

Psych CE

Promoting Cultural Competence in Behavioral Healthcare

1. All of the following should be specifically assessed for but one in a multicultural intake process. What does not belong?

- A. Family incarceration history
 - B. Languages spoken
 - C. Geographic location
 - D. Tribal affiliation
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2. In the LEARN method for familiarizing clients with the behavioral health treatment process, the N stands for what?

- A. Neurology
 - B. Non-professional
 - C. Negotiate
 - D. No information
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3. All of the following but one are recommended strategies for cross-cultural communication. Which does not belong?

- A. Explaining information
 - B. Using technical language
 - C. Talking slow
 - D. Using plain language
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4. Which levels should organizations seek to have diverse staff?

- A. Clinician level
 - B. Management level
 - C. Upper management level
 - D. All levels
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5. Which one of the following practices should be avoided by clinicians to be culturally competent?

- A. Being informal in how to address patients
- B. Giving clients flexibility with scheduling as needed

- C. Referring to outside services as needed**
 - D. Practicing cross-systems collaboration**
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6. Which of the following is not an example of a traditional healing practice?

- A. Cognitive behavioral therapy**
 - B. Acupuncture**
 - C. Energetic therapies**
 - D. Plant or animal ceremonies**
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7. Which of the following shows the difference between an agent and a target?

- A. There is no difference**
 - B. A target has power whereas an agent has less power**
 - C. An agent holds more power than a target holds in communities**
 - D. Everyone is both an agent and a target**
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8. Which of the following is an example of an agent?

- A. An African American woman**
 - B. A queer woman**
 - C. An Indian male**
 - D. A Caucasian male**
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9. What is the definition of intersectionality?

- A. No identities are interconnected**
 - B. the interconnected nature of social categorizations such as race, class, and gender, regarded as creating overlapping and interdependent systems of discrimination or disadvantage; a theoretical approach based on such a premise”**
 - C. The interconnected nature of physical health categories**
 - D. The interconnected nature of emotional health categories**
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10. For every dollar that a Caucasian male makes, how much does an African American woman make?

- A. 0.68 cents**
 - B. 0.64 cents**
 - C. 0.62 cents**
 - D. 0.58 cents**
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11. All of the following but one are important domains to consider where culture is concerned.

- A. Language spoken**
 - B. Geographic location**
 - C. Religious affiliation**
 - D. Books preferred to read**
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12. What often happens when providers are not culturally competent?

- A. Individuals avoid going to treatment**
 - B. Nothing happens - there is no impact**
 - C. Treatment success rates increase**
 - D. There is less stigma associated with treatment**
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13. What does disability refer to?

- A. Physical functional**
 - B. Mental functioning**
 - C. Physical and mental functioning**
 - D. How well someone can support themselves**
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14. 1 in ____ Americans are born outside of the United States?

- A. 5**
 - B. 7**
 - C. 9**
 - D. 10**
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15. What percentage of the population lives in poverty?

- A. 9.50%**
 - B. 10.20%**
 - C. 10.50%**
 - D. 11%**
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16. All of the following but one are the main domains that clinicians must understand about clients in order to be culturally competent. Which does not belong?

- A. Cultural identity**
 - B. Subculture membership**
 - C. Trauma history**
 - D. Why they want support**
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17. Which of the following is not an example of a collateral contact?

- A. The client**
 - B. The clients parents**
 - C. The clients teacher**
 - D. The clients parole officer**
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18. Which of the following defines the contemplation stage in readiness for change?

- A. In this second stage, patients begin to consider what action to change might look like.**
 - B. In this third stage, patients prepare to engage in change behavior. They might take small steps towards change.**
 - C. In this fourth stage, patients engage in the changed behavior.**
 - D. In this final stage, patients continue to engage in the action behaviors but they are more integrated into their lifestyles.**
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19. Which of the following is not a governance task for organizational cultural competence?

- A. Reviewing the mission, vision, and values statements to ensure they are culturally competent**
 - B. Assigning senior managers to ensure that organizational change is culturally appropriate and responsive**
 - C. Developing boards that advise cultural competency**
 - D. Creating a committee that ensure the organization is diverse**
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20. Which of the following statements is true?

- A. African Americans are more likely to self-refer for therapy services than Caucasian Americans**
 - B. African Americans are less likely to self-refer for therapy services than Caucasian Americans**
 - C. African Americans have less internalized fear about systems and therapy than Caucasian Americans do**
 - D. African Americans need less time to establish a relationship with clinicians than Caucasian Americans do**
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