

# Psych CE

## Promoting Cultural Competence in Behavioral Healthcare

**1. All of the following should be specifically assessed for but one in a multicultural intake process. What does not belong?**

- A. Family incarceration history
  - B. Languages spoken
  - C. Geographic location
  - D. Tribal affiliation
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**2. In the LEARN method for familiarizing clients with the behavioral health treatment process, the N stands for what?**

- A. Neurology
  - B. Non-professional
  - C. Negotiate
  - D. No information
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**3. All of the following but one are recommended strategies for cross-cultural communication. Which does not belong?**

- A. Explaining information
  - B. Using technical language
  - C. Talking slow
  - D. Using plain language
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**4. Which levels should organizations seek to have diverse staff?**

- A. Clinician level
  - B. Management level
  - C. Upper management level
  - D. All levels
- 

**5. Which one of the following practices should be avoided by clinicians to be culturally competent?**

- A. Being informal in how to address patients
  - B. Giving clients flexibility with scheduling as needed
  - C. Referring to outside services as needed
  - D. Practicing cross-systems collaboration
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**6. Which of the following is not an example of a traditional healing practice?**

- A. Cognitive behavioral therapy
  - B. Acupuncture
  - C. Energetic therapies
  - D. Plant or animal ceremonies
- 

**7. Which of the following shows the difference between an agent and a target?**

- A. There is no difference
  - B. A target has power whereas an agent has less power
  - C. An agent holds more power than a target holds in communities
  - D. Everyone is both an agent and a target
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**8. Which of the following is an example of an agent?**

- A. An African American woman
  - B. A queer woman
  - C. An Indian male
  - D. A Caucasian male
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**9. What is the definition of intersectionality?**

- A. No identities are interconnected
  - B. the interconnected nature of social categorizations such as race, class, and gender, regarded as creating overlapping and interdependent systems of discrimination or disadvantage; a theoretical approach based on such a premise”
  - C. The interconnected nature of physical health categories
  - D. The interconnected nature of emotional health categories
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**10. For every dollar that a Caucasian male makes, how much does an African American woman make?**

- A. 0.68 cents
  - B. 0.64 cents
  - C. 0.62 cents
  - D. 0.58 cents
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**11. All of the following but one are important domains to consider where culture is concerned.**

- A. Language spoken
  - B. Geographic location
  - C. Religious affiliation
  - D. Books preferred to read
-

**12. What often happens when providers are not culturally competent?**

- A. Individuals avoid going to treatment
  - B. Nothing happens - there is no impact
  - C. Treatment success rates increase
  - D. There is less stigma associated with treatment
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**13. What does disability refer to?**

- A. Physical functional
  - B. Mental functioning
  - C. Physical and mental functioning
  - D. How well someone can support themselves
- 

**14. 1 in \_\_\_\_ Americans are born outside of the United States?**

- A. 5
  - B. 7
  - C. 9
  - D. 10
- 

**15. What percentage of the population lives in poverty?**

- A. 9.50%
  - B. 10.20%
  - C. 10.50%
  - D. 11%
- 

**16. All of the following but one are the main domains that clinicians must understand about clients in order to be culturally competent. Which does not belong?**

- A. Cultural identity
  - B. Subculture membership
  - C. Trauma history
  - D. Why they want support
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**17. Which of the following is not an example of a collateral contact?**

- A. The client
  - B. The clients parents
  - C. The clients teacher
  - D. The clients parole officer
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**18. Which of the following defines the contemplation stage in readiness for change?**

- A. In this second stage, patients begin to consider what action to change might look like.
  - B. In this third stage, patients prepare to engage in change behavior. They might take small steps towards change.
  - C. In this fourth stage, patients engage in the changed behavior.
  - D. In this final stage, patients continue to engage in the action behaviors but they are more integrated into their lifestyles.
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**19. Which of the following is not a governance task for organizational cultural competence?**

- A. Reviewing the mission, vision, and values statements to ensure they are culturally competent
  - B. Assigning senior managers to ensure that organizational change is culturally appropriate and responsive
  - C. Developing boards that advise cultural competency
  - D. Creating a committee that ensure the organization is diverse
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**20. Which of the following statements is true?**

- A. African Americans are more likely to self-refer for therapy services than Caucasian Americans
  - B. African Americans are less likely to self-refer for therapy services than Caucasian Americans
  - C. African Americans have less internalized fear about systems and therapy than Caucasian Americans do
  - D. African Americans need less time to establish a relationship with clinicians than Caucasian Americans do
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