEST** represents:

Permeable boundaries

Diffuse boundaries

Rigid boundaries

No boundaries

Correct answer: Permeable boundaries

Permeable boundaries are relatively flexible, meaning they can change when needed (as is the case here).

A diffuse boundary often refers to a lack of boundaries or no boundaries, which isn't the case.

Rigid boundaries rarely, if ever, make room for exceptions (so that would be Bob and Carol always deciding what their children eat for dinner).

We see that there are still boundaries here because the children only sometimes decide what to have for dinner. So, no boundaries isn't the correct option.

13.

What **BEST** defines the concept of "family roles"?

Consistent behavioral patterns maintained by the family

Implied rules about how family members should conduct themselves

The limits shared between individuals and their families

How family members adjust their dynamics in response to changing environments

Correct answer: Consistent behavioral patterns maintained by the family

This is the appropriate definition for family roles.

Implied rules about how family members should conduct themselves are called covert rules.

Limits between people are boundaries.

How families change and adapt refers to the concept of adaptability.

14.

Sara (27) comes to you complaining about her sister Emma (26). She claims that Emma was always the center of attention in their family and that her parents are still enabling her financially. Sara states that she is tired of all the middle-of-the-night phone calls she gets from Emma. She doesn't want to always rescue her from crises. As a systemic therapist, you might say all of the following to validate Sara **EXCEPT:**

I am sorry your parents continue to enable your sister's behavior.

It sounds like you're in a really challenging dynamic right now.

I can see that you're very frustrated with your sister's behavior.

It totally makes sense that you want to set boundaries with your sister.

Correct answer: I am sorry your parents continue to enable your sister's behavior.

Although this may sound validating, it could be a triangulatory response, meaning that you are only aligning with Sara's side of the story.

The other statements are all validating- it would be appropriate to highlight the challenge, the feelings, and the desire to set boundaries.

15.

Collaborative family therapists typically embrace a not-knowing approach. This means all the following **EXCEPT:**

Recognizing that therapy is inherently abstract and ambivalent

Assuming they are not an expert

Remaining curious and open-minded about each individual's experiences

Believing clients are the experts of their own lives

Correct answer: Recognizing that therapy is inherently abstract and ambivalent

Collaborative family therapists recognize that therapy (and life) is subjective, but they would not necessarily describe it as abstract or ambivalent.

Instead, not-knowing means they believe clients (and not themselves) are the experts in their own lives. Subsequently, they remain curious and open-minded about hearing about their experiences.

16.

All the following are **TRUE** about spirituality in therapy, **EXCEPT:**

Therapists should refer out clients with different religious backgrounds.

Therapists should inquire about the role spirituality plays in a client's life.

Therapists should recognize spirituality as not necessarily having a specific higher power.

Therapists should be aware of their own religious beliefs.

Correct answer: Therapists should refer out clients with different religious backgrounds.

Therapists can certainly work with clients with different religious backgrounds.

It is a good idea to discuss the role of spirituality in a client's life. Spirituality is a vast term and not always indicative of having a higher power. Ethically, therapists should be aware of their own biases, expectations, and beliefs around religion.

17.

According to structural family therapists, the concept of hierarchy refers to how different leadership systems differ from the rest of the family.

Based on this premise, which of the following is the **BEST** example of an appropriate leadership hierarchy in a family?

Parents deciding on an appropriate curfew for their teenager

Parents deciding how much food their toddler should eat for dinner

Children deciding which issues at school to address with their parents

Siblings deciding which rules to listen to about chores

Correct answer: Parents deciding on an appropriate curfew for their teenager

In structural family therapy, hierarchies delineate the leadership subsystem within a family, separating it from the rest of the family. According to structural family therapists, the parents assume the leadership role for the family to succeed. Children may have some input, but the parents, as members of the leadership hierarchy, make the final decision. Deciding on appropriate limits for a child is a solid example of an appropriate leadership hierarchy within a family.

Parents may decide which food to give to their toddler, but they would not inherently control how much the child should eat.

Children have the right to choose what they disclose to their parents, but this is often a boundary and not a result of leadership hierarchy.

Siblings that decide on rules may be more indicative of how they listen and respect the leadership hierarchy. Siblings deciding on rules would demonstrate an inappropriate leadership hierarchy.

18.

In structural family therapy, a structural diagnosis can be **BEST** defined as:

How family dysfunction contributes to individual problems

How family therapists implement a healthier structure to solve problems

How family members display problematic issues within therapy

How therapists occasionally take sides with specific family members

Correct answer: How family dysfunction contributes to individual problems

A structural diagnosis examines how the entire family contributes to individual problems or behavior.

How family therapists implement a healthier structure to solve problems is more of an example of restructuring. How family members display problematic issues within therapy defines enactment. How therapists occasionally take sides with specific family members is an example of unbalancing.

19.

Hank (45) states his wife Georgia (42) is at fault for all the problems in their marriage. You notice this pattern in other areas of his life as well. For example, he often says one of his colleagues is at fault for his own work stagnation. He also talks down to his daughter for "spending all their hard-earned money."

Virginia Satir might classify Hank as a(n):

Blamer

Placater

Irrelevant

Attacker

Correct answer: Blamer

Hank tends to blame others when things go wrong, and he lacks personal accountability. This is congruent with Satir's definition of a blamer. People with this communication style tend to be dominant and self-righteous.

A placater will often go along with what other people want, aiming to please at all costs.

An irrelevant would try to diffuse the family tension altogether, becoming a distractor.

An attacker is not a term Satir used.

20.

Your client, Jane, is talking about how frustrated she feels with her coworker, who spent the majority of their work meeting talking about her personal life. Jane states that she believes her coworker is woefully unfit for this job.

This information **MOST** likely represents:

Content

Process

Feedback

Boundaries

Correct answer: Content

Content refers to explicit spoken conversation — in this case, Jane's frustration with her coworker and her opinion that the coworker is unfit for the job.

Process refers to how one communicates (or what the main patterns of communication are), and in this case, involves analyzing how Jane communicates this frustration (e.g., tone, body language).

Feedback refers to the reciprocal flow of communication.

Boundaries refer to how Jane does (or does not) set limits with her coworker).

21.

You practice from a Bowenian family therapy framework, and you are meeting with a new family for the first time. You quickly notice that each family member talks to you, rather than to each other. For example, when you ask Bob how he feels about his wife Jane's work schedule, he says, "It's just really stressful." Then, when you ask Jane about Bob's response, she looks at you and says, "Yeah, I get why he's stressed. I'm stressed, too."

Based on this theoretical framework, how might you **BEST** intervene with this dynamic?

Continue allowing family members to speak to the therapist to reduce overall tension.

Psychoeducate on the poor boundaries within the family

Validate each family member's stress

Ask what has helped them manage stress in the past

Correct answer: Continue allowing family members to speak to the therapist to reduce overall tension.

Bowen family systems therapy often entails clients speaking to the therapist directly. This can diffuse tension/conflict within the family, and allow family members to be actively listened to in times of distress.

Psychoeducation could be appropriate, but we don't necessarily see evidence of poor boundaries. Validation would also be important, but we'd ideally like the family members to validate each other. Asking about how they have managed stress in the past is more of a solution-focused intervention.

22.

Carol and Steve have been married for seventeen years. They can't remember a time they haven't fought about who controls the thermostat. Most of the time, it's just a lighthearted argument, but sometimes Carol feels really upset that Steve keeps the house "too cold" for her comfort. This dynamic can be **BEST** described as:

A gridlocked issue

Defensiveness

An interactional pattern

Accepting influence

Correct answer: Gridlocked issue

Gottman describes 'gridlocked issues' as issues that are chronic and ongoing (but generally not a significant threat to a relationship).

There are no real signs of defensiveness in this dynamic. An interactional pattern refers to how couples meet attachment needs (not the case in this conflict). Accepting influence refers to how couples build trust and safety in a relationship by meeting each other's needs- we don't know how Carol and Steve are working to achieve that.

23.

Which of the following is the **BEST** definition for minority stress?

The stress minorities face due to discrimination

The stress minorities face due to a therapist's countertransference

The flawed worldviews some minorities have about their role in society

The arguments within a specific minority

Correct answer: The stress minorities face due to discrimination

Therapists may have countertransference when working with certain populations and that can contribute to minority stress, but minority stress is more of a global, societal issue (rather than just one in the therapy room).

Minority stress is not a flawed worldview, nor is it indicative of arguments within a group.

24.

When working with families, it is important that marriage and family therapists remember all the following, **EXCEPT:**

Families generally don't want help

Families often show resistance to change

Families typically have triangles

Families are largely shaped by culture

Correct answer: Families generally don't want help

Most families do want help and do want to improve the quality of their relationships.

However, many barriers can impact this type of dynamic change (resistance, triangles, and cultural constraints all represent key obstacles).

25.

Which of the following is the **BEST** definition for marital skew?

One domineering spouse and one passive, submissive spouse

One spouse continuously attacking or criticizing another spouse

One spouse falsely expressing anger

Both spouses transmitting multigeneration patterns

Correct answer: One domineering spouse and one passive, submissive spouse

That is the best definition of marital skew. One spouse continuously attacking or criticizing another spouse highlights marital schism.

A spouse falsely expressing anger may be more of a form of pseudohostiliity. Both spouses transmitting multigeneration patterns can be a form of the multigenerational transmission process.

26.

Which of the following is **MOST** likely an example of a covert rule a family may have?

Don't talk about family matters outside the home

Take out the trash when you notice it's full

Make sure you come home before curfew

If you don't mow the lawn, you won't get your allowance

Correct answer: Don't talk about family matters outside the home

Covert rules are usually implied, even if they aren't explicitly stated. Many families "assume" it isn't appropriate to talk about their issues outside the home.

The other answers tend to be more specific and suggest that the family has discussed them in the past.

27.

When working with families, solution-focused therapists are **MOST LIKELY** to believe that:

Families can improve their level of satisfaction by intentionally doing more of what is already working.

Families can improve their communication by establishing clear boundaries with one another.

Families can improve their relationships by practicing active listening during vulnerable disclosures.

Families can avoid looking at the problem and focus their efforts by looking towards viable solutions.

Correct answer: Families can improve their level of satisfaction by intentionally doing more of what is already working.

Family therapists appreciate their clients who focus on doing "what is already working." This may include how they set boundaries, listen to one another, or show support.

While solution-focused therapists do focus on solutions, they do not inherently disregard problems altogether.

28.

All the following are generally true about postmodern family therapy, **EXCEPT:**

Therapy focuses mostly on intergenerational patterns.

Clients are perceived as the experts of their own lives.

Therapy tends to be more collaborative.

Therapists maintain an ongoing sense of curiosity about their clients.

Correct answer: Therapy focuses mostly on intergenerational patterns.

This is more associated with transgenerational/psychoanalytic theories.

The other answers all represent key components of postmodern family therapy.

29.

Who is the founder of rational-emotive therapy?

Albert Ellis

Aaron Beck

Marsha Linehan

Michael White

Correct answer: Albert Ellis

Albert Ellis founded rational-emotive therapy.

Aaron Beck founded cognitive-behavioral therapy. Marsha Linehan founded dialectical-behavior therapy. Michael White founded narrative therapy.

30.

Projective identification can be **BEST** defined as:

Incorporating both the good and bad parts of someone else onto an external object or person

Incorporating the good and bad parts of someone else onto an external object or person

Incorporating the bad parts of someone else onto an external object or person

Incorporating a a realistic framework onto an external object or person

Correct answer: Incorporating both the good and bad parts of someone else onto an external object or person

Projective incorporation entails both the good and bad parts (not just one of each).

However, it is rarely a realistic framework, as it entails a sense of splitting.

31.

All the following are true when it comes to considering the ethics of working with multiple clients in a system, **EXCEPT:**

Therapists should always be entirely neutral

Therapists should clearly define who is "the client"

Therapists should maintain confidentiality

Therapists should adhere to their "no secrets" policies

Correct answer: Therapists should always be entirely neutral

It may not always be possible (or necessary) for therapists to remain entirely neutral.

However, they should identify "the client," maintain confidentiality, and adhere to any "no secrets" policy that they implement.

32.

Masters and Johnson emphasized that dual-sex therapy teams could **BEST** support couples because:

women best understand female sexuality and men best understand male sexuality.

both partners need to feel they have a professional on their side.

it promotes more safety within the therapy sessions.

therapists can provide different levels of expertise to help the couple.

Correct answer: women best understand female sexuality and men best understand male sexuality.

Masters and Johnson emphasized that women understand female sexuality and men understand male sexuality. Safety, having more professional support on one's side, and providing more expertise may be important factors, but they were not explicitly stated in their reasoning.

33.

Which of the following **BEST** explains the concept of systemic thinking as it applies to marriage and family therapy?

Therapists perceive clients as individuals and as parts of greater systems within the world.

Therapists perceive individual problems as a result of generational patterns.

Therapists perceive mental illness as subjective societal constructs.

Therapists perceive couples as enactments of their parents.

Correct answer: Therapists perceive clients as individuals and as parts of greater systems within the world.

Systemic thinking means thinking about how individuals act within greater systems.

The other answers might be true (depending on the context), but none of them adequately address the concept of systemic thinking. Generational patterns and enactments may exist, but that depends on the client. Mental illnesses may, at times, be subjective, but that is another argument altogether.

34.

Which of the following examples **BEST** illustrates a rigid triangle in a family system?

A mother and daughter who align in their views that father is to blame for all problems in the family

A father who often disagrees with his wife about parenting their teenage daughter

A teenage daughter who strongly prefers her father and confides in him when she needs comfort

A teenage daughter who disobeys her father when he disciplines her but listens attentively to her mother

Correct answer: A mother and daughter who align in their views that father is to blame for all problems in the family

In this scenario, a rigid triangle has formed. This occurs when two people (a dyad) are in conflict, and a third person is pulled in to spread the tension. In this case, mother and father appear to be at odds, and the mother has pulled in the daughter (a third party) to spread the tension.

Disagreeing with another parent over parenting isn't inherently indicative of a triangle (same with a child preferring one parent or listening better to one parent). That could be more of a transitional phase.

35.

Sam is a symbolic-experiential therapist referred to work with a family. He probably operates under all the following assumptions, **EXCEPT**:

Families inherently assume control of the battle of structure

Cotherapy is a crucial part of treatment

The goal of therapy is to evoke and trigger family anxiety

Family roles are flexible and can be molded

Correct answer: Families inherently assume control of the battle of structure

Therapists (not families) assume control of the battle of structure.

Symbolic-existential therapists practice cotherapy, aim to trigger family anxiety, and believe family roles are flexible.

36.

You are working with a couple, Chuck and Bailey, who continuously have issues regarding their household division of labor. At one point, Chuck tells his wife, Bailey, that he hates when she doesn't put her clothes in the hamper. He states that he primarily handles all the laundry in the household, and he feels annoyed that he has to guess which clothes she wants to be cleaned. The **BEST** example of Bailey mirroring Chuck's comment would be:

"I hear that you are frustrated. You take care of the laundry, and I sometimes struggle to put the clothes in the hamper. This potentially makes the chore even more complicated. Did I understand correctly? Is there anything else?"

"I sense that you are upset with me. You take care of the laundry and feel that things are imbalanced in the home. Did I understand correctly? Is there anything else?"

"I feel attacked when you tell me that you are upset with me. I do my best to take care of my chores, and I feel discouraged when you point out the one task that I sometimes fail to do correctly."

"I understand what you are saying. What do you want me to do differently moving forward?"

Correct answer: "I hear that you are frustrated. You take care of the laundry, and I sometimes struggle to put the clothes in the hamper. This potentially makes the chore even more complicated. Did I understand correctly? Is there anything else?"

Bailey has validated and reflected Chuck's statement/feelings, which is an accurate representation of mirroring.

Her stating that things are imbalanced in the home represents more of an assumption. Her describing how she feels attacked is an I-statement. Problem-solving (even when it's collaborative) is not a form of mirroring.

37.

In his research, John Gottman found that healthy relationships had a _____ ratio of positive to negative interactions.

5:1

10:1

2:1

Gottman did not have such a defined ratio.

Correct answer: 5:1

5:1 is the correct choice.

The other answers are not appropriate in answering this question.

38.

When measured through a centripetal dimension, family members aim to meet their needs:

within the family system.

outside the family system.

within themselves.

occasionally within the family system and occasionally outside of it.

Correct answer: within the family system.

Centripetal dimension refers to meeting needs within the family system itself.

Outside the family system comes from a centrifugal dimension. Within themselves is not a specified dimension. Occasionally within the family system and occasionally outside of it is more of a mixed dimension.

39.

All the following represent underlying assumptions within the humanistic-experiential approach, **EXCEPT:**

Low self-esteem causes family dysfunction.

Growth is a natural process that happens for everyone.

All people have innate resources that can help them grow.

Low self-esteem can often lead to poor communication habits.

Correct answer: Low self-esteem causes family dysfunction.

The humanistic-experiential approach does not assume that low self-esteem causes family dysfunction (more that dysfunctional behaviors often manifest due to a lack of growth).

However, it does state that growth happens naturally (and for everyone), and that everyone has resources that can help them grow. Likewise, self-esteem often correlates/leads to poor communication.

40.

The **BEST** definition of client autonomy is:

> **Respecting a client's inherent right to make choices and act on those choices independently**

Working to benefit others positively

Maintaining a sense of loyalty and upholding promises

Providing equal treatment despite external circumstances

Correct answer: Respecting a client's inherent right to make choices and act on those choices independently

Respecting a client's inherent right to make choices and act on those choices independently is the best definition of autonomy.

Working to benefit others positively is a form of beneficence.

Maintaining promises and loyalty is best described as fidelity.

Equal treatment is a form of justice.

41.

In Bowen's Family Systems, what is the **BEST** definition of the differential phase?

> **Increasing levels of autonomy**

> Increasing awareness of family patterns

> Increasing patterns of togetherness

> Increasing the parental subsystem

Correct answer: Increasing levels of autonomy

Increasing levels of autonomy (a form of differentiation) are one of the main goals of Bowenian family therapy.

Increasing awareness of patterns and togetherness represents other Bowenian goals. Increasing the parental subsystem is more of a structural family therapy goal.

42.

All the following are generally true about brief therapy, **EXCEPT:**

It should be used only after eliminating the need for long-term therapy

It tends to focus on present problems

It tends to emphasize efficient problem-solving

It can be used with families, couples, and individuals

Correct answer: It should be used only after eliminating the need for long-term therapy

Brief therapy can be highly effective, and some therapists only practice from this framework. Thus, they would not "eliminate the need" for long-term therapy for each client.

It's true that this work often focuses on present problems and strives to solve issues efficiently. It can also be used with families, couples, and individuals.

43.

Which of the following theorists used family sculpting as an intervention when working with families?

Virginia Satir

John Bowlby

Salvador Minuchin

Murray Bowen

Correct answer: Virginia Satir

Virginia Satir introduced the concept of family sculpting, where family members 'sculpt' the family in ways they best see fit.

The other answers are all different theorists, but none of them introduced this concept or mention it as an intervention in their work.

44.

John and Julie Gottman cite *contempt* as one of the Four Horsemen of the Apocalypse. Which of the following **BEST** describes an interaction that includes contempt?

I can't believe you forgot to pick up the kids. You're such an irresponsible father!

I can't believe you forgot to pick up the kids. I'm just really upset.

I can't believe you forgot to pick up the kids. I don't even want to talk to you tonight.

I can't believe you forgot to pick up the kids. Didn't I remind you twice?

Correct answer: I can't believe you forgot to pick up the kids. You're such an irresponsible father!

Contempt consists of negative thoughts about someone else, manifesting as a personal attack that challenges someone's sense of self (like being an irresponsible father).

Mentioning feeling upset simply indicates sharing a feeling about a situation (which may be reasonable and appropriate).

Mentioning not wanting to talk is more of a threat than a form of contempt.

Bringing up reminding someone could potentially signify contempt, but not as much as a direct attack on someone's character.

45.

All the following are different family therapies within the constructivist model (or postmodern wave), **EXCEPT:**

Experiential family therapy

Solution-focused therapy

Collaborative family therapy

Feminist family therapy

Correct answer: Experiential family therapy

Experiential family therapy is within the classical schools of general systems theory.

Solution-focused, collaborative, and feminist family therapies are all part of the postmodern wave.

46.

Juan, a therapist, was born in Mexico and immigrated to the U.S. as a teenager. He is working with Ricardo, a teenager, who just immigrated to the U.S. Given this information, in working with Ricardo, it's **MOST** important for Juan to consider that:

He may overidentify with his client's background.

He may have transference towards Juan.

He may need to recommend assimilation as a treatment goal.

He may need to engage in self-disclosure.

Correct answer: He may overidentify with his client's background.

Overidentifying with clients poses a significant risk when working with clients from similar backgrounds.

Transference refers to a client's feelings about a therapist, so that wouldn't be applicable here. Assimilation would not necessarily be a treatment goal, as we don't have context for that. Juan may engage in self-disclosure, but that likely wouldn't be the most important consideration.

47.

Concepts like overt and covert rules, roles, and interactional styles are central to which type of therapy?

Structural Family Therapy

Solution-Focused Therapy

Narrative Family Therapy

Cognitive-Behavioral Therapy

Correct answer: Structural Family Therapy

Structural Family Therapy views families as systems that structure themselves around patterns of interaction and rules that govern these interactions. Overt and covert rules, roles, and interactional styles are all central to Structural Family Therapy.

Solution-focused therapy is brief and focuses on solving here-and-now problems.

Narrative family therapy views families as experts, and cognitive-behavioral therapy aims to decrease problematic behaviors.

48.

You are working with Janet (45), her husband, Mario (47), and their two biological children, Tristan (14) and Jamie (12).

Based on this information, you are working with a:

Nuclear family

Extended family

Parental subsystem

Identified patient

Correct answer: Nuclear family

This dynamic best represents a nuclear family.

If you were working with grandparents or other relatives, you'd be working with the extended family.

If you were only focusing on the parents, you might be working with the parental subsystem.

If you only labeled one client as the issue, that would be working with the identified patient.

49.

Haley (29) comes to therapy after a significant history of volatile relationships. She reports that she is "always the one getting dumped." She has been engaged twice, and both times, her partners left her for being overly clingy and jealous.

Haley has good insight into her behavior and states she often fears abandonment, and it stems from her father leaving home and never returning when she was eight.

Based on Bowlby's attachment styles, Haley **BEST** presents as:

Having an insecure attachment style

Being enmeshed with partners

Having diffused boundaries in relationships

Meeting the criteria for borderline personality disorder

Correct answer: Having an insecure attachment style

Based on Bowlby's work, Haley has an insecure attachment style, as she tends to present as vulnerable, jealous, and clingy in relationships (likely driving away partners).

Enmeshment and diffused boundaries are not inherent attachment terms.

Borderline personality disorder is not an attachment style.

50.

Family therapy tends to be recommended as an appropriate treatment approach for all the following mental health conditions, **EXCEPT:**

Premature ejaculation

Adolescent depression

Oppositional-defiant disorder

ADHD

Correct answer: Premature ejaculation

Sexual disorders are not appropriate for family therapy (although it may be appropriate for couples therapy).

Childhood/adolescent conditions like depression, ODD, and ADHD are all typically appropriate for family therapy.

51.

Bowen largely believed that a child's problematic behavior resulted from:

Parents inappropriately or ineffectively involving children in their marriage

Parents creating unbalanced hierarchies within the family

Parents lacking healthy communication with their children

Parents scapegoating children for their own dysfunction

Correct answer: Parents inappropriately or ineffectively involving children in their marriage

Bowen preferred working with couples, as he believed that parents ineffectively involved children in the marriage (he sought to replace the child in their triangle).

Them lacking healthy communication or scapegoating their children falls under this MAIN category of inappropriately involving them in their marital problems. Unbalanced hierarchies are more of a structural family therapy term.

52.

The following all represent examples of thinking systemically as a therapist, **EXCEPT:**

Considering how subconscious thinking patterns are contributing to present distress

Considering how your client's family might contribute to his depression

Considering how a client's cultural background might influence her career

Considering how your client's partner might trigger his anxiety

---

Correct answer: Considering how subconscious thinking patterns are leading to present distress.

The systemic approach to therapy evaluates how individuals interact with others and within their environments. The systemic approach recognizes that people are part of larger systems, including families, communities, and organizations. This approach is concerned with how systems affect people.

Considering how the subconscious leads to distress is in line with the psychodynamic approach. This is the only option that doesn't align with the systemic approach.
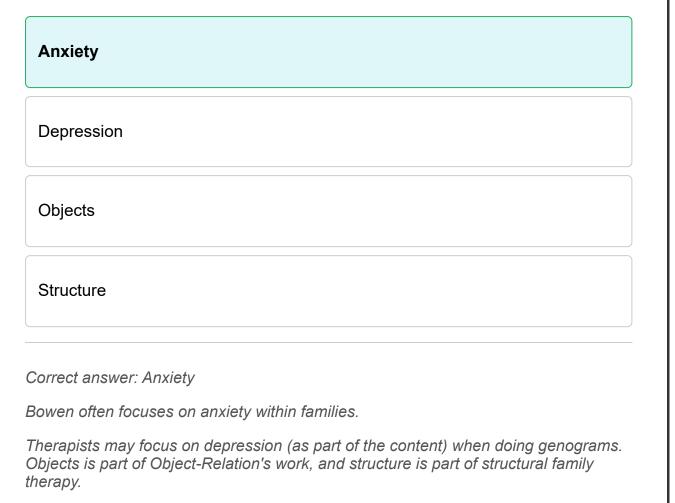
The other options align with systemic therapy, as they all evaluate how an individual responds to interactions with others (i.e., family) and with the larger environment (i.e., culture).

53.

Many therapists use genograms to showcase patterns and insights into family systems.

The genogram can be helpful in providing all the following information, **EXCEPT**:

Patterns of future relationships

Patterns of emotional distance

Patterns of mental illnesses

Patterns of intergenerational abuse

Correct answer: Patterns of future relationships

The genogram cannot accurately predict patterns of future relationships.

It is only a tool to show past behaviors or relationships (which is why all the other answers are appropriate).

54.

In his theory, Bowen continuously emphasizes which of the following within a family system:

Anxiety

Depression

Objects

Structure

Correct answer: Anxiety

Bowen often focuses on anxiety within families.

Therapists may focus on depression (as part of the content) when doing genograms. Objects is part of Object-Relation's work, and structure is part of structural family therapy.

55.

Which of the following is **MOST TRUE** of symbolic-experiential family therapy?

Growth occurs through rich interaction between oneself and the interpersonal context within their life.

Growth occurs through a supportive interpersonal system that embraces autonomy.

Growth occurs through dismantling triangulations and dyads in family systems.

Growth occurs through challenging the cognitive distortions prohibiting growth.

Correct answer: Growth occurs through rich interaction between oneself and the interpersonal context within their life.

The premise of symbolic-experiential family therapy is that symptom relief and change occur by internal growth. Whitaker embraces interventions rooted in active listening and believing that clients are capable of independent growth. While autonomy may be a goal, it is not always the key focus of growth. Triangulations, dyads, and cognitive distortions are not standard symbolic-experiential concepts.

56.

You are working with a couple, John and Katherine, who have been married for eight years. Whenever tension starts to increase, John makes a comment along the lines of, "I don't want to discuss this anymore." Sometimes, he will stand up and leave the session early. You and Katherine both, at times, find it hard for John to engage when any source of stress arises.

According to the Gottman Method, John is **MOST** likely displaying which interactional pattern?

Stonewalling

Contempt

Defensiveness

Criticism

Correct answer: Stonewalling

John is engaging in stonewalling, as he chooses to emotionally and physically withdraw from challenging conversations.

Contempt would be happening if John were making comments that demeaned or attacked Katherine's character.

Criticism would be making a cruel comment about Katherine's behavior.

Defensiveness would be John failing to hear Katherine or making the arguments entirely about himself and his needs.

57.

Nagy conceptualized that high-functioning, healthy families possessed two main traits. These traits are:

Trustworthiness and reliability

Trustworthiness and safety

Reliability and safety

Safety and compromise

Correct answer: Trustworthiness and reliability

Those are the two traits Nagy postulated are necessary in high-functioning families.

The other answers do not adequately fit this question.

58.

All the following represent parts of the early phase of contextual family therapy, **EXCEPT**:

Temporarily taking sides with certain individuals

Constructing a genogram

Asking individual family members to express their perceptions and feelings

Identifying hidden loyalties

Correct answer: Temporarily taking sides with certain individuals

Temporarily taking sides with certain individuals represents more of a middle phase of contextual family therapy.

However, constructing a genogram, having family members share their own perspectives, and identifying hidden loyalties are parts of early phase contextual family therapy treatment.

59.

What is the **BEST** definition of a good-faith agreement?

Each individual agrees to change their own behaviors (even if the other person doesn't reciprocate).

Each individual agrees to change their own behaviors (while under the assumption the other person will reciprocate).

Each individual agrees to increase positive behaviors within the relationship.

Each individual agrees to let the other person know their boundaries and needs.

Correct answer: Each individual agrees to change their own behaviors (even if the other person doesn't reciprocate).

Good-faith agreements are based on personal accountability (so each person would focus on doing what they can do- without assuming the other person will reciprocate). It may include sharing boundaries and needs, but that is not always the case. Ideally, it promotes increased positive behaviors- but that is more of an outcome after making the agreement.

60.

All the following are true about premodernism in psychotherapy, **EXCEPT:**

It is open to multiple perspectives on human truth

It generally interprets a sense of ultimate truth

It is sometimes criticized for being too authoritative

It tends to be highly relational

Correct answer: It is open to multiple perspectives on human truth

Premodernism asserts that there is one ultimate truth that brings meaning to shared human existence. So, this theory isn't really open to the idea that there are multiple perspectives on human truth. This perspective can actually be seen as rather closed-minded.

Premodernism does tend to interpret a sense of ultimate truth and be highly relational.

It is, at times, also criticized for being too authoritative.

61.

While meeting with a husband, John, and his wife, Molly, for conjoint couple therapy, you notice that Molly believes that John "always sides" with his mother. John acknowledges that he often confides in his mother when he feels stressed or frustrated in the marriage. However, Molly feels that John and his mother team up against her to persuade her to let John have his way.

What is this dynamic **MOST** likely indicative of, based on Molly's perception?

Cross-generational coalition

Alliance

Parent-child hierarchy

Parental child

Correct answer: Cross-generational coalition

This dynamic is common in cross-generational coalitions, a triangle where family members from different generations team up against a third family member.

An alliance refers to the closeness/mutual bonding of two members.

A parent-child hierarchy refers to how parents unite to raise their children.

A parental child refers to a child who is often treated older than they really are, which may or may not be the case here.

62.

Kim is an Internal Family Systems (IFS) therapist working with Sarah, a 19-year-old female, who was referred to her for post-traumatic stress disorder. Sarah discloses that she occasionally drinks too much alcohol when she has trauma flashbacks.

From a conceptual standpoint, Kim would **BEST** conclude that:

Sarah's firefighters are expressing themselves by using alcohol to protect her exiled parts.

Sarah's managers are triggering her to drink alcohol to control her exiled parts.

Sarah's alcohol use is a metaphor for how her exiles are in pain.

Sarah's firefighters need more reinforcement from the managers to stop drinking.

Correct answer: Sarah's firefighters are expressing themselves by using alcohol to protect her exiled parts.

Substance use is often a sign of firefighters stepping in to cope with a perceived crisis (her trauma flashbacks). Managers would not trigger substance use, as they try to manage day-to-day stress. Metaphors are not a common term in IFS, so that answer is not appropriate. A firefighter would not respond well to managers reinforcing them to change their ways (as IFS theory states, they come in as a means of protection).

63.

Masters and Johnson created the concept of the human sexual response cycle. The phase characterized by increased sexual stimulation, muscle tension, and blood flow **MOST** accurately describes the:

Excitement phase

Plateau phase

Orgasm

Resolution phase

Correct answer: Excitement phase

This description most fits the excitement phase.

The plateau phase describes maximum enlargement and congestion where ejaculation is inevitable. Orgasm consists of involuntary contractions in the penis and vagina. The resolution phase refers to returning to a resting, homeostatic state.

64.

Symbolic-experiential family therapists may mirror a grandparent's role when working with families. Why is this **MOST** beneficial?

> **This role allows them to provide temporary parental functioning without being absolutely essential for the family's functioning.**

This role allows them to model healthy parenting for the parental subsystem.

This role allows them to psychoeducate healthy boundaries for all members of the family.

This role allows them to have an expert role to guide the family into healthier functioning.

Correct answer: This role allows them to provide temporary parental functioning without being absolutely essential for the family's functioning.

Symbolic-experiential family therapists accept their current roles and understand that the family is "free" to return to their normal way of functioning at any time. They recognize they are not inherently essential to the family's growth. Therefore, they do not act as experts or specialize in modeling or psychoeducation.

65.

You are a Satir communications therapist who primarily works with families in your practice. You likely operate off each of the following assumptions, **EXCEPT:**

Clients often become trapped in their own limiting beliefs

All clients have the inherent resources needed for positive growth

Every person and situation inherently affects one another

A family's reality is based on their subjective perceptions

Correct answer: Clients often become trapped in their own limiting beliefs

Limiting beliefs is a common issue that cognitive-behavioral therapists address. It would likely not be a core concept for Satir communications therapists.

The remaining answers represent key assumptions of Satir's method.

66.

The phenomenon of one process yielding different results is **BEST** described as:

Equipotentiality

Equilibrium

Equifinality

Entropy

Correct answer: Equipotentiality

Equipotentiality is the best definition for this term.

Equlibrium refers to a form of homeostasis. Equifinality refers to how people achieve similar goals with different processes. Entropy is an affinity/tendency towards chaos.

67.

What **BEST** defines an incongruent hierarchy in family systems?

Evidence that family members do not act in age-appropriate ways

Evidence that family members abuse each other

Evidence that family members are disconnected and disengaged

Evidence that family members often say one thing but mean another

Correct answer: Evidence that family members do not act in age-appropriate ways

When family members fail to act in age-appropriate ways, it can create an incongruent hierarchy.

This does not necessarily mean that abuse needs to be present. It also does not mean that the family is disconnected from one another. Saying one thing but meaning another is more of an example of incongruent communication (not hierarchy).

68.

In Milan Systemic Therapy, the concept of therapist neutrality **BEST** refers to:

Maintaining a curiosity and interest in each family member's perceptions

Making assumptions about the family's behavior

Making various interactions with the family

Making attempts to align with the family

Correct answer: Maintaining a curiosity and interest in each family member's perceptions

This is the best definition of therapist neutrality (along with the therapist not inherently accepting the problem).

Making assumptions is a form of hypothesizing.

Making interactions may be a type of circularity.

Aligning with the family could be an attempt to develop rapport.

69.

Which of the following theorists emphasized the importance of therapists working through their own issues to best help families work through their issues?

Carl Whitaker

Jay Haley

Virginia Satir

Murray Bowen

Correct answer: Carl Whitaker

Carl Whitaker emphasized the importance of reciprocity, stating that therapists had to be aware of their own issues to help families work through them as well.

This was not a discussed concept among Jay Haley, Virginia Satir, or Murray Bowen.

70.

The **BEST** example of a joining statement is:

I can see how much pain you're in.

I believe you're sad right now.

I am proud of you for deciding to come to therapy.

I have faith you can get through this.

Correct answer: I can see how much pain you're in.

Joining refers to attuning to one's internal experience. Identifying that you can see someone's pain is a perfect example of this.

Most therapists wouldn't say they believe a client feels a certain way (unless the client said so). Saying you have faith someone can get through this or that you're proud of them are validating statements, but they are not inherently part of joining.

71.

Which of the following **BEST** describes the concept of 'double messages?'

> **Incongruent messages between process and content**

> Congruent messages between process and content

> Sending messages about differing topics at the same time

> Ignoring the content altogether

Correct answer: Incongruent messages between process and content

Incongruence is the key factor of double messages (i.e. saying "I'm fine" with a scowl on your face).

A congruent message would be more of a clear message. It's possible that you send two messages (about differing topics) at the same time, but this is not an inherent part of double messaging. Someone might ignore the content, but that is also not inherent.

72.

LGBT affirmative therapy is an important part of mental health treatment. The **BEST** definition of this therapy is:

Therapy that emphasizes LGBT culture in a positive light, while also recognizing and addressing how heterosexism influences can adversely impact this population

Therapy that specializes exclusively in LGBT populations

Therapy that psychoeducates larger systems about LGBT trends, issues, and needs

Therapy that focuses on providing supportive groups for LGBT clients

Correct answer: Therapy that emphasizes LGBT in a positive light, while also recognizing and addressing how heterosexism influences can adversely impact this population

LGBT affirmative therapy focuses on the positivity of LGBT culture and identities, while also recognizing negative associations heterosexism can create.

It is not exclusive to only LGBT populations. It may include psychoeducation, but that is not necessarily the main focus. It may include groups, but work can also be done with families, couples, and individuals.

73.

What is the **BEST** definition of entropy?

The tendency to move towards chaos or disorganization

Incongruent communication messages

A sense of a stable homeostasis

Reciprocal flow of communication or influence

Correct answer: The tendency to move towards chaos or disorganization

Entropy refers to the tendency to move towards chaos or disorganization.

Incongruent communication is often a sign of poor boundaries or double messages. Stable homeostasis is known as equilibrium. A reciprocal flow is best described as feedback.

74.

An IFS therapist views "the true self" as:

Stable, consistent, and positive

Honest, unwavering, and attuned to others

Nonexistent outside of loving relationships

Wounded, scared, and vulnerable

Correct answer: Stable, consistent, and positive

IFS therapists view 'the true self' as stable, consistent, and positive.

This does not change by circumstance (i.e. relationships). It is not affected by being attuned (or not attuned to others). It is not wounded or fragile (those are the exile parts).

75.

Which of the following **BEST** describes the connection between stability and change?

Cybernetics

Entropy

Double bind

Social stage

Correct answer: Cybernetics

Cybernetics is the relationship between stability and change.

Entropy is the tendency to move towards chaos. A double bind is when people give two mutually exclusive messages to someone else. The social stage is a part of the initial stage of strategic family therapy where therapists join with the family.

76.

Unbalancing refers to temporarily agreeing or bonding with one family member to evoke change. This intervention is **MOST LIKELY** to be used by:

Structural family therapists

Bowenian family therapists

Symbolic-experiential family therapists

Strategic family therapists

Correct answer: Structural family therapists

Unbalancing is a well-known intervention used by structural family therapists. While it may be used in other types of family therapies, it is not a specified intervention in any of the other listed theories.

77.

All the following represent potential boundaries that systemic therapists might encourage family members to set with one another, **EXCEPT:**

Withholding sharing feelings when the timing is not appropriate

Speaking in a calm tone when interacting with one another

Using I-statements to express individual needs

Setting specific consequences related to violating boundaries

Correct answer: Withholding sharing feelings when the timing is not appropriate

Although some family members may choose this method, a systemic therapist would not inherently recommend it.

Instead, they would usually encourage people to reflect on how and when it's most effective to share boundaries (they probably wouldn't encourage withholding). Speaking in a calm tone, using I-statements, and outlining consequences are essential components of boundary work.

78.

Based on the MRI perspective, the client position is **BEST** defined as:

A client's set of values influencing their behavior

A client's boundaries in relationships

A client's presenting problem

A client's motivation for therapy

Correct answer: A client's set of values influencing their behavior

This best defines the concept of client position.

Boundaries may be a part of their client position, but it does not comprehensively define that term. Similarly, a client's presenting problem or their motivation for therapy does not adequately define their client position (although it may influence it).

79.

According to Bowen theory, the fear of losing one's sense of self within a relationship is **BEST** described as:

Fusion anxiety

Loyalty conflict

Differentiation of self

Pseudoself

Correct answer: Fusion anxiety

Fusion anxiety is the best term for this definition.

Loyalty conflict happens when loyalty to one person competes with loyalty to someone else (usually someone within the family of origin). Differentiation of self refers to maintaining your own identity while staying connected to others. Pseudoself refers to how we fluctuate our identities based on our current stress levels.

80.

The Functional Family Therapy (FFT) model states that all behavior is an attempt to meet one's needs for:

Proximity and distance

Communication and safety

Intimacy and connection

Boundaries and structure

Correct answer: Proximity and distance

The Functional Family Therapy (FFT) model focuses on the needs of proximity and distance.

The other principles listed may be important, but they do not adequately explain how this model perceives behavior.

81.

Family therapist, Virginia Satir, emphasized that any sustainable therapeutic growth comes from all the following, **EXCEPT:**

Healthy boundaries

Warmth

Genuineness

Congruent communication

Correct answer: Healthy boundaries

Virginia Satir emphasizes the elements of warmth, genuineness, and congruent communication in her work. While she would likely agree that healthy boundaries are also part of this process, she does not illustrate this need as essential for growth.

82.

When it comes to practicing systemic therapy, the concept of non-pathologizing can be **BEST** described as:

Avoiding labeling or condescending to the client while focusing on their positive attributes instead

Avoiding any preexisting diagnoses and assessing with a blank slate

Avoiding labeling or condescending to the client and embracing their true reality

Avoiding having any biases or expectations of the client and letting them fully guide their treatment

Correct answer: Avoiding labeling or condescending to the client while focusing on their positive attributes instead

Avoiding labeling or condescending to the client while focusing on their positive attributes instead is the best answer for taking a non-pathologizing approach.

Non-pathologizing does not mean avoiding any previous diagnoses.

It also does not mean embracing a true reality (especially if there are safety concerns like delusions/hallucinations).

It does not mean you do not have any expectations and just let the client decide the entire course of treatment.

83.

You are meeting with your client, Jane. She spends a significant portion of the session discussing a traumatic childhood experience involving her mother, father, and younger sister.

In this case, these people **MOST** represent:

Jane's family of origin

Jane's hierarchy

Jane's family-of-choice

Jane's parental subsystem

Correct answer: Jane's family of origin

Given this vignette, Jane is likely talking about her family of origin, which refers to the family where an individual is raised.

Hierarchy would refer to the power within a family.

Family-of-choice would likely include non-family members (like close friends or significant others).

The parental subsystem would likely refer only to her parents.

84.

You are working with a client with generalized anxiety disorder. This client acknowledges that they spend a great deal of time worrying about their finances.

If you were to focus on prescribing the symptom, you would **MOST** likely proceed by:

Encouraging the client to continue worrying at a designated time each day

Focusing on times when the client does not worry about their finances

Exploring the triggers causing financial anxiety

Providing alternative coping skills the client can use when they start worrying

---

Correct answer: Encouraging the client to continue worrying at a designated time each day.

Encouraging specific time to engage in problematic behavior is part of prescribing the symptom. Prescribing the symptom occurs when a therapist tells a client to continue having their particular problem in the hope that it will expose the patterns maintaining the problem.

Focusing on symptoms is a solution-focused goal.

Exploring triggers is not a factor in prescribing the symptom.

Providing alternative coping skills is a common cognitive technique, but it is not associated with prescribing the symptom.

85.

You are working with a family. You notice that each time Linda (57) tries to assert a boundary, her husband, Steve (58), interrupts her, causing Linda to stop speaking. This pattern repeats multiple times during the session.

This repetitive behavior is **MOST** likely indicative of:

Homeostasis

Triangulation

Covert rules

Differentiation

Correct answer: Homeostasis

Repeated patterns of behavior in families often indicate homeostasis, in which the family (often subconsciously) maintains stability by resisting change, even if the current dynamics are unhealthy.

Triangulation involves drawing in a third person to defuse tension, which is not seen here.

Covert rules refer to unspoken rules in the family.

Differentiation refers to an individual's ability to maintain their identity within the family system. Although poor differentiation may contribute to this pattern, homeostasis better explains the repetitive behavior.

86.

Who developed the concept of strategic family therapy?

Jay Haley

Virginia Satir

Murray Bowen

Carl Whittaker

Correct answer: Jay Haley

Jay Haley developed strategic family therapy.

Viginia Satir created experiential family therapy. Murray Bowen came up with systems theory. Carl Whittaker came up with symbolic-experiential therapy.

87.

Thomas and Anabelle have been married for nearly twenty years and they have two college-age daughters, Jade and Lindsey. It is clear that Jade and Lindsey often rely on their parents for "mostly everything." Although they live on their own, they frequently call Thomas and Anabelle to ask them basic questions about paying bills, buying groceries, or how to apply for a job. Thomas and Anabelle patiently answer their questions, often stating to one another, "We're all one unit here. We're all a team." They are pleased that their daughters take their advice without much of a challenge. They seem to truly respect their parents' advice.

This example **BEST** describes Murray Bowen's concept of:

Undifferentiated ego mass

Triangulation

Scapegoating

Loyalty conflict

Correct answer: Undifferentiated ego mass

Undifferentiated ego mass happens when family members cannot separate their own needs, feelings, and thoughts from others.

This vignette does not clearly show an example of triangulation or scapegoating. Likewise, even though the children may present as loyal to their parents, it does not seem to be bringing a sense of inherent conflict (particularly as we do not know if they have married into new families with other sets of values).

88.

All the following represent valid concerns about the DSM and its integration with marriage and family therapy, **EXCEPT**:

The DSM is insufficient for understanding or treating couples or family issues

The DSM inherently endorses the notion of an identified patient

The DSM can make it challenging for therapists to define an appropriate presenting problem for family therapy

The DSM may inadvertently promote stigmatization of mental disorders

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Correct answer: The DSM is insufficient for understanding or treating couples or family issues

The DSM may have limitations, but insufficient would not be the appropriate word.

The DSM can certainly provide some framework for understanding and contextualizing behavior, even though that behavior is largely individualistic (identified patient).

Subsequently, that alone can make it challenging to identify presenting problems, and in some cases, it can promote stigmatization.

89.

Which of the following interventions would **NOT** be included in contextual family therapy?

Accepting hypotheses from the therapist about family problems

Working through entitlements

Learning the difference between irrational guilts and justifiable guilts

Achieving a state of exoneration

Correct answer: Accepting hypotheses from the therapist about family problems

Accepting hypotheses from the therapist would be an intervention in Milan systemic therapy. This would not routinely be a part of contextual family therapy.

The other items listed here are common components of contextual family therapy.

90.

John (45) and Eleanor (45) take their son, Benjamin (10) into therapy, stating that his tantrums are "getting out of control" and they don't know what to do about it. They feel frustrated that he won't do his homework, help with household chores, or "respect adults." You believe that family therapy would help this family immensely, but they insist that you see Benjamin alone because "he's the one with the problems." Based on this information, you can **BEST** conclude that:

Benjamin is the identified patient in the family.

John and Eleanor are in denial about their family.

Benjamin is the parentified child in the family.

John and Eleanor have rigid boundaries.

Correct answer: Benjamin is the identified patient in the family.

John and Eleanor make it fairly clear they believe Benjamin is the root of the family's dysfunction (which defines the identified patient role).

They may be in denial about their own parts, but there is not enough information to know for sure. We also don't know if they have parentified Benjamin. They may have rigid boundaries, although no information in this vignette discusses boundaries.

91.

In her work, Virginia Satir emphasized the importance of valuing a family's inherent goodness. Which of the following is the **BEST** example of doing this?

Families want balance and have the resources needed for healthy functioning.

Families generally make the best choices they can for themselves.

Families inherently respect one another to the best of their ability.

Families are the backbone of a healthy society.

Correct answer: Families want balance and have the resources needed for healthy functioning.

Satir strongly believed that families strive for a sense of balance and have inherent resources for functioning.

She would not argue that families naturally make the best choices nor would she agree that families always respect one another. There are no indications of her talking about how families affect society.

92.

All the following represent key considerations a therapist should take when working with couples, **EXCEPT:**

Discussing children

Avoiding taking sides

Managing secrets

Assessing for safety

Correct answer: Discussing children

Discussing children is not inherently part of couples work.

However, avoiding taking sides, managing secrets, and assessing for safety are all key parts of couples therapy.

93.

You are working with a couple, Paul (37) and Denise (32). At one point in your session, Paul complains that Denise spends too much time getting ready in the morning, often causing them to be late to important obligations. You intervene by saying, "At least she's not just sleeping the day away."

This statement is an example of which intervention?

Fantasy alternative

Reframing

Modeling communication

Unbalancing

Correct answer: Fantasy alternative

Symbolic-experiential therapists may use fantasy alternatives to help clients imagine alternative situations to stressful events. The case given is an example of an alternative situation: Denise sleeping all day. So, this exemplifies the fantasy alternative.

This sounds like reframing, but reframing suggests an alternative perspective (whereas this just poses the possibility of a different reality).

Modeling communication would happen if the therapist were showing the couple how to engage in functional, healthy communication (which is not happening here).

Unbalancing happens when a therapist temporarily aligns with one member of a system to disrupt the status quo. This is also not happening here.

94.

What term **BEST** defines how MRI therapists aim to maintain structure and flow in their treatment?

Therapeutic maneuverability

Therapeutic alliance

Therapeutic directives

Therapeutic boundaries

Correct answer: Therapeutic maneuverability

Therapeutic maneuverability refers to how therapists pace, control, and maintain sessions.

The alliance refers to the relationship they have with clients. Directives refer to what they tell clients to do. Boundaries refer to the limits they set within their sessions.

95.

All the following represent appropriate ways for therapists to maintain cultural sensitivity, **EXCEPT:**

Asking clients to teach them about particular cultures

Making diverse relationships in their personal lives

Being mindful of their own biases and expectations

Recognizing how race works and why it matters in everyday life

Correct answer: Asking clients to teach them about particular cultures

It is not the client's responsibility to teach therapists about their own cultural background. Therapists can, however, promote and maintain cultural sensitivity by making diverse relationships in their personal lives, recognizing biases or expectations, and understanding how race works in everyday life.

96.

Your client, Caleb, shares that he feels enormous pressure to marry someone who shares the same cultural background. He insists his parents have never pressured him into this, but he just feels this intense expectation, as it's been a long-standing dynamic within his family for many years. He notes his parents have made occasional comments about how it's "easier to raise children when both parents have the same background." From a transgenerational family therapy approach, Caleb's struggle **BEST** represents an example of:

Legacy

Invisible loyalty

Indebtedness

Enmeshment

Correct answer: Legacy

Whether he realizes it or not, Caleb may have a sense of legacy to his parents. Legacy is a set of spoken or unspoken expectations.

Invisible loyalty is similar, but it refers to feeling driven to do something for a group, without necessarily knowing why. Indebtedness refers to feeling the need to do specific things that feel "fair" and "appropriate" (Caleb's case is not as explicit here). Enmeshment would refer to Caleb feeling unable to think independently for himself or set reasonable boundaries for his behavior.

97.

How a couple reflects and adapts to changing roles after their first child is born can be **BEST** described as:

Flexibility

Ground rules

Mapping an issue

Self-regulation

Correct answer: Flexibility

Adapting to change is a measurement of flexibility.

Ground rules might refer to how the couple adapts to change (and what behaviors they decide to engage in). Mapping an issue refers to how couples approach conflict. Self-regulation refers to internal ways of managing stress.

98.

Which of the following situations would be **MOST** appropriate for engaging in a genogram with a client?

When a client shares feeling disconnected from their siblings

When a client indicates feeling anxious about the future

When a client divulges suicidal ideation

When a client expresses a desire to cheat on their spouse

Correct answer: When a client shares feeling disconnected from their siblings

Genograms help explore significant past events and generational processes in families. A genogram could be insightful in understanding patterns with sibling issues.

It would probably not be as effective for future anxiety or their own thoughts about infidelity.

When divulging suicidal ideation, a thorough assessment (and not a genogram) would be your next step.

99.

Hunter and Kate both want to be more assertive in their marriage. Hunter achieves this goal by pausing before he speaks and trying to be mindful of Kate's needs. Kate achieves this goal by identifying her needs and challenging herself to use I-statements. This process best represents:

Equifinality

Diffuse boundaries

Feedback

Circular causality

Correct answer: Equifinality

Hunter and Kate are using different strategies to achieve similar results (known as equifinality).

Diffuse boundaries are not the case here (as we're not really discussing boundaries). Feedback would refer to how influence flows in and out. Circular causality would be more of a 'chain reaction' of events happening, which is not inherently the case here.

100.

A sex therapist might use which of the following interventions to treat premature (early) ejaculation?

Squeeze technique

Sensate focus exercises

Ejaculatory inevitability

Kegeling exercises

Correct answer: Squeeze technique

Sex therapists often intervene by using the squeeze technique on male clients. This technique consists of squeezing the penis just before orgasm to diminish the pleasurable sensation.

Sensate focus exercises are often used in treating delayed ejaculation. Ejaculatory inevitability refers to ejaculating in one's partner. Kegeling exercises are often recommended when working with women struggling to achieve orgasm.