Psych CE

Introduction to Integrative Psychotherapy

1. In integrative psychotherapy, what distinguishes theoretical integration?

A. Exclusive reliance on a single therapeutic modality
B. Incorporation of diverse therapeutic approaches
C. Neglecting patient preferences
D. Isolation from collaboration with other professionals

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2. Which approach assumes that one dominant approach is generally helpful but integrates other strategies as needed?

A. Theoretical Integration
B. Assimilative Integration
C. Technical Eclecticism
D. Common Factors

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3. According to the content, what is the most challenging pillar of integrative psychotherapy to practice and utilize?

A. Assimilative Integration
B. Technical Eclecticism
C. Theoretical Integration
D. Common Factors

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4. A psychologist predominantly follows Cognitive Behavioral Therapy but integrates other strategies when needed. Which approach does this represent?

A. Theoretical Integration
B. Assimilative Integration
C. Technical Eclecticism
D. Common Factors

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5. A psychologist relies on their skills and training in two or more services to support their patients. Which approach does this describe?

A. Theoretical Integration
B. Assimilative Integration
C. Technical Eclecticism
D. Common Factors

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6. A therapist values the therapeutic alliance, believes it has the strongest influence on positive changes for patients. Which common factor is emphasized here?

A. Therapeutic relationship
B. Patient struggles
C. Emotional experiences
D. Expectations and norms

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7. What is Behaviorism?

A. The theory that human behavior is solely influenced by biological factors
B. The belief that human behavior is motivated by unconscious desires
C. The learning theory proposing that human behavior is conditioned or learned
D. The perspective that focuses on the subjective aspects of cognition, mood, and emotions

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8. How does Psychoanalysis view the mind's structure, according to Sigmund Freud?

A. The conscious, the preconscious, and the unconscious
B. The id, ego, and superego
C. The behavioral, cognitive, and affective domains
D. The oral, anal, phallic, latent, and genital stages

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9. What is a psychological benefit of Integrative Psychotherapy?

A. Time-efficient treatment with quick results
B. Limitation of therapeutic approaches to enhance focus
C. Restriction of therapy to specific dimensions of the client
D. Flexibility to address multiple concerns simultaneously

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10. How does Integrative Psychotherapy support the therapeutic relationship?

A. By restricting the exploration of patients' historical experiences
B. By limiting transparency and options for treatment
C. By encouraging clinicians to explore patients' mental health and historical experiences
D. By focusing solely on the client's conscious thoughts and ignoring the unconscious

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11. What is the potential downside mentioned for patients receiving eclectic therapy?

A. Personalized therapy based on individual needs
B. Increased engagement due to constant teaching of new things
C. Potential confusion regarding treatment goals and path
D. Reduction in skilled therapists using this model

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12. Why might Cognitive Behavioral Therapy (CBT) be selected to address a patients' drinking behavior and panic symptoms?

A. CBT is known for addressing childhood trauma effectively.
B. Andrea specifically requested CBT.
C. CBT is a behavioral therapy approach suitable for targeting drinking behavior and panic symptoms.
D. CBT is the most cost-effective therapy modality.

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13. What is a characteristic of an effective integrative therapist?

A. Limited flexibility in adapting therapeutic approaches.
B. Viewing patients as mental health issues rather than whole individuals.
C. Being nonjudgmental and displaying unconditional regard.
D. Focusing solely on evidence-based practices.

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14. Why is dream analysis considered a valuable tool in psychoanalysis?

A. To distract patients from their thoughts.
B. To entertain patients with dream interpretation.
C. To help patients understand their thoughts and beliefs.
D. To prescribe sleep-related medications.

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15. Emily, grappling with recurring nightmares, decides to explore dream analysis in psychotherapy. What potential challenges could arise in relying solely on dream analysis as a therapeutic approach?

A. Limited applicability to trauma-related issues.
B. Dependence on medication for dream control.
C. Interpretation bias and subjective analysis.
D. Efficient resolution of traumatic memories.

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16. John, recently divorced and experiencing anxiety, engages in open conversations about daily experiences in therapy. How can therapists navigate the challenge of ensuring these conversations contribute meaningfully to his therapeutic progress?

A. Prioritizing avoidance of emotional discussions.
B. Balancing emotional processing while maintaining therapeutic focus.
C. Relying solely on behavioral experiments for effective intervention.
D. Exclusively utilizing standardized assessment tools.

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17. Maria, in psychoanalysis, engages in free association prompted by her therapist. Considering potential challenges, how might therapists overcome the limitations of this technique to ensure

therapeutic efficacy?

A. Incorporating relaxation techniques to address anxiety.
B. Utilizing other therapeutic modalities in conjunction.
C. Focusing on medication as a primary intervention.
D. Exclusively relying on free association for comprehensive insights.

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18. Mark, a 35-year-old, has been struggling with intense mood swings and difficulties in regulating his emotions. His therapist introduces mindfulness techniques, distress tolerance skills, and emotion regulation strategies to help him cope with negative emotions effectively. Which therapeutic approach is being applied in Mark's treatment?

A. Gestalt Therapy
B. Cognitive Behavioral Therapy (CBT)
C. Dialectical Behavioral Therapy (DBT)
D. Mentalization-Based Therapy (MBT)

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