Psych CE

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

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

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

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

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

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

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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

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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

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

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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

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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

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