

Question 1

A PMHNP is treating a 45-year-old female patient who is upset that her brother has not been calling since his divorce. When asked to describe her brother and what prompts him not to call as frequently, she says, "Everything is about him, not me. I think he's jealous that I have a good marriage and he wants me to be unhappy, too. So he doesn't call to upset me and ruin my relationships." Based on this information, the PMHNP can conclude that the patient__.

- A. may lack ability to see independent motivations
- B. has an insistent emphasis on the feelings of others
- C. has an intrusive interpersonal relationship
- D. all of the above

Question 2

When a PMHNP is seeing a patient for the first time, what is an important step to assure that the patient and provider understand the limits of their discussion?

Selected Answer: C. Have a discussion about the confidentiality and its limits

Question 3

You are seeing a 29-year-old widow whose husband recently died overseas while serving his country in the military. She has been mourning the loss of her husband for several months, and continues to grieve. She refuses to go to group grieving sessions, but reports that she is still able to go to work and her fitness classes sometimes, and even makes attempts to stay social. She says, "Sometimes it's like he's not even gone. Other times it feels like it's been an eternity since I've seen him. It's hard to talk about this type of stuff with my girlfriends, especially since all of their husbands are still alive." The PMHNP understands that it is appropriate to employ which therapeutic principle?

Selected Answer: A. Encouraging catharsis

Question 4

The PMHNP is treating a 35-year-old male officer in the military. He discloses that both of his parents are deceased and that he loved them. However, he says that he had feelings of inadequacy because his parents held him to a standard that he could never achieve. He went on to say that nothing he did ever felt good enough. The PMHNP assesses that this patient has perfect creases in his uniform with no strings or tags out of place; she also notices that he has perfect posture and questions him about ritualistic behaviors. She suspects that this patient has maladaptive responses to the expectations placed on him as a teenager and young adult. Which statements made by the patient would verify the PMHNP's suspicion?

Selected Answer: D."I believe in systems; I have to have order and rules in my everyday life. If a task must be completed, I will often complete it myself versus depending on someone else."

Question 5

The PMHNP is working with a patient who experiences anxiety around her parents that later leads to poor impulse control. What will the PMHNP do to employ psychodynamic psychotherapy properly for this patient?

- A. Emphasize the past
- B. Focus on expressions of emotion

C. Identify patterns in relationships
D. All of the above

Question 6

The PMHNP has been treating a 15-year-old patient with a history of abuse and neglect. Thirty minutes into their therapy session the patient jumps up and begins to pace around the room. Utilizing Socratic dialogue (SD) the PMHNP's best action would be to:

Selected Answer: C. Say, "I noticed a change. Can you tell me what happened?"

Question 7

During cognitive behavioral therapy (CBT), a 64-year-old male patient states, "I get so frustrated sometimes and I just blow up at everybody!" Which response by the PMHNP demonstrates translation of Socratic dialogue (SD)?

Selected Answer: B. "When you say blow up, what exactly does blow up mean and how does it feel to you?"

Question 8

The PMHNP understands that anxiety and depression are two disorders in which their symptoms may overlap. When discussing this, you explain that the autonomic nervous system is activated and further helps distinguish anxiety symptoms by making the following points:

Selected Answer: B. "You may experience fear, sweating, and muscle tension."

Question 9

The PMHNP meets with an adolescent patient who has depression and often presents with resistance when discussing his parent's divorce. For the past couple of sessions, the patient has been quiet, sometimes refusing to speak. To further support the therapeutic relationship, the PMNHP:

Selected Answer: A. Observes and points out the behavior

Question 10

The PMHNP is working with a patient who experiences abreactions when discussing repressed feelings of his sexual abuse as a child. What can the PMHNP do to manage the patient's intense emotional reactions?

Selected Answer: C. Suggest a relaxation technique, such as yoga or meditation

Question 11

A 35-year-old patient seeks treatment for depression and anxiety after an abusive relationship. To help empower the patient, the PMHNP wants to teach the safe-place exercise to create a feeling of calm. In order to walk the patient through the exercise, the PMHNP first says:

A. "Identify an image of a safe place that makes you feel calm."

B. "Think about the things that cause you anxiety and let them go."

C. "Take a deep breath and start to relax with each new breath."

D. "Picture a beautiful beach and describe to me what you see."

Question 12

True or false: A PMHNP may ask his patient to describe her relationship with her father, both as a child and now, in order to assess interpersonal style.

Selected Answer: False

Question 13

An initial evaluation reveals that an 11-year-old patient has moved to a new school after her parents' recent divorce, and is having trouble making friends. The patient has normal mental status and exhibits appropriate behavior. What is the most appropriate scale for the PMHNP to use to get more information?

Selected Answer: D. Impact of Event Scale

Question 14

A 62-year-old patient has been diagnosed with borderline personality disorder. Upon assessment, the PMHNP learns that he participates in spending sprees and occasional binge eating, accompanied by rapid changes in self-image. Which evidence-based psychotherapeutic model does the PMHNP identify as effective and beneficial?

Selected Answer: C. Dialectical behavior therapy

Question 15

The PMHNP is working with an adult patient who has somatic complaints caused by a history of childhood abuse. As part of the therapeutic process, what does the PMHNP do to assess and organize a trauma history?

- A. Interview the patient's family members
- B. Construct a timeline of the patient's life**
- C. Review the patient's current stressors
- D. Debrief with the patient

Question 16

The PMHNP is working with a veteran who has posttraumatic stress disorder (PTSD). The PMHNP believes that dual awareness will be beneficial in allowing the patient to focus on the here and now. What strategies can the PMHNP use to develop dual awareness in the patient?

Selected Answer: D. All of the above

Question 17

A PMHNP is treating a 50-year-old patient who suffers from depression. When he was growing up, he was often responsible for taking care of his three younger siblings. Since then, the patient puts other people's needs before his own. Based on this information, the PMHNP would conclude that his interpersonal style is_____.

Selected Answer: A. Overly nurturing

Question 18

The PMHNP is working with a patient who is living in poverty and abusing substances. According to the treatment hierarchy framework, what needs does the PMHNP need to attend to first?

Selected Answer: A. Provide safety through case management strategies