

Review Test Submission: Exam - Week 11

Course	NRNP-6645-1- Psychotherapy with Multiple Modalities
Test	Exam - Week 11
Status	Completed
Attempt	100 out of 100 points
Time Elapsed	2 hour, 20 minutes out of 2 hours and 30 minutes
Results Displayed	Submitted Answers

The advanced practice psychiatric nurse encourages a patient with gambling addiction to develop a relapse prevention plan. Which of the following is true about a relapse prevention plan?

- A A relapse prevention plan includes identifying triggers to the patient's gambling and a variety of coping strategies to avoid or successfully manage triggers without reverting to gambling.
- B A relapse prevention plan should be completed during the initial stage of treatment.
- C The main focus of a relapse prevention plan is on changing behaviors.
- D The main focus of a relapse prevention plan is on cognitive or thought processes to decrease the desire to gamble

Which of the following is consistent with the psychotherapeutic approach used by existential psychotherapists?

- A The existential approach has a specific set of techniques used.
- B The existential relies on the patient to drive the therapeutic direction.

- C The existential therapist presents broad existential themes but avoids in-depth questioning.
- D The existential psychotherapist is free to draw on techniques from other psychotherapeutic models.

According to Dearing, Stuewig, and Tangney (2005), understanding the difference between guilt and shame and its impact on an individual's motivation is critical to hope and the recovery process. Which of the following is true regarding guilt and shame?

- A Shame drives a person to engage in treatment while guilt drives a person to avoid treatment.
- B Shame causes a person to perceive self as a failure and guilt causes avoidance of treatment.
- C Guilt causes a person to perceive himself as a loser and shame drives a person to avoid treatment.
- D Shame drives avoidance from treatment, Guilt often motivates a person to seek treatment.

Which of the following is not consistent with what is known about relapse?

- A Relapse indicates treatment failure.
- B Relapse is a persistent risk in addiction.
- C Relapse is a characteristic of all chronic medical diseases.
- D Relapse is the return to substance use or addictive behaviors after periods of abstinence.

The advanced practice psychiatric nurse proficient in Interpersonal Psychotherapy (IPT) is working with an older adult who does not realize she has depression. Which of the following is true?

- A IPT is not an appropriate model for treating depression in older adults.
- B This is a common IPT issue with older adults during the initial sessions.
- C The advanced practice psychiatric nurse should consider using a standardized scale to quantify the depression and use this to educate the patient and the family.
- D B and C

The patient in Dialectical Behavior Therapy (DBT) complains the skills being taught in DBT don't work, struggles with keeping diary cards, and doing assigned homework. This is consistent with which stage of treatment within the DBT model?

- A Stage 1
- B Stage 2
- C Stage 3
- D Stage 4

The existential concept of an openness, readiness, and flexibility to grow and change, which necessitates a capacity to choose alternatives, and shape one's own destiny as authors of creating their own world is which of the following?

- A Freedom
- B Responsibility
- C Authenticity
- D Meaning

Which of the following is not consistent with a family-centered approach in child therapy?

- A In family-centered treatment, the family is the focus of treatment.
- B Family-centered treatment is appropriate to improve family interactions.
- C Family-centered treatment is appropriate to keep families engaged in services
- D Family-centered treatment is appropriate to increase family knowledge about mental health.

The Gestalt therapist notices the patient is fidgeting with fingers, legs are shaking and asks the patient "What are you experiencing right now in your body?" This is a type of creative experimentation known as which of the following?

- A Focusing
- B Body awareness
- C Language of responsibility

D Empty-chair dialogue

The advanced practice psychiatric nurse is working with a group of patients in an outpatient substance abuse treatment program. One patient comes to the advanced practice psychiatric nurse after the group session and asks if the advanced practice psychiatric nurse would meet at a nearby Starbucks to clarify a couple of questions that came up at the end of the session and fears relapse. Which of the following would be consistent with the traditional therapeutic frame?

- A Given concerns about relapse it would be important to meet with the patient just this one time and just for 10 minutes but meet in your office.
- B Remind the patient that one of the rules is not having contact outside of therapy sessions.
- C Agree to meet with patient alone in the group room to resolve any outstanding concerns from the group.
- D Agree to meet with the patient at Starbucks briefly to discuss the unresolved issues, but only this once and only for 10 minutes.

Which of the following statements would not be consistent with the humanistic-existential concept of "holism" ?

- A People are unique.
- B The whole is greater than the sum of its parts.
- C Mind, body, spirit work in a unified synergistic fashion.
- D Dysfunctions such as a chemical imbalance must be

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