

1. The advanced practice psychiatric nurse helps the patient to identify and name feelings, focus on somatic sensations associated with emotions, and encourages use of metaphor to describe feelings. This is consistent with which basic strategy of supportive psychodynamic therapy?

A. Make connections

**B. Decrease alexithymia**

C. Encourage patient activity

D. Maximize adaptive coping mechanisms

2. Schizoid personality is a pathological outcome associated with which of Erickson's psychosocial stages?

A. Autonomy vs. self-doubt

B. Industry vs. inferiority

C. Identity vs. role confusion

**D. Intimacy vs. isolation**

3. What distinguishes psychoanalytic therapy from other types of therapies?

A. The focus on problem-solving

B. The focus on irrational thoughts

**C. The focus on dreams and wishes**

D. The deep analysis of the patient relationship with the therapist.

4. Strategies for working with anxiety are central to all therapy approaches. Which strategy would be consistent with a behavioral therapy approach?

A. Restructuring

B. Interpretations

**C. Desensitization**

D. Exploring wishes

5. Good practice habits that are relevant for legal and ethical professional responsibility include which of the following? Check all that apply.

**A. It is essential that emergency coverage is in place.**

**B. How the patient contacts you between sessions and in emergencies should be included in the contract given to the patient during the initial session.**

**C. Explicitly state whether you will be available for phone calls between sessions and adhere to clear limits.**

D. Check messages at least once per day and call back within 24 hours.

Step-by-step explanation

6. For severe trauma and phobias it is recommended to teach the patient some relaxation techniques prior to beginning exposure therapy. When is it appropriate to use these relaxation techniques?

A. It is appropriate to use relaxation techniques in between exposures

B. It is appropriate to use relaxation techniques during the actual exposures conducted by the therapist.

C. It is appropriate to use relaxation techniques after the exposures

**D. A and C**

7. A patient being treated with supportive psychodynamic psychotherapy has been missing sessions and coming late when coming to sessions. The advanced practice psychiatric nurse recognizes this behavior as which of the following?

**A. Avoidance**

B. A sign the patient has met goals.

**C.** The patient is ready to talk about termination of therapy.

**D.** The patient is bored because the sessions have not been very interesting.

8. Cognitive Behavioral Therapy (CBT) interventions focus on

**A.** The person's relationships and family dynamics

**B. The person's thoughts, beliefs, or behaviors**

**C.** The person's understanding of how the past gets triggered and plays out in the present

**D.** The person's body, beliefs, images, and emotions to process trauma

9. The therapist using a CBT approach says to the patient: "You say you become depressed. Explain to me what depressed feels like to you." This is an example of what question type in Socratic

Dialogue?

**A.** Memory question

**B.** Translation question

**C.** Application question

**D. Interpretation question**

10. According to the Stages of the Family Life Cycle the key emotional process of transition for single

young adults is:

**A.** Commitment to a new system.

**B.** Accepting the shifting generational roles.  
**C.** Accepting new members into the system.

D. Accepting emotional and financial responsibility for self.

Question 11

Evidenced based guidelines for patient treatment are based on which of the following?

A.

Consensus of expert panel

B.

Systematic reviews of case studies.

C.

**Systematic reviews of randomized controlled studies (RTC).**

D.

A and C

Question 12

Which of the following is true about the CBT cognitive processes of primary and secondary thinking? A.

**Primary thinking recognizes the indeterminate, negative and irrational thinking as forever part of human action.** B.

Secondary thinking recognizes the indeterminate, negative and irrational thinking as foremost. C.

Primary thinking views the social and cultural world in determinate, positive and rational terms.

D.

B and C

Question 13

Internal resources include which of the following?

A.

Internal resources are more tangible than external resources

B.