

Psych CE

Culturally Responsive Practice: Centering Diversity and Black Male Clients

1. Which APA guideline emphasizes context, identity, and intersectionality in multicultural practice?

- A. Multicultural Guidelines (2017)
 - B. Ethics Code (2010)
 - C. DSM-5 Cultural Formulation
 - D. Social Justice Handbook
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2. What is a key component of cultural humility in therapy?

- A. Curiosity and openness
 - B. Clinical neutrality
 - C. Technical expertise
 - D. Minimizing race discussions
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3. What term refers to the cumulative impact of racism-related stress?

- A. Racial trauma
 - B. Microaggressions
 - C. Historical oppression
 - D. Cultural fatigue
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4. Which model prioritizes racial equity and challenges Whiteness in supervision?

- A. Anti-racist supervision
 - B. Reflective model
 - C. Parallel process theory
 - D. Multicultural basics model
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5. Which factor most contributes to mistrust of mental health systems among Black men?

- A. Historical trauma
 - B. Low insurance coverage
 - C. Lack of clinics
 - D. Cultural mismatch
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6. What is the primary goal of liberation psychology?

- A. Liberating marginalized people through psychological methods
 - B. Enhancing productivity
 - C. Reducing anxiety
 - D. Training supervisors
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7. What best describes 'healing-centered engagement'?

- A. Asset-based, not trauma-centered
 - B. Based on pathology
 - C. Focused on diagnostics
 - D. Medication-driven
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8. According to structural competency, providers must address:

- A. Social and institutional determinants of health
 - B. Individual symptom reports
 - C. Sleep habits
 - D. Insurance plans
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9. Cultural taxation refers to:

- A. Extra responsibilities on BIPOC professionals
 - B. Cultural translation
 - C. Inclusive teaching
 - D. Token hiring
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10. Which APA principle focuses on fairness and justice?

- A. Justice
 - B. Integrity
 - C. Competence
 - D. Respect for Rights
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11. What does 'narrative therapy' emphasize?

- A. Client identity stories
 - B. Empirical testing
 - C. Biological causality
 - D. Medication history
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12. Who developed the theory of Nigrescence?

- A. Cross and Vandiver
 - B. Sue and Sue
 - C. Bronfenbrenner
 - D. Comas-Diaz
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13. What does cultural betrayal trauma theory address?

- A. Trauma by in-group betrayal
 - B. Vicarious trauma
 - C. Acculturative stress
 - D. Historical trauma
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14. What is the 'IDM' model primarily used for?

- A. Supervision development
 - B. Assessment training
 - C. Diagnosis manuals
 - D. Therapeutic interviewing
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15. What is a limitation of Eurocentric supervision models?

- A. Ignoring cultural variables
 - B. Too much focus on biology
 - C. Over-assessment
 - D. Systemic clarity
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16. What is one method of assessing racial trauma?

- A. Validated racial trauma scales
 - B. Mood inventories
 - C. IQ testing
 - D. Functional behavior charts
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17. What does the RECAST model target?

- A. Racial identity and healing
 - B. Insurance equity
 - C. Medication adherence
 - D. Productivity
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18. Which theory underlies Bronfenbrenner's ecological systems theory?

- A. Bioecological theory
 - B. Transactional analysis
 - C. Psychoanalytic theory
 - D. Cognitive models
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19. What practice involves collaborative work with communities for mental health reform?

- A. Community-based participatory research
 - B. Private practice
 - C. Consulting only
 - D. Telehealth only
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20. What barrier is most frequently cited in help-seeking among Black male clients?

- A. Stigma and cultural mistrust
 - B. Cost of care
 - C. Unfamiliar terms
 - D. Low education
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21. In ethics, the principle of beneficence refers to:

- A. Doing no harm and promoting good
 - B. Respecting confidentiality
 - C. Avoiding bias
 - D. Neutrality
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22. Which term reflects overburdening BIPOC staff with DEI work?

- A. Cultural taxation
 - B. Racial equity
 - C. Moral distress
 - D. Token resistance
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23. What is a key principle of anti-racist supervision?

- A. Naming race and power
 - B. Avoiding difficult topics
 - C. Prioritizing hierarchy
 - D. Focusing on neutrality
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24. Which factor most supports therapeutic alliance with Black clients?

- A. Cultural humility and validation
 - B. Neutral posture
 - C. Clinical tests
 - D. Self-disclosure
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25. What is the purpose of cultural formulation in DSM-5?

- A. Enhancing understanding of patient context
 - B. Diagnosing faster
 - C. Prescribing medication
 - D. Promoting neutrality
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26. What is an example of a structural barrier to care?

- A. Rigid scheduling policies
 - B. Therapist training
 - C. Supervision models
 - D. Phone access
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27. What does the APA's EDI framework aim to address?

- A. Addressing equity, diversity, inclusion
 - B. Tracking revenue
 - C. Guiding publications
 - D. Promoting tests
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28. How does cultural humility differ from competence?

- A. Ongoing self-awareness
 - B. Technical mastery
 - C. Avoiding mistakes
 - D. Client diagnosis
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29. A planetary health approach to psychology emphasizes:

- A. Environmental sustainability and justice
 - B. Health budgets
 - C. Therapist burnout
 - D. Neural scans
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30. Which model integrates identity, power, and privilege in training?

- A. Social justice competencies model
 - B. Psychoanalytic ego model
 - C. Cognitive restructuring
 - D. Attachment-centered therapy
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31. What are microaggressions?

- A. Subtle, frequent slights
 - B. Systemic improvements
 - C. Macroaggressions
 - D. Positive affirmations
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32. What defines digital mental health equity?

- A. Equity in digital access and outcomes
 - B. Wi-Fi expansion
 - C. Online assessment
 - D. App branding
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33. Why is representation important in supervision?

- A. Support and guidance for supervisees of color
 - B. Technical testing
 - C. Strict evaluation
 - D. Hierarchical control
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34. A 'restorative justice' model in institutions prioritizes:

- A. Accountability and repair after harm
 - B. Legal defense
 - C. Budget expansion
 - D. Punishment
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35. What distinguishes trauma-informed from healing-centered care?

- A. Well-being beyond trauma responses
 - B. Avoiding emotion
 - C. Focusing only on harm
 - D. Clinical closure
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36. Which approach centers lived experience in psychological practice?

- A. Liberation psychology
 - B. Cognitive therapy
 - C. Crisis intervention
 - D. Behaviorism
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37. What is 'racial battle fatigue'?

- A. Physical and psychological exhaustion from racism
 - B. Dehydration
 - C. Work-life imbalance
 - D. Burnout
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38. What does 'epistemic justice' refer to?

- A. Valuing marginalized knowledge systems
 - B. Traditional credentialing
 - C. Diagnostic algorithms
 - D. Test accuracy
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39. Why is intersectionality critical in practice?

- A. Prioritizing age only
 - B. Understanding overlapping identities
 - C. Promoting neutrality
 - D. Eliminating language use
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40. What ethical concern arises from ignoring racism in supervision?

- A. Violation of ethical responsibility to address bias
 - B. Correct diagnosis
 - C. Documentation lapse
 - D. Note formatting
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