

Psych CE

Prolonged Exposure Therapy for Trauma

1. What is the primary goal of Prolonged Exposure (PE) therapy?

- A. To reduce PTSD symptoms
 - B. To increase avoidance
 - C. To eliminate all trauma memories
 - D. To develop new avoidance behaviors
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2. Which population was PE therapy originally designed to help?

- A. Trauma-affected clients
 - B. Those without PTSD symptoms
 - C. General anxiety patients
 - D. Individuals without trauma history
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3. Which principle is PE therapy primarily based on?

- A. Emotional processing theory
 - B. Freudian psychoanalysis
 - C. Behavioral inhibition
 - D. Psycho-social therapy
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4. What is a core component of PE therapy?

- A. Psychoeducation
 - B. Medication
 - C. Physical exercise
 - D. Nutritional advice
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5. What does in vivo exposure in PE therapy involve?

- A. Facing real-world situations
 - B. Revisiting happy memories
 - C. Imagining future scenarios
 - D. Avoiding stressful environments
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6. Which technique is used in PE to confront traumatic memories in a controlled environment?

- A. Imaginal exposure

- B. Meditation
 - C. Talk therapy
 - D. Avoidance behavior
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7. What is the role of breathing retraining in PE therapy?

- A. To reduce physiological arousal
 - B. To promote dissociation
 - C. To distract the client
 - D. To heighten trauma memory
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8. What is a contraindication for starting PE therapy?

- A. Active psychosis
 - B. Stable mental state
 - C. High resilience
 - D. Positive mental health
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9. What does the term 'habituation' refer to in the context of PE therapy?

- A. Reduction in emotional reactivity
 - B. Increased avoidance
 - C. Heightened distress
 - D. Complete trauma elimination
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10. How does cultural diversity impact trauma therapy?

- A. Shaping therapy techniques
 - B. No effect on therapy
 - C. Creating universal trauma responses
 - D. Adapting therapy to client values
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11. What is the purpose of the Subjective Units of Distress Scale (SUDS) in PE therapy?

- A. To measure distress levels
 - B. To diagnose PTSD
 - C. To track physical health
 - D. To identify trauma triggers
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12. Which tool is commonly used to measure PTSD symptom severity?

- A. PCL-5
- B. DSM-5
- C. SUDS

13. Which population might face unique barriers to PE therapy due to historical trauma?

- A. Marginalized groups
 - B. High-income individuals
 - C. Young adults only
 - D. Individuals without systemic trauma
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14. What does the term 'exposure hierarchy' refer to in PE therapy?

- A. A list of feared stimuli
 - B. A list of favorite places
 - C. Avoidance planning
 - D. Trauma processing guides
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15. How is the therapeutic alliance important in PE therapy?

- A. Enhances engagement
 - B. Promotes therapist-led actions
 - C. Eliminates client autonomy
 - D. Reduces client trust
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16. Which statement reflects an adaptation of PE therapy for collectivist cultures?

- A. Emphasizing collective benefits
 - B. Ignoring family values
 - C. Promoting individual goals only
 - D. Disregarding cultural norms
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17. What is an ethical consideration in PE therapy?

- A. Informed consent
 - B. Guaranteeing outcome
 - C. Enforcing attendance
 - D. Ignoring cultural context
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18. How does PE therapy address avoidance behaviors?

- A. By encouraging it
 - B. By systematically reducing it
 - C. By replacing it with another behavior
 - D. By eliminating emotions
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19. What is the benefit of imaginal exposure in PE therapy?

- A. Reframes trauma beliefs
 - B. Avoids distressing memories
 - C. Encourages avoidance
 - D. Promotes emotional numbing
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20. How should long-term outcomes of PE therapy be evaluated?

- A. Through symptom severity and functional outcomes
 - B. By relying on client self-diagnosis
 - C. By ignoring progress
 - D. Through therapist opinion
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