

# 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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