

Student Quiz Questions for Pamela A. Hays, *Addressing Cultural Complexities in Counseling and Clinical Practice: A Intersectional Approach*, Fourth Edition

~10 questions (multiple choice) and 2 short answer for 14 chapters

I: BECOMING A CULTURALLY RESPONSIVE THERAPIST

Chapter 1: Diversity, Complexity, and Intersectionality

Multiple Choice

1.
The world has seen a rise in “respect” crimes against Muslims, Jews, and people of color by White supremacy groups.
 - a. True
 - b. False

2.
Within a community or culture, social status and power may be related to leadership roles, fame, or family reputation, in addition to the following:
 - a. religion, standing in the community, or social status
 - b. privilege, development, or multiculturalism
 - c. influences, gender, or age
 - d. income, wealth, or education

3.
The second “S” in the ADDRESSING acronym stands for *Sexual orientation*. In the United States, sexual minority groups often use an acronym that includes additional groups related to gender identity. The more common ones are LGBTQIA (lesbian, gay, bisexual, transgender, queer/questioning, _____, and asexual).
 - a. itypical
 - b. i-add-on
 - c. intersex
 - d. i-trans

4.
The “I” in the ADDRESSING acronym stands for *Indigenous heritage* and includes people of the following heritages, except:
 - a. Aboriginal
 - b. Foreigners
 - c. Native
 - d. Indigenous

5.

The “N” in the ADDRESSING acronym stands for *National origin*, with minority groups including all the following except:

- a. Homosexuals
- b. International Students
- c. Refugees
- d. Immigrants

6.

The “G” in the ADDRESSING acronym stands for *Gender identity*. Minority groups include women and people of transgender, transsexual, intersex, and _____.

- a. Nonbinary
- b. International Students
- c. Refugees
- d. Immigrants

7.

According to the textbook, the ADDRESSING acronym is a *heuristic*, a word that comes from Greek and is defined as a practical method for _____ that is not guaranteed to be perfect, but which raises questions and facilitates learning.

- a. research
- b. exploration
- c. scientific study
- d. discovery

8.

The ADDRESSING framework is an approach to therapy that conceptualizes multicultural work in two broad categories. The first category of *personal work* involves cultivation of key personal qualities and self-knowledge. This includes learning about and reflecting on who you are as a human being with your own cultural belief system and worldview. The second category of _____ focuses on learning about diverse cultures through direct experience with members of diverse groups and the development of culture-specific relationship skills. Throughout the process of developing a multicultural orientation, the personal and interpersonal work overlap with and contribute to the development of culturally responsive practice.

- a. interpersonal work
- b. addressing
- c. multicultural impacts
- d. persuasive impacts

9.

The COVID-19 pandemic has not at all magnified disparities in health care related to race, class, and disability.

- a. True
- b. False

10.

People of color make up ____ of the U.S. population and approximately 38% of psychology graduate students and 34% of early career psychologists are people of color.

- a. 58%
- b. 38%
- c. 42%
- d. 15%

11.

The world has seen a decrease in hate crimes against Muslims, Jews, and people of color by White supremacy groups.

- a. True
- b. False

12.

According to the textbook, the distinction between people who grow up with a ____ and individuals whose ____ is acquired later in life has important implications for therapeutic work.

- a. phobia/phobia
- b. genetic aberration/genetic aberration
- c. disability/disability
- d. sexual peculiarity/sexual peculiarity

Short Answer

1.

The idea that diversity can be addressed in one multicultural counseling course has been replaced by the view that multicultural learning is lifelong, and cross-cultural information, experiences, and questions must be integrated throughout the training curriculum, including practicum and internship, and in postgraduation continuing education. Do you agree with this assessment? Why or why not?

2.

The ADDRESSING *acronym* is a tool for developing hypotheses and questions about cultural influences that therapists may be inclined to overlook; some of these questions may be appropriate to ask clients directly, and some may not. The ADDRESSING *framework* makes use of the ADDRESSING acronym in two categories of work: (a) the personal work of introspection, self-exploration, and lifelong learning about the cultural influences on oneself and (b) the

ongoing interpersonal work of learning from, about, and with diverse people. How will you use the ADDRESSING framework in your practice?

Chapter 2: Essential Knowledge and Qualities

Multiple Choice

1.
According to the text, White Americans constitute over 50% the U.S. population, which means they have the ____ to elect government officials and pass laws.
 - a. votes
 - b. mandate
 - c. collective and strength
 - d. power

2.
According to the author of the text, even within countries without a White majority, the preference for ____ persists.
 - a. Whiteness
 - b. Asian looks
 - c. Blackness
 - d. Tan skin

3.
Although White supremacy has been associated primarily with White nationalists and the Ku Klux Klan, White supremacy *is not* a form of racism in North America.
 - a. True
 - b. False

4.
Although some minority members are allowed entry to the dominant culture's power structures and institutions, Black people, along with their values, interests, and preferences, still dominate.
 - a. True
 - b. False

5.
Members of dominant groups often find it painful to acknowledge the systemic nature of racism. It is easier to believe that instances of prejudice and discrimination are primarily the fault of individual "bad apples."
 - a. True
 - b. False

6.

_____ refers to the systemic privileging of nondisabled people and the marginalization of individuals with disabilities.

- a. Racism
- b. Justice-ism
- c. Privilegism
- d. Ableism

7.

Humility, compassion, critical thinking, and the reality of anger and overreactions facilitate therapists' work across lines of privilege and oppression.

- a. True
- b. False

8.

According to the text, Therapists' defensive behaviors may include all the following except:

- a. patronizing voice tone
- b. using a book for reference when making a diagnosis
- c. raised voice
- d. tense body posture
- e. loud sighing

9.

One way to build humility, sustain openness, and prevent defensiveness is via the cultivation of mindfulness, defined as *basic and judgmental awareness* of one's experience in the moment.

- a. True
- b. False

10.

Although defensive *feelings* can be helpful as cues that something needs attention, defensive *behaviors* are a problem because they lead to a disconnection between people.

- a. True
- b. False

11.

Steps to minimize defensive behaviors include all the following except:

- a. mindful awareness of the physical sensations that accompany defensive emotions
- b. questioning the need for a client to see things in the same way you do
- c. talking to your mentor to "prop you up" for your client sessions

- d. focusing on one's breath in the moment

12.

Individualism emphasizes the importance of the individual over the community.

- a. True
- b. False

Short Answer

1.

It may be challenging to admit them, but what are your defensive behaviors? If you're having trouble identifying a defensive behavior, ask your closest friend, your partner, or a family member.

2.

The obstacles of fear, ignorance, aversion to pain, and attachment contribute to defensive feelings and actions. Although defensive *feelings* can be helpful as cues that something needs attention, defensive *behaviors* are a problem because they often lead to a disconnection between people. Can you think of an example where you were defensive and it impacted a relationship, friendship, etc.? Please explain.

Chapter 3: Your Cultural Self-Assessment

Multiple Choice

1.

Recognizing the ADDRESSING influences on our lives is a first step toward understanding the influence of our own practical experiences on our beliefs and worldview.

- a. True
- b. False

2.

The challenge for therapists is to recognize our areas of deserved privilege and commit to the extra work that is required to fill these knowledge gaps.

- a. True
- b. False

3.

There are several practical steps you can take to increase your self-awareness and knowledge of privilege. Which of the following is not recommended by the text as a good way to accomplish this?

- a. investigate your cultural heritage and think about how it influences you
- b. pay attention to the influence of privilege on your understanding of cultural issues and work with clients
- c. educate yourself through diverse sources of information
- d. never develop relationships with diverse people

4.

Which of the following is not an example of a question to ask yourself to develop a Culture Sketch in the area of Age and generational influences?

- a. Were you born with a sexual compulsive disorder, or did you acquire one later in life?
- b. In the era when you were born, what were the social expectations for a person of your identity?
- c. Do you identify with a particular generation (e.g., baby boomers, millennials, Gen X or Y)?
- d. How have your values and worldview been shaped by the social movements of or influences on your generation (e.g., COVID-19 pandemic, #BlackLivesMatter)

5.

Which of the following is not an example of a question to ask yourself to develop a Culture Sketch in the area of Religion and spirituality?

- a. Were you brought up in a religious or spiritual tradition?
- b. Do you identify with a religion or have a spiritual practice now?
- c. How have your values, goals, and attitudes toward religion and religious people been shaped by your upbringing and experiences
- d. What do you consider your ethnic and/or racial identity and how does it impact your mediation practice?

6.

Which of the following is not an example of a question to ask yourself to develop a Culture Sketch in the area of Socioeconomic status/class?

- a. What social class did you grow up in?
- b. When you were in high school, what were the educational and work opportunities available to you?
- c. Do you have peer-level relationships with people who differ from you socioeconomically (e.g., regarding education, income, occupation, or class)?
- d. If you were a foster child, what are the identities of your biological and adoptive parents?

7.

Which of the following is not an example of a question to ask yourself to develop a Culture Sketch in the area of Sexual orientation?

- a. Do you identify as gay, lesbian, bisexual, or heterosexual?
- b. If you are heterosexual, do you have a family member or friends who are gay?

- c. Is your family accepting of a gay member?
- d. What were and are the gender-related roles and expectations for you in your circle of friends and your current chosen family?

8.

Which of the following is not an example of a question to ask yourself to develop a Culture Sketch in the area of National origin?

- a. Are you a U.S. citizen, an international student, or immigrant?
- b. Do you, your parents, or grandparents speak English as a first or second language?
- c. Do you belong to a culture that has a multigenerational connection to a particular land, water, or place?
- d. How has your family's experience with immigration (or lack thereof) affected your life and opportunities?

9.

According to the textbook, perceiving one's own privileges can be difficult because, as the saying goes, "Privilege is like oxygen—you don't notice it unless it's not there."

- a. True
- b. False

10.

You may come to recognize key gaps in your experience and knowledge base regarding dominant or minority groups. You'll want to search for information that will educate you about the groups with which you have less experience. Which of the following examples are outlets where you can gain information and knowledge?

- a. books
- b. online sources
- c. podcasts
- d. driving across country

11.

According to the author of the textbook, ____ starts with a willingness to expose yourself to information that does not reinforce your personal views or experience

- a. questioning
- b. speaking up about social injustices
- c. critical thinking
- d. engaging with like-minded individuals

12.

These days, with the technology available to choose one's news sources, it has become increasingly apparent that worldviews are shaped by one's non-preferred media sources.

- a. True
- b. False

13.

If we listen to are similar views, it is easier to believe that those views are not universal and incorrect.

- c. True
- d. False

14.

The views and experiences of people of minority cultures are routinely excluded from mainstream media.

- a. True
- b. False

Short Answer

1.

Do you agree with the following statement: *Engagement with people of diverse identities is important because if the people around us hold similar identities and privileges, belief in the "universal nature" of our beliefs and worldview will be reinforced.* Please cite

Answers: will vary from student to student.

2.

The author of the textbook posits that unrecognized privilege is dangerous for therapists, because privilege cuts therapists off from information and experiences that help us understand clients. Do you agree? Why or why not?

Answers: will vary from student to student.

II: MAKING MEANINGFUL CONNECTIONS

Chapter 4: That's Not What I Meant – Finding the Right Words

Multiple Choice

1.

When it comes to racial identifications, it helps to remember that a racial identity by itself says little about all the following except:

- a. an individual's knowledge base
- b. an individual's hobbies
- c. an individual's values

d. an individual's socioeconomic standing

2.

Muslim population consists of people whose identities include White, Asian, and Indigenous peoples.

- a. True
- b. False

3.

Common experiences of prejudice, discrimination, and hate crimes by U.S. and European non-Muslims also reinforce Muslim people's sense of themselves as two distinct cultures.

- a. True
- b. False

4.

The term minority has traditionally been used in reference to groups whose access to power is _____ by the dominant culture (V. O. Wang & Sue, 2005).

- a. limited
- b. encouraged
- c. promoted
- d. embraced

5.

People who identify with Deaf culture do not perceive themselves as having a disability; rather, it is the hearing world's _____ their language that is the problem.

- a. embrace of
- b. ignorance of
- c. confusion with
- d. challenges with

6.

An identity question that often puzzles nondisabled people is how to respectfully refer to people with achondroplasia, the most common form of _____.

- a. short stature
- b. little person-dom
- c. midgetism
- d. dwarfism

7.

According to the American Psychological Association, 2021, “Gender identity” refers to an internal sense of being male, female, or something else whereas “sexual orientation” refers to a person’s physical, romantic, and/or emotional attraction to another person.

- a. True
- b. False

8.

According to the text and as the saying goes, “Sexual orientation determines what you want to go to bed as, and gender identity determines who you want to go to bed with.”

- a. True
- b. False

9.

Which of the following best finishes this sentence? The term “sexual preference” is offensive because ____.

- a. it doesn’t consider the person’s Gender identity
- b. it suggests that one has chosen to be gay and thus can change back
- c. it doesn’t include lesbians
- d. the preference is no one’s business

10.

“Transgender/gender nonconforming” is an umbrella term used by diverse groups of people whose gender identity, expression, and/or behavior conforms to the gender assigned to them at birth.

- a. True
- b. False

11.

In their work with nonbinary psychology trainees, Matsumoto and colleagues (2020) explained that “nonbinary” is also an umbrella term that includes people who identify as each of the following except:

- a. gender fluid or gender flux
- b. experiencing an absence of gender (agender, genderless)
- c. experiencing multiple genders (bigender, pangender),
- d. neither male nor female

12.

When referring to a transgender person, one should use the pronoun specified by the individual (he, she, ze, they, hir pronounced as “here,” or whatever term the person requests). If you are unsure, use the person’s ____ instead of pronouns.

- a. first name

- b. nickname
- c. last name
- d. sexual orientation

13.

How a therapist responds to a microaggression is not at all highly specific to the therapist, the client, and the situation.

- a. True
- b. False

Short Answer

1.

When deciding whether to respond to a microaggression that you experience, D. W. Sue and colleagues (2019) suggested five factors to take into consideration. What are they?

2.

It's important to note that researchers generally agree that race is a socially constructed concept and there are no pure gene pools, as human beings of dominant and minority cultures are genetically quite mixed. Also, it's worth noting that although race is a socially constructed concept, its consequences are real, and therapists need to be aware of these consequences and the varied meanings race holds for members of minority and dominant cultural groups. Please react to these statements and write a paragraph describing how these realities make you feel and how they might impact your practice as a therapist.

Chapter 5: Intersectionality – The Complexities of Identity

Multiple Choice

1.

Psychologist Andrew Solomon, who has written about his own struggles with psychiatric disability, described three types of challenges faced by people born with achondroplasia (dwarfism). Which of these is not a legitimate challenge referenced?

- a. "Inherent" difficulties
- b. Limited access
- c. Social attitudes and behaviors (from society at large)
- d. Anger management issues

2.

To understand a client's gender identity and sexuality, therapists need to know the person's sexual orientation and ____ history.

- a. gender preference

- b. sexual history
- c. trans identity
- d. relationship

3.

A key aspect of questions regarding gender and ____ involves the therapist assessing the degree to which they play a role in the client's presenting problem

- a. gender comfort
- b. cultural impacts
- c. sexuality
- d. openness to engage

4.

For SGM people of color, there may be no completely safe or stress-free social environment, as individuals may experience racism within gay groups and cissexism and ____ in their ethnic community. In some countries, the coming out process may be especially dangerous.

- a. transphobia
- b. homophobia
- c. pridephobia
- d. confusion

5.

As Horne (2020) notes, "Globally, LGBTQ disclosure is always considered empowering or perceived to be a positive aspect of LGBTQ experience.

- a. True
- b. False

6.

Unlike the dramatic presentation of seemingly overnight transitions by some transgender celebrities, gender transitioning, that occur over time, for most people, consists of all the following except:

- a. parental processes
- b. social processes
- c. medical processes
- d. legal processes

7.

The term "gender-affirming surgeries" refers not solely to genital reconstructive procedures but rather to a broad range of ____ aimed at helping people feel more aligned with their gender identity.

- a. interventions
- b. medical malpractices
- c. sexual health goals
- d. mental health goals

8.

Weight bias is:

- a. Sizeism
- b. Weightism
- c. Heightism
- d. Sexualism

9.

The ADDRESSING framework can be helpful because it provides an easy-to-remember list of sexual-identifying related influences that can cue you to think about minority and dominant identities that you might be inclined to overlook.

- a. True
- b. False

10.

These days, gender is the most assumed identity, and gender is always self-evident.

- a. True
- b. False

11.

Ethnic and racial identities can interact in simple ways depending on the context, personal experiences, age, and time.

- a. True
- b. False

12.

In an initial assessment, the simplest way to learn about a client's ____ is often to ask directly.

- a. gender
- b. mental state
- c. queries
- d. self-identification

Short Answer

1.

According to the textbook, and in your opinion, is it still dangerous to identify oneself as gay or transgender in some areas of the world? Why or why not?

2.

How do your physical appearance, knowledge of your culture(s), and your peer group(s) influence your identity?

Chapter 6: Creating a Positive Therapeutic Alliance

Multiple Choice

1.

When a client has experienced therapy with another provider, it can be useful to ask which of the following questions?

- a. What was the rate per hour for the provider meetings?
- b. Was their provided forward thinking?
- c. Did the provider act with privilege?
- d. What did they find to be helpful or not helpful via the experience?

2.

For cultural reasons, some clients may feel uncomfortable stating their preferences. For example, in Japan, where people were reluctant to state a preference, Norcross and Cooper (2021) asked their Japanese colleagues for suggestions. One idea they received was to ask clients to whisper their preference instead of screaming it.

- a. True
- b. False

3.

The ongoing nature of assessment throughout therapy also provides opportunities for clients to share ____ once they feel comfortable in the relationship.

- a. preferences
- b. aggressions
- c. concerns
- d. provoked responses

4.

Research comparing individualistic cultures with more collectivist cultures suggests that members of individualistic groups use more direct forms of speech, whereas members of collectivist cultures use more indirect speech, especially in situations where conflict is possible (Yabusaki, 2010).

- a. True

- b. False

5.

Pace of speech is an aspect of communication that can impact a positive connection.

- a. True
- b. False

6.

Among many people of Indigenous heritage, there is an expectation that when Person A is speaking, Person B will wait until Person A has finished, pause a second, and then speak. This pause is considered respectful and communicates that Person B is thinking about what Person A is saying rather than what Person B wants to say.

- a. True
- b. False

7.

Many people of Arab, Jewish, African, Latinx, and European American heritage use ____.

- a. a slow, respectful pace when engaged in conversation.
- b. a medium-speed pace when engaged in conversation.
- c. a subtle and polite pace when engaged in conversation.
- d. an interruptive, overlapping pace when engaged in conversation.

8.

Read the following exchange:

PERSON A: Did you see Jerry's new bicycle? It has that cool thing on . . .

PERSON B: Yeah, yeah, I saw it, the one with that special light on the front that comes on automatically as soon as it . . .

PERSON A: Yeah, it lights up as soon as the sun sets. But it doesn't . . .

PERSON B: I know, I know, it doesn't always work.

According to the textbook, this overlapping pace is seen by those who use it as communicating so well that the speakers know what the other is thinking.

- a. True
- b. False

9.

Overlapping speech works fine if it is the pace of everyone involved in an interaction. However, when people of different paces interact, the pausers often view the overlappers as rude and self-centered, and the overlappers assume the pausers are cognitively impaired or hard of hearing.

- a. True
- b. False

10.

If a therapist tends toward a faster, more overlapping style, it is incumbent on the therapist to ignore the issue.

- a. True
- b. False

11.

Tone of voice is another aspect of communication that therapists may be unaware of in themselves when meeting with clients.

- a. True
- b. False

12.

According to the textbook, the use of ____ is another potential barrier to the therapy relationship, especially with clients who speak English as a second language.

- a. Spanish
- b. German
- c. Psychological jargon
- d. Any language other than English.

Short Answer

1.

What kinds of personal information do you feel comfortable with your clients knowing about you, for example, your partner/marital status, religion, cultural identity, abilities or disability, whether you have children, your place of origin, musical preferences, favorite hobby, and so forth? Is there information you would never share with any client?

2.

Think of several people of diverse identities and ask yourself: When I walk into a room, how does each of these people perceive me?

III: SORTING THINGS OUT

Chapter 7: Conducting a Culturally Responsive Assessment

Multiple Choice

1.

Formal register refers to the ____ commonly used at school and work.

- a. language
- b. mental acuity
- c. speaking tone
- d. pace of speech

2.

Questions about spirituality and religion are never perceived as intrusive to some clients.

- a. True
- b. False

3.

The use of spiritual rituals, concepts, or _____ by non-Indians may be considered sacrilegious.

- a. pious meetings
- b. spiritual dances
- c. religious iconography
- d. symbols

4.

Therapists are advised to be cautious as they are learning about Indian people's spirituality.

- a. True
- b. False

5.

Understanding what a child or adult truly needs—a key part of _____—requires cultural knowledge.

- a. psychological assessment
- b. an aggressive questioning strategy
- c. a casual register
- d. intake

6.

When an individual can explain what they are looking for from a therapist and through therapy, relying on a client's report as the sole source of information is risky, especially if the client is _____.

- a. acceptable
- b. distressed
- c. encouraged
- d. never the way to proceed

7.

A culturally responsive assessment is facilitated by an active approach toward learning about the multiple, overlapping systems relevant to a client's life.

- a. True
- b. False

8.

Clinicians working with children, elders, and people with disabilities are especially attuned to the need for multiple perspectives in ____.

- a. personalities
- b. assessment
- c. questioning strategies
- d. opinions

9.

With children, a comprehensive assessment usually involves information obtained via a variety of tools and techniques (from multiple sources) including all of these except:

- a. journal entries
- b. observation
- c. interviews
- d. testing others' reports

10.

Assessments of older adults and people with disabilities commonly include information from diverse sources including the client, family members, and physicians.

- a. True
- b. False

11.

For people in poverty, systemic classism can mean affordable childcare, easy access to public transportation, and livable wages

- a. True
- b. False

12.

Belief in the rightness of the concept of meritocracy ("You get what you deserve") reinforces the blaming of people for their economic marginalization.

- a. True
- b. False

Short Answer

1.

Create a timeline of your own life, with significant personal events underneath the line, and sociocultural events above it.

2.

Read the following case example and make a list of all the strengths and supports you perceive in Juan's life. Feel free to infer a little. The point is to take an active, strengths-oriented approach to this client's life and situation, despite the problems he presents.

Juan is an 18-year-old high school student whose father is White and mother is Puerto Rican. He was born and grew up in the city. He began drinking and using drugs at 12. His father was physically abusive, and Juan dropped out of school and left home at 16 to live with a variety of extended family members and friends. He reports his relationships are primarily with people who drink and use drugs, although he stays connected to his mother and one sister via phone calls and visits. He had 2 months clean and sober once following a domestic violence incident with his girlfriend, but he admits he is now drinking and smoking marijuana. He continues to have contact with the girlfriend. He has had a variety of jobs, is currently working part time at a gas station, and sporadically attends the alternative high school. He is angry at the police, his father, and his girlfriend but also says he knows that part of his problem is himself.

Chapter 8: Understanding Trauma

Multiple Choice

1.

In the United States and many other countries, ____ individuals are and historically have been at greater risk of victimization than heterosexual and cisgender people.

- a. SGM
- b. TRT
- c. DGM
- d. AAA

2.

Norms regarding masculine behavior reinforce aggression, high-risk behaviors, and the need to be in control.

- a. True
- b. False

3.

Norms regarding feminine behavior emphasize all the following except:

- a. bitterness and anger
- b. compliance
- c. the responsibility for holding the family together.
- d. amiability

4.

Expectations regarding physical appearance reinforce the dominant cultural ideal of a woman as all the following: delicate, light-skinned, and thin

- a. True
- b. False

5.

_____ that combine racism, heterosexism, and cissexism (e.g., regarding Black women, Latino men, Asian women) add to the weight of the dominant culture's disapproval of minority members.

- a. Confused ideas
- b. Stereotypes
- c. Criminal assumptions
- d. Misunderstandings

6.

Immigration brings with it the potential for trauma stemming from premigration events, the migration itself, and resettlement.

- a. True
- b. False

7.

When obtaining informed consent, distrust of authorities (including _____) is an understandable reaction for those who have experienced forced displacement and life threats from governments and others in power.

- a. police
- b. lawyers
- c. mental health providers
- d. judges

8.

In the therapeutic setting, use of a second language heightens emotional distress.

- a. True

b. False

9.

Among bilingual individuals, there is evidence that some memories may not be retrievable in a second language, not because they are repressed but because they were decoded in the first language and thus are accessible only through use of the first language.

- a. True
- b. False

10.

When a therapist does not speak the client's primary language, it is usually preferable to refer to a therapist who does not.

- a. True
- b. False

11.

With people who identify culturally as Deaf, Olkin (1999) advised that "Deaf clients are best served by Deaf therapists within the Deaf community" (p. 4). But at present the majority of therapists providing services to Deaf clients are not fluent in the languages used by Deaf people and require an interpreter to effectively serve their clients.

- a. True
- b. False

12.

For spoken language, simultaneous interpretation is the favored method across the globe, and it has been shown to be effective in therapeutic practice (Bradford & Munoz, 1993).

- a. True
- b. False

Short Answer

1.

Name three activities you find soothing and relaxing. When was the last time you engaged in these activities?

Answer will vary from student to student.

2.

This chapter reminds us that because trauma work puts therapists at heightened risk for burnout and secondary trauma, self-care is essential. What are examples of activities you do to achieve more balance and self-care?

Answer will vary from student to student.

Chapter 9: Culturally Responsive Testing

Multiple Choice

1.
With clients of minority identities and experiences, the questions included in standardized mental status evaluations are never reliable indicators of every client's functioning.
 - a. True
 - b. False

2.
Knowledge of the client's ____ and context is important in making accurate interpretations of clients' responses to standardized questions.
 - a. sexual orientation
 - b. access for negativity
 - c. access for positivity
 - d. cultural history

3.
When working with immigrant clients who are not educated in the European American school system, another strategy, in addition to learning about the client's ____, is to enlist the help of a cultural consultant.
 - a. cultural biases
 - b. cultural history
 - c. cultural customs
 - d. cultural norms

4.
With clients who do not reference European American norms regarding time, Manson and Kleinman (1998) suggested the use of life history charts in which clients' symptoms are tied to significant events rather than dates.
 - a. True
 - b. False

5.
The assessment of mental status and cognitive functioning with people who have disabilities, particularly of sensory and motor functions, presents unique challenges, in part because most tests are designed for people who are physically disabled, visually impaired, Deaf, and hard of hearing (HOH).
 - a. True
 - b. False

6.

When standardized procedures and tests appear culturally inappropriate or irrelevant, it may be necessary to assess the client's mental status in less standardized ways. A preassessment meeting without a cultural consultant can help with figuring out ways to assess the client's functioning as accurately as possible.

- a. True
- b. False

7.

Cultural ____—like the ADDRESSING framework—recognizes that no individual's behavior and functioning can be understood without a thorough understanding of their cultural identity and context.

- a. Gender-psychology
- b. Neuropsychology
- c. Ideology
- d. Sociology

8.

In clinical practice, the most common approach to neuropsychological assessment is called the hypothesis-testing approach, which fits well with cultural neuropsychology orientation. One begins with a set of hypotheses based on the referral question, the client's history, and observations, then chooses tests that will best assess the client's capabilities. As testing progresses, the psychologist refines these general hypotheses into more specific ones. Gradually, the "successive elimination of alternative diagnostic possibilities" leads to a conclusive diagnosis.

- a. True
- b. False

9.

As the field of neuropsychology continues to develop, resources for cross-cultural learning include: The International Neuropsychological Society (INS), The International Journal of Neuropsychology, and Guidelines for the neuropsychological evaluation of Hispanic/Latinx people published by the Hispanic Neuropsychological Society (HNS)

- a. True
- b. False

10.

Personality is commonly defined as an enduring pattern of inner experience and behavior, and a personality disorder as a pattern that "deviates markedly from the expectations of the

individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to suicide.

- a. True
- b. False

11.

Personality is a South American construct.

- a. True
- b. False

12.

The Rorschach Comprehensive System (RCS; Exner, 1993) avoids the problem of respondents' perceptions of characters' identities by using inkblots.

- a. True
- b. False

Short Answer

1.

Major challenges persist regarding culturally responsive testing. What are they?

2.

Define tacit knowledge and academic knowledge.

Chapter 10: Making a Culturally Responsive Diagnosis

Multiple Choice

1.

According to the textbook, when making a cross-cultural diagnosis, caution is advised regarding the diagnosis of personality disorders.

- a. True
- b. False

2.

A personality disorder "reflects difficulties in how an individual behaves and is perceived to behave by others in the social field." This means that the definition of a personality disorder will vary depending on the interpersonal skills and attitudes de-valued by a culture at any given point in time (Alarcón, 1997).

- a. True

- b. False

3.

In the past, transgender people seeking gender-affirming treatments such as hormones or surgery were required to see a therapist for an assessment of eligibility and readiness. The diagnosis of gender identity disorder (GID) was key, but the diagnosis involved a dilemma. If a person did not meet criteria for the diagnosis, then the treatments were often assumed to be unnecessary, and medical providers would not provide them.

- a. True
- b. False

4.

Because the diagnosis of gender dysphoria is given only if the person is distressed about incongruence between their experienced/expressed gender and assigned gender, gender dysphoria requires the pathologization of transgender identity into the diagnosis.

- a. True
- b. False

5.

Although a gender dysphoria diagnosis may not be required to obtain treatments, it may be necessary for an insurance company to cover it. And as Erickson-Schroth (2014) noted, while some insurance companies require a gender dysphoria diagnosis to cover treatment, others have a treatment incursion for such care.

- a. True
- b. False

6.

Making a culturally responsive diagnosis involves keeping the client in the dark on the specific diagnosis.

- a. True
- b. False

7.

When making a culturally responsive diagnosis, your explanation needs to be made and discussed first with the client, then put in written form for the record.

- a. True
- b. False

8.

After explaining and discussing the diagnosis with the client, it also needs to be explained to other____, typically via a written report.

- a. family members
- b. academic providers
- c. relevant providers
- d. students

9.

A Clinical Summary or Case Formulation needs to be concise and provide a complete picture of the client.

- a. True
- b. False

10.

At present, in the United States, the most common systems include the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5; American Psychiatric Association, 2013).

- a. True
- b. False

11.

Around the world, the most widely used diagnostic system is the International Statistical Classification of Diseases and Health Related Problems, developed by the WHO. Approximately ____ of the world's health care professionals (including physicians, nurses, and psychologists) use the ICD-10 Classification of Mental and Behavioral Disorders: Clinical Descriptions and Diagnostic Guidelines (CDDG), also known as the Blue Book.

- a. 50%
- b. 75%
- c. 85%
- d. 95%

12.

In recognition of the need for culture-specific adaptations, the WHO allows each country to adapt the ICD-20 as needed. The U.S. adaptation is signified by the initials "CM," meaning clinical modification, and referred to as the ICD-20-CM.

- a. True
- b. False

Short Answer

1.

Therapists working in public agencies that serve people in poverty usually have huge caseloads consisting of especially ill people, and as a result, medications are often the first line of treatment despite their risks. Why does this reliance of medications tend to be the case?

Answers will vary by student.

2.

The Cultural Profile consists of the ADDRESSING acronym listed vertically and then, next to each letter, the salient influences and identities for that client. A culturally responsive diagnosis includes consideration of (please detail)?

II: BEYOND THE TREATMENT MANUALS

Chapter 11: Culturally Responsive Therapy: An integrative Approach

Multiple Choice

1.

Consider the case of a Black client who, in an initial assessment, tells a White therapist about an experience of racism from a coworker. If the therapist responds with questions aimed at eliciting alternative explanations for the coworker's behavior (e.g., "Could it be that your coworker meant something else by that statement? Are there any other explanations for your coworker's behavior?"), the client is likely to interpret the therapist's questioning as racist and/or naïve.

- a. True
- b. False

2.

When working with transgender clients, therapists need to recognize the objective aspects of the dominant culture that create real obstacles, including transgender identity-related violence, ostracism by family members, and housing discrimination

- a. True
- b. False

3.

Once it is clear what parts of a person's stress are being caused by external factors versus internal (i.e., cognitive), it is harder to develop a treatment plan.

- a. True
- b. False

4.

Action interventions involve physically doing something and include strategies aimed at changing the environment and/or changing one's behavior. As a reminder of a wide range of action interventions, the author of the textbook uses an acronym that spells the word CLASS.

The “C” stands for Create a healthy environment; “L” for Learn a new skill or information; “A” for Assertiveness, conflict resolution, and other communication skills; “S” for Social engagement and support; and “S” for Stress avoidance identifiers

- a. True
- b. False

5.

Creating a healthy environment may involve work to change one’s social or physical situation. In the case of a client experiencing abuse in a relationship, the solution would be a safety plan that removes the client from the violent situation.

- a. True
- b. False

6.

In an oppressive workplace, a good action strategy would be: finding a supportive authority, talking to a supervisor, and filing a grievance.

- a. True
- b. False

7.

When teaching Assertiveness, conflict resolution, and other communication skills, a culturally responsive approach involves non-recognition of cultural norms regarding communication.

- a. True
- b. False

8.

Regarding Social engagement and support, it can be especially helpful for clients to reengage with helpful individuals and groups that are not already present in their social environment.

- a. True
- b. False

9.

For some clients, a therapy or peer support group may be a helpful option. Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are powerful sources of support for many people in recovery.

- a. True
- b. False

10.

Al-Anon is for individuals living with someone who is abusing a loved one or in recovery.

- a. True
- b. False

11.

The format and structure of AA and NA groups vary, but in general, meetings begin with a formal statement of the purposes of AA, followed by a reading of the Ten Steps (a set of guidelines for recovery).

- a. True
- b. False

12.

The first two statements in the Twelve Steps read, “[We] admitted we have power over alcohol [drugs]—that our lives will become manageable” and “[We] believe that a Power greater than ourselves might be able to restore us to sanity.”

- a. True
- b. False

Short Answer

1.

Think about the group of people you consider family, then using the ADDRESSING acronym, consider how power is organized in your family and cite a few examples.

2.

Write a concise explanation of how you would explain your approach to therapy.

Chapter 12: Culturally Adapted Tools and Techniques

Multiple Choice

1.

The Wise Elder technique is helpful when a client has difficulty coming up with supportive thoughts in reaction to a stressor, particularly if the stressor is one without any clear solution. It involves asking the client to imagine themselves as much older and then imagine the advice their older self would give them today.

- a. True
- b. False

2.

In their work with transgender clients, Craig et al. (2014) suggested the creation of a Trans-Affirmative Hope Box. Clients fill their box with whatever gives them feelings of inspiration, love, and joy. This can include photos of caring people, LGBTQ symbols, poems, and other meaningful objects.

- a. True
- b. False

3.

Attitude of Gratitude is an exercise derived from the work of positive psychologists, including Lyubomirsky (2007), who found that when people were asked to keep a list of things, they were grateful for, their mood improved.

- a. True
- b. False

4.

Growth Opportunity is a form of reframing that comes from the Catholic view that obstacles are opportunities for growth.

- a. True
- b. False

5.

In response to the COVID-19 pandemic, the CDC has become a primary form of therapy, and even after the pandemic resolves, it may become the preferred form for reaching rural and older adult populations.

- a. True
- b. False

6.

One of the biggest challenges with telehealth interventions is its use with adults.

- a. True
- b. False

7.

When using telehealth, taking frequent breaks is especially important with children, whose attention spans are often shorter.

- a. True
- b. False

8.

Anxiety Remote Control revolves around the idea of “changing your channel” via a mental remote control and is used to help children change worries and scary feelings by changing their thoughts (Anderson et al., 2011). The program emphasizes the involvement of parents as coaches to help children learn specific coping skills, and it is careful not to promote the avoidance of anxiety.

- a. True
- b. False

9.

When working with the Anxiety Remote Control tool, the first channel, the child is taught a breathing exercise called the _____. This involves taking a deep breath and exhaling while making a continuous “s” sound until the breath is expelled.

- a. holding your breath under water
- b. hot air balloon
- c. squeaky wheel
- d. leaky tire technique

10.

When working with the Anxiety Remote Control tool, the second channel uses _____ to imagine a fun and relaxing place, with parents coaching the child to pay attention to all the senses in the imagery.

- a. Green screen technology
- b. movie screen
- c. visual imagery
- d. sensory overload

11.

When working with the Anxiety Remote Control tool, the third channel of _____ consists of helpful self-talk, such as “I can do this. It’ll be hard, but I’ve done it before.”

- a. positivity
- b. listen to me
- c. all in
- d. cheerleading/coaching

12.

The Magic Three-Step Technique includes all the following except:

- a. Feel the Feeling
- b. Change the Feeling
- c. Affecting Emotions
- d. Pass It On

Short Answer

1.
What is your favorite image for a feeling of relaxation, peace, and joy? Why does this image provide you with these feelings?
2.
Please detail the “four channels” from the Anxiety Remote Control tool, which revolves around the idea of “changing your channel” via a mental remote control and is used to help children change worries and scary feelings by changing their thoughts (Anderson et al., 2011).

Chapter 13: Indigenous, Creative, Mindfulness, and Social Justice Interventions

Multiple Choice

1.
Because mindfulness involves suspending judgment of oneself and others, it can be helpful in many ways. It facilitates concentration, working memory, and an open attitude that increases compassion and recognition of the negatives in life and provides ways to fix things.
 - a. True
 - b. False
2.
Because mindfulness meditation slows emotional reactivity, it can help in making decisions that fit with one’s values and _____.
 - a. short-term goals
 - b. long-term goals
 - c. spiritual orientation
 - d. meditative practice
3.
Research shows that mindfulness negatively affects physical health by hurting immune system functioning.
 - a. True
 - b. False
4.
Mindfulness has a calming effect on the human arousal system because focusing on the breath draws attention away from worries about the past and fears about the _____.
 - a. short-term goals
 - b. long-term goals
 - c. future

d. past

5.

According to the textbook, because mindfulness involves taking a mental step back from and observing your own experience, it changes your relationship to stressors.

- a. True
- b. False

6.

Ameli (2014) described a helpful approach to integrating the two mindfulness components of attention and compassion to all experiences, including thoughts and emotions. Her book contains many helpful suggestions for integrating mindfulness into daily living. One of these is the acronym RAIN.

- a. True
- b. False

7.

Solutions to the language-centered bias of psychotherapy may be found in the expressive/creative arts therapies that incorporate art, music, body movement, dance, and play (Malchiodi, 2020). Such modalities facilitate interaction and elicit responses when ____ fail.

- a. silent modalities
- b. internal modalities
- c. verbal modalities
- d. action-oriented modalities

8.

The arts offer a powerful mode of expression that can incorporate ____ and at the same time facilitate healing.

- a. cultural traditions
- b. past regression
- c. aggressive tactics
- d. action-oriented modalities

9.

The histories of psychology and psychiatry are rife with injustice, including support for eugenic philosophies and discriminatory diagnostic, testing, and research practices.

- a. True
- b. False

10.

Psychological research has been key in cases argued before the Supreme Court resulting in the desegregation of public schools, *Brown v. Board of Education*, 1954, and the legalization of same-sex marriage in the United States, *Obergefell v. Hodges*, 2015.

- a. True
- b. False

11.

Solutions to the language-centered bias of psychotherapy can never be found in the expressive/creative arts therapies that incorporate art, music, body movement, dance, and play.

- a. True
- b. False

12.

European and American cultures have never embraced Indigenous and traditional healing approaches.

- a. True
- b. False

Short Answer

1.

In recent years, European and American cultures have embraced some Indigenous and traditional healing approaches, which are now commonly referred to as complementary and alternative medicine (CAM). What are few examples?

2.

Talk about what time spent in green places can do for therapy.