

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
-

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 client's parents
 - C. The client's teacher
 - D. The client's 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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