

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

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

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

4. Which levels should organizations seek to have diverse staff?

- A. Clinician level
- B. Management level
- C. Upper management level
- D. All levels

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

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

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

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

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

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

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

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

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 Untied States?

- A. 5
- B. 7
- C. 9
- D. 10

15. What percentage of the population lives in poverty?

- A. 9.50%
- B. 10.20%
- C. 10.50%
- D. 11%

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

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

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.

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

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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