

# Mindful Continuing Education

## Integrative Psychotherapy

**1. Integration refers to what where integrative psychotherapy is concerned?**

- A. how parts of the system are related to the whole
  - B. the flexibility in this treatment method
  - C. the willingness to think differently about therapy
  - D. asking patients to think differently about therapy
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**2. Integrative psychotherapy has how many main approaches that it uses?**

- A. 2
  - B. 3
  - C. 4
  - D. 5
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**3. All of the following but one is a main approach in integrative psychotherapy. Which does not belong?**

- A. Motivational interviewing
  - B. Common factors
  - C. Theoretical integration
  - D. Technical eclecticism
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**4. What percentage of therapists identify as only using one therapeutic modality?**

- A. 5%
  - B. 10%
  - C. 15%
  - D. 20%
- 

**5. All of the following but one is a common factor. Which does not belong?**

- A. Therapeutic relationship
  - B. Patients have struggles they bring to therapy
  - C. Therapists have positive regard for patients
  - D. Therapists use regular supervision to enhance clinical skills
- 

**6. What percentage of patient outcomes are based on the therapeutic modality being used?**

- A. 3%
  - B. 7%
  - C. 12%
  - D. 30%
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**7. What percentage of patient outcomes are based on the common factors in therapy?**

- A. 20%
  - B. 40%
  - C. 60%
  - D. 80%
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**8. Integrative psychotherapy was largely born from the schools of Humanism, Psychoanalysis, and:**

- A. Gestalt Psychology
  - B. Cognitive Psychology
  - C. Structuralism
  - D. Behaviorism
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**9. What is the definition of self-actualization?**

- A. a set of ideas and beliefs about the self
  - B. moments of pure joy and elation
  - C. the belief that humans can choose how they act through self-determination
  - D. when a person reaches their full potential
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**10. All of the following but one is a weakness of behaviorism. Which does not belong?**

- A. It does not explain biological influences
  - B. It can be confusing for people who struggle to think for themselves and self-lead
  - C. It does not explain all types of learning
  - D. It does not explain mood, thoughts, or feelings
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**11. Psychoanalysis was built on all of the following concepts but one. Which does not belong?**

- A. Self-actualization
  - B. The model of the mind
  - C. Psychosexual model
  - D. Dream interpretation
- 

**12. All of the following but one is a wellness domain in SAMHSA's 8 wellness domain model. Which does not belong?**

- A. Physical health

- B. Social health
  - C. Environmental health
  - D. Relationship health
- 

**13. How can eclectic therapy be defined?**

- A. Eclectic therapists generally subscribe to one set of theoretical explanations for human behavior and therefore there are a variety of types of eclecticism
  - B. Eclectic therapists do not generally subscribe to one set of theoretical explanations for human behavior and therefore there are a variety of types of eclecticism
  - C. A type of Syncretism that blends schools of thoughts and concepts
  - D. A form of therapy that relies on many different types of modalities. Some are evidence-based and some are not.
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**14. Eclectic therapists can identify their thoughts and beliefs about therapy and how to administer it by answering certain questions. Which does not belong?**

- A. What is your spiritual practice and how does it influence your work?
  - B. What ethical practices do you follow and how?
  - C. What are your cultural beliefs and views?
  - D. How secure do you feel in your therapeutic relationships?
- 

**15. All of the following but one is a benefit of eclectic therapy. What does not belong?**

- A. Personalized therapy
  - B. Different methods for different issues
  - C. Engagement is increased
  - D. It requires a strong skill level by the therapist
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**16. All of the following but one is a benefit to integrative psychotherapy. Which does not belong?**

- A. Flexibility
  - B. Fewer limitations
  - C. Improved relationship with therapist
  - D. It is able to focus on one specific domain
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**17. Which of the following is a good question to learn about the whole client?**

- A. Tell me about your mental health?
  - B. Tell me about your physical health?
  - C. Tell me about what makes you you?
  - D. Tell me about your education?
-

**18. All of the following but one is a pro to a psychoanalytic approach. Which does not belong?**

- A. The focus on a specific diagnosis
  - B. Encouragement for clients to talk
  - C. Mitigate human suffering is a focus
  - D. Acceptance is given to the patient
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**19. Who listed did not influence Humanism?**

- A. Carl Rogers
  - B. Abraham Maslow
  - C. Carl Jung
  - D. Rollo May
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**20. Who listed began Behaviorism?**

- A. John Watson
  - B. Rene Descartes
  - C. John Locke
  - D. B.F. Skinner
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