

Psych CE

Burnout and Resilience in Psychological Practice: Evidence-Based Strategies for Sustainable Well-

1. Which of the following is a core component of burnout according to Maslach and Leiter?

- A. Financial strain
 - B. Supervisory support
 - C. Compassion satisfaction
 - D. Emotional exhaustion
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2. The APA Ethics Code Standard 2.06 requires psychologists to:

- A. Focus only on research output
 - B. Prioritize financial gain
 - C. Address personal problems that interfere with competence
 - D. Increase billable hours
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3. Which of the following best describes the three dimensions of burnout?

- A. Isolation, advocacy, and resilience
 - B. Cultural humility, competence, and humility
 - C. Stress, sleep deprivation, and perfectionism
 - D. Emotional exhaustion, depersonalization, reduced personal accomplishment
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4. Moral distress occurs when:

- A. Psychologists experience positive client outcomes
 - B. Psychologists cannot act in accordance with ethical standards due to systemic constraints
 - C. Psychologists use self-care routines
 - D. Psychologists take too much vacation time
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5. Which practice is consistently protective against burnout?

- A. Suppressing emotions
 - B. Avoiding supervision
 - C. Mindfulness and self-compassion
 - D. Working longer hours
-

6. APA Principle A requires psychologists to:

- A. Ignore boundaries
 - B. Focus solely on personal interests
 - C. Safeguard welfare and avoid harm
 - D. Maximize profit
-

7. Reflective practice allows psychologists to:

- A. Critically evaluate their own responses and biases
 - B. Focus exclusively on outcomes
 - C. Avoid supervision
 - D. Eliminate cultural considerations
-

8. Which systemic factor is most associated with burnout?

- A. Supportive peers
 - B. Flexible scheduling
 - C. Toxic organizational culture
 - D. Cultural affirmation
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9. Boundary setting in clinical work ensures:

- A. Elimination of rest periods
 - B. Protection against role confusion and emotional depletion
 - C. Unlimited client access
 - D. Focus only on research
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10. Racial battle fatigue refers to:

- A. Chronic stress from ongoing microaggressions and racism
 - B. Lack of supervision
 - C. Compassion fatigue in trauma therapy
 - D. Excessive documentation
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11. Peer consultation groups provide:

- A. Reduction of professional isolation and shared accountability
 - B. Mandatory overtime
 - C. Avoidance of ethics codes
 - D. Increased billing rates
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12. Cultural humility emphasizes:

- A. Rigid use of manuals
 - B. Complete cultural expertise
 - C. Avoiding cultural conversations
 - D. Ongoing self-reflection and openness to learning
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13. A sustainability plan should include:

- A. Values alignment, rest practices, and boundary management
 - B. Unlimited caseload expansion
 - C. Suppressing emotional needs
 - D. Avoidance of reflection
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14. Transformational leadership is linked to:

- A. Increased authoritarian control
 - B. Isolation of clinicians
 - C. Lower burnout and higher staff morale
 - D. Financial exploitation
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15. Institutional betrayal occurs when:

- A. Clinicians take time off
 - B. Organizations ignore discrimination or harassment reports
 - C. Peer supervision is encouraged
 - D. Wellness audits are conducted
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16. Collective care emphasizes:

- A. Community healing and mutual support
 - B. Suppressing emotions
 - C. Individual isolation
 - D. Maximizing productivity
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17. Self-care in psychology is considered:

- A. An ethical responsibility to maintain competence
 - B. Optional and unrelated to ethics
 - C. Identical to marketing
 - D. Irrelevant to clients
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18. Technology-enhanced interventions may include:

- A. Unlimited overtime
 - B. Virtual reality relaxation programs
 - C. Avoiding rest
 - D. Increased quotas
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19. Clinicians at higher risk of burnout due to microaggressions are:

- A. Supervisors in academia
 - B. Researchers only
 - C. Clients receiving therapy
 - D. Those from historically marginalized identities
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20. Reflective supervision is unique because it:

- A. Eliminates ethics training
 - B. Avoids cultural awareness
 - C. Focuses only on billing
 - D. Centers emotional processing and professional growth
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21. Workload mismanagement often results in:

- A. Role overload and fatigue
 - B. Increased satisfaction
 - C. Improved wellness
 - D. Enhanced productivity
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22. Intersectionality helps explain:

- A. Financial burdens
 - B. Documentation tasks
 - C. Supervisory billing structures
 - D. How multiple identities intersect with systemic oppression
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23. Values alignment means:

- A. Avoiding self-reflection
 - B. Suppressing cultural differences
 - C. Professional work matches personal and ethical values
 - D. Prioritizing overtime
-

24. Psychologists in solo practice may be vulnerable to:

- A. Wellness audits
 - B. Professional isolation
 - C. Unlimited supervision
 - D. Collective resilience
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25. Cultural labor refers to:

- A. Accessing supervision
 - B. Completing paperwork
 - C. Taking vacation time
 - D. Uncompensated expectation to educate peers on cultural issues
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26. Fidelity and Responsibility emphasizes:

- A. Suppressing emotions
 - B. Trust and accountability in professional relationships
 - C. Maximizing profits
 - D. Avoiding ethical reflection
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27. Virtual reality can support psychologists by:

- A. Suppressing feedback
 - B. Removing rest periods
 - C. Providing immersive mindfulness and stress reduction
 - D. Increasing workloads
-

28. Future directions in burnout prevention highlight:

- A. Intersectional and systemic approaches
 - B. Avoiding advocacy
 - C. Isolation
 - D. Suppressing reflection
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29. Wellness audits in organizations are designed to:

- A. Eliminate supervision
 - B. Measure staff well-being and inform systemic reform
 - C. Increase quotas
 - D. Reduce staff leave
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30. The goal of this CE course is to:

- A. Eliminate reflective practice
 - B. Equip psychologists with evidence-based tools to prevent burnout ethically
 - C. Focus on marketing skills
 - D. Encourage financial prioritization
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