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

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

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

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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

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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

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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

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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

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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

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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

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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

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10. What tool can help uncover implicit biases?

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

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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

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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

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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

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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

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15. Why is intersectionality important in therapy?

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

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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

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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

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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

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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

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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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