

Behavioral Health

CCE-CPCE

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Question: 1

Which of the following most accurately describes the goal of DBT?

- A. Skill development
- B. Catharsis
- C. Therapeutic insight

Answer: A

Explanation:

Dialectical Behavior Therapy (DBT) is a methodology that, while therapeutic, does not aim at the typical and expected gains of traditional therapy, such as catharsis or therapeutic insight.

DBT is essentially about skill building so that the person undergoing DBT develops a way to address crisis, uncontrollable affective states, and impulsive/reactive emotionality with concrete and effective personal means.

Question: 2

What cultural factor is known to impact self-report of accomplishment in the United States and Japan?

- A. A cultural distrust of standardized tests
- B. A cultural tendency toward modesty
- C. A cultural mistrust of psychologists
- D. A rejection of career counseling as a discipline

Answer: B

Explanation:

It has been noted that, when persons from the United States and Japan (as well as other cultures) are asked about their accomplishments, encouragement is often needed for them to report accurately. This is due to the fact that in both cultures (speaking broadly), a tendency toward modesty is considered culturally desirable and admirable.

There is no significant distrust of standardized tests, psychologists, or career counseling as a discipline that is as impactful.

Question: 3

What is the most striking visual characteristic of a normal distribution?

- A. It has one large and one small symmetry parallel to the mean

- B. It is sloped from right to left
- C. It is symmetrical around the mean
- D. It is sloped from left to right

Answer: C

Explanation:

A normal distribution is one in which there is symmetrical distribution of data around the mean. Thus, it would look like a bell, with a large mass in the middle and rapidly decreasing slopes to both left and right.

All of the other answer choices describe skewed distributions, technically indicating scores that are either very high or very low for the most part.

Question: 4

Should systematic desensitization be used to treat specific phobias?

- A. No, under no circumstances
- B. The research is inconclusive
- C. Yes, it is often the treatment of choice
- D. Only with animal-related phobias

Answer: C

Explanation:

Specific phobias are among the most treatable conditions known. Their successful treatment often consists of systematic desensitization, which is a process of slow accommodation of lower-order feared stimuli until the fear response is extinct, then moving up a hierarchy of feared stimuli until the specific anxiety has been effectively managed. This is true for almost any phobia.

Question: 5

Which of the following would be most congruent with the cognitive information-processing approach to career development?

- A. Emphasizing decision-making skills
- B. Maximizing career achievements
- C. Making ranked lists of choices

Answer:

Explanation:

The cognitive information-processing approach to career development encompasses five sequential decision-making skills: communication, analysis, synthesis, valuing, and execution (CASVE). This

approach stresses understanding decision-making to process self-knowledge and occupational knowledge.

Making ranked lists of choices and maximizing career achievements are valuable in career development but are not explicitly associated with the cognitive information-processing approach.

Question: 6

Which of the following accurately characterizes the transition stage of group process?

- A. Acquaintance
- B. Welcoming new members
- C. Resolution
- D. Conflict

Answer: D

Explanation:

There are many stages and potential stages of group process, as every group does not necessarily go through every stage. However, after the initial phase of getting acquainted, most groups go through a transitional stage in which conflict is common. This is due to many factors, such as personalities meeting and clashing, power dynamics being settled, and decisions being made about how the work of the group will proceed.

An open group can welcome new members at any time, but this would not characterize the group's transitional stage of getting down to work.

Question: 7

Which of the following is consistent with the notion of neurodiversity?

- A. Individuals must prove neurodivergence
- B. Certain diagnoses grant special abilities
- C. Learning styles vary widely among individuals
- D. Neurodiversity is equivalent to a diagnosis of autism

Answer: C

Explanation:

The essential point about neurodiversity is that the brains of human beings are widely divergent in many ways, including learning styles.

The neurodiversity movement encompasses far more than autism and can include such varied diagnoses as ADHD or dyslexia, or no diagnosis at all. Individuals are rarely asked to prove exactly how they are neurodivergent, and though some individuals claim special abilities due to a given diagnosis, this is not characteristic of the movement as a whole.

Question: 8

Which of the following best describes a developmental perspective in counseling?

- A. Most major life issues are rooted in psychopathology
- B. Many major issues of life are not pathological
- C. Major life issues do not resolve without conflict

Answer: B

Explanation:

As opposed to many other perspectives in psychology that identify psychopathology as characterizing major life issues, the counseling perspective sees most major life issues as being developmental in nature and necessary for growth through successful transition. Thus, the counseling profession is characterized by a developmental perspective rather than a psychopathological one. Conflict may or may not be identified in these stages.

Question: 9

According to Piaget, what is the difference between assimilation and accommodation?

- A. Accommodation accepts new information into an existing schema; assimilation alters schema
- B. The terms are interchangeable, and both refer to sensory modulation
- C. The terms are interchangeable, and both refer to intelligence acquisition
- D. Assimilation accepts new information into an existing schema; accommodation alters schema

Answer: D

Explanation:

Jean Piaget studied child development as a stepwise process in which intelligence acquisition involved two separate but complementary tracks. One involves assimilation, which is the acceptance of new information into the existing schema or cognitive structure. The other is accommodation, which involves a change to the schema or cognitive structure itself. Though both terms refer to intelligence acquisition, they do not refer to sensory modulation.

Question: 10

How would role reversal work as a technique in a group context?

- A. By having a client take on the part of another person
- B. By encouraging productive conflict among participants
- C. By having a client "become" an illness
- D. By having a client take on the role of group facilitator

Answer: A

Explanation:

Role reversal as a therapeutic technique can be valuable in many contexts. It amounts to a role-playing exercise in which a given client is encouraged to take on the role of another person. This allows the client to experiment with different perspectives and plans of action around the issue that brought them into treatment by "stepping outside" their own frame of reference.

The technique does not usually involve conflict among participants, though conflict may be a theme of the roleplay. Role reversal does not ask clients to become facilitators or take on the role of an illness, but encourages the client to alter their way of thinking.

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