

Psych CE

Understanding and Addressing Microaggressions in Clinical Practice

1. What are microaggressions?

- A. Subtle behaviors conveying derogatory messages
- B. Intentional harmful actions
- C. Overt discrimination
- D. Systemic inequities only

2. Which of the following is NOT a type of microaggression?

- A. Microassaults
- B. Microinsults
- C. Microinvalidations
- D. Macroassumptions

3. What is the primary aim of cultural humility?

- A. To master cultural knowledge
- B. To respect diverse experiences
- C. To enhance therapy outcomes
- D. To address systemic inequities

4. Which principle emphasizes the importance of trust and accountability in therapy?

- A. Fidelity and Responsibility
- B. Integrity
- C. Justice
- D. Respect for People's Rights

5. What is an example of a microinvalidation?

- A. Dismissing a client's experiences
- B. Stereotyping a client
- C. Misgendering a client
- D. Interrupting a client's narrative

6. How can therapists repair therapeutic ruptures caused by microaggressions?

- A. Ignore the incident
- B. Acknowledge and apologize
- C. Discuss with a supervisor
- D. Provide justifications for actions

7. What does the APA's Ethical Principles prioritize in therapy?

- A. Cultural humility only
- B. Avoidance of harm
- C. Avoidance of bias
- D. Continuous learning

8. What is one strategy to foster open communication in therapy?

- A. Using direct commands
- B. Encouraging client feedback
- C. Using open-ended questions
- D. Interrupting client narratives

9. Why is self-reflection important for therapists?

- A. It minimizes ethical violations
- B. It uncovers unconscious biases
- C. It ensures inclusivity
- D. It enhances cultural humility

10. What tool can help uncover implicit biases?

- A. Personality tests
- B. Implicit Association Test
- C. Emotional intelligence assessments
- D. Leadership assessments

11. Which is an example of inclusive communication practice?

- A. Using client-preferred pronouns
- B. Interrupting client narratives
- C. Assuming client values
- D. Imposing stereotypes

12. How can cultural humility differ from cultural competence?

- A. It emphasizes static learning
- B. It promotes ongoing learning
- C. It ignores implicit biases
- D. It focuses on biases alone

13. What is the role of supervision in addressing microaggressions?

- A. To supervise client progress only
- B. To address cultural blind spots
- C. To reinforce biases
- D. To manage client records

14. What is a client-centered approach focused on?

- A. Therapist's needs
- B. Client's cultural context
- C. Therapist's cultural assumptions
- D. Aligning with systemic values

15. Why is intersectionality important in therapy?

- A. Focusing solely on race
- B. Considering overlapping identities
- C. Exploring systemic discrimination
- D. Ignoring identity dynamics

16. What are the effects of cumulative microaggressions?

- A. They are one-time incidents
- B. They lead to stress and anxiety
- C. They improve client trust
- D. They reduce therapeutic success

17. What should therapists do when they commit a microaggression?

- A. Ignore and continue the session
- B. Apologize and seek clarity
- C. Dismiss and move on
- D. Justify the action taken

18. What is the purpose of restorative justice approaches in therapy?

- A. Punishment for misbehavior
- B. Acknowledge harm and rebuild trust
- C. Increase punishment severity
- D. Promote exclusionary practices

19. How does education help prevent microaggressions?

- A. By addressing them reactively
- B. By promoting cultural competence
- C. By fostering open communication
- D. By mandating inclusivity policies

20. What is a key feature of creating a safe therapeutic space?

- A. Emphasizing dominance
- B. Respecting diverse experiences
- C. Using visual diversity cues
- D. Creating a judgment-free zone

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