

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

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

3. What term refers to the cumulative impact of racism-related stress?

- A. Racial trauma
- B. Microaggressions
- C. Historical oppression
- D. Cultural fatigue

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

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

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

7. What best describes 'healing-centered engagement'?

- A. Asset-based, not trauma-centered
- B. Based on pathology
- C. Focused on diagnostics
- D. Medication-driven

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

9. Cultural taxation refers to:

- A. Extra responsibilities on BIPOC professionals
- B. Cultural translation
- C. Inclusive teaching
- D. Token hiring

10. Which APA principle focuses on fairness and justice?

- A. Justice
- B. Integrity
- C. Competence
- D. Respect for Rights

11. What does 'narrative therapy' emphasize?

- A. Client identity stories
- B. Empirical testing
- C. Biological causality
- D. Medication history

12. Who developed the theory of Nigrescence?

- A. Cross and Vandiver
- B. Sue and Sue
- C. Bronfenbrenner
- D. Comas-Diaz

13. What does cultural betrayal trauma theory address?

- A. Trauma by in-group betrayal
- B. Vicarious trauma
- C. Acculturative stress
- D. Historical trauma

14. What is the 'IDM' model primarily used for?

- A. Supervision development
- B. Assessment training
- C. Diagnosis manuals
- D. Therapeutic interviewing

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

16. What is one method of assessing racial trauma?

- A. Validated racial trauma scales
- B. Mood inventories
- C. IQ testing
- D. Functional behavior charts

17. What does the RECAST model target?

- A. Racial identity and healing
- B. Insurance equity
- C. Medication adherence
- D. Productivity

18. Which theory underlies Bronfenbrenner's ecological systems theory?

- A. Bioecological theory
- B. Transactional analysis
- C. Psychoanalytic theory
- D. Cognitive models

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

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

21. In ethics, the principle of beneficence refers to:

- A. Doing no harm and promoting good
- B. Respecting confidentiality
- C. Avoiding bias
- D. Neutrality

22. Which term reflects overburdening BIPOC staff with DEI work?

- A. Cultural taxation
- B. Racial equity
- C. Moral distress
- D. Token resistance

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

24. Which factor most supports therapeutic alliance with Black clients?

- A. Cultural humility and validation
- B. Neutral posture
- C. Clinical tests
- D. Self-disclosure

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

26. What is an example of a structural barrier to care?

- A. Rigid scheduling policies
- B. Therapist training
- C. Supervision models
- D. Phone access

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

28. How does cultural humility differ from competence?

- A. Ongoing self-awareness
- B. Technical mastery
- C. Avoiding mistakes
- D. Client diagnosis

29. A planetary health approach to psychology emphasizes:

- A. Environmental sustainability and justice
- B. Health budgets
- C. Therapist burnout
- D. Neural scans

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

31. What are microaggressions?

- A. Subtle, frequent slights
- B. Systemic improvements
- C. Macroaggressions
- D. Positive affirmations

32. What defines digital mental health equity?

- A. Equity in digital access and outcomes
- B. Wi-Fi expansion
- C. Online assessment
- D. App branding

33. Why is representation important in supervision?

- A. Support and guidance for supervisees of color
- B. Technical testing
- C. Strict evaluation
- D. Hierarchical control

34. A 'restorative justice' model in institutions prioritizes:

- A. Accountability and repair after harm
- B. Legal defense
- C. Budget expansion
- D. Punishment

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

36. Which approach centers lived experience in psychological practice?

- A. Liberation psychology
- B. Cognitive therapy
- C. Crisis intervention
- D. Behaviorism

37. What is 'racial battle fatigue'?

- A. Physical and psychological exhaustion from racism
- B. Dehydration
- C. Work-life imbalance
- D. Burnout

38. What does 'epistemic justice' refer to?

- A. Valuing marginalized knowledge systems
- B. Traditional credentialing
- C. Diagnostic algorithms
- D. Test accuracy

39. Why is intersectionality critical in practice?

- A. Prioritizing age only
- B. Understanding overlapping identities
- C. Promoting neutrality
- D. Eliminating language use

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
