

CI 520 - Crisis Intervention Assessment & Treatment II

Exam Instructions

Thank you for enrolling into CI 520 - Crisis Intervention Assessment & Treatment II. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

If you have any questions, please contact us at: info@aihcp.org

Full Name:

Email:

AH Number:

1. Most stalkers are former intimate partners.

- A) True
- B) False

2. Violence committed against pets or property is examples of

- A) threat behaviors.
- B) proximate contact.
- C) harm behaviors.
- D) distance contact.

3. Hyperintimacy is characterized by an effort to control by isolating, restraining, or kidnapping.

- A) True
- B) False

4. Battered women find the following to be helpful except

- A) crisis hotlines.
- B) social workers.
- C) clergy.
- D) women's groups.
- E) psychotherapist.

- 5.** Battered women find the following to not be helpful except
- A) police.
 - B) crisis hotlines.
 - C) clergy.
 - D) lawyers.
- 6.** One of every five American women has been a victim of an attempted or completed rape.
- A) True
 - B) False
- 7.** Over half of female murder victim's age 12 or older is killed by intimate partners.
- A) True
 - B) False
- 8.** A state of crisis can occur rapidly when the following happens except
- A) the victim experiences a precipitating or hazardous incident.
 - B) the incident is perceived by the woman as threatening to her or her children's safety and as a result of tension and distress.
 - C) the battered woman's attempts to resolve the situation by using customary coping methods has fails.
 - D) the incident is predictable and could have been prepared for in advance.
 - E) emotional discomfort and turmoil worsen and the victim feels that the pain and anguish is unbearable.
- 9.** It is best for a woman to establish a zero tolerance for violence early in her relationships.
- A) True
 - B) False
- 10.** Characteristics of PTSD include to each of the following except
- A) re-experiencing the event.
 - B) increased arousal and hypervigilant.
 - C) seeking help immediately when symptoms appear.
 - D) affective expression.
 - E) risk of victimization.
- 11.** Stress management techniques typically had little effect on the battered woman's inner strengths and potential for positive growth because they are victims.
- A) True
 - B) False

12. Types of traumatic, life-threatening mental health and legal events or situations often precipitating a crisis include each of the following except

- A) a battered woman sustained a life-threatening injury.
- B) the child was severely physically or psychologically harmed by the batterer.
- C) the victim withdraws restraining orders and any other legal action against the batterer.
- D) the battered woman encounters explicit kidnapping or terroristic death threats against her, her children, and/or elderly parents.
- E) the batterer has already made explicit death threats against the formerly battered woman and is soon to be released from prison or other incarceration.

13. ____ focuses on an accelerating growth and identifying inner capabilities, knowledge and personal insights.

- A) Empowerment strategies
- B) Resilience
- C) Healing

14. ____ refers to the ability of the body and mind to resist disease and chaos.

- A) Empowerment strategies
- B) Resilience
- C) Healing

15. ____ creates opportunities for individuals and communities.

- A) Empowerment strategies
- B) Resilience
- C) Healing

16. Carlson's intervention model includes

- A) practice orientation: nonjudgmental acceptance, confidentiality, and a belief in self-determination of client.
- B) engagement and developing a collaborative relationship.
- C) assessment.
- D) intervention: development of a safety plan, increasing information, enhancement of coping and problem-solving, and decision-making skills, and reducing isolation by increasing social support.
- E) all the above

17. Cognitive Trauma Therapy with Battered Women (CTT-BW) is designed to mitigate crisis issues addressed in the treatment of survivors including each of the following except

- A) trauma based survivors guilt.
- B) history of prior/other traumatic experiences.

- C) deep-seated psychoanalytically-based developmental issues.
- D) likelihood of ongoing stressful contact with the abuser in relation to parenting.
- E) risk for subsequent revictimization.

18. Herman's model includes

- A) re-establishing safety and a sense of self-care.
- B) remembering and mourning.
- C) reconnecting.
- D) all the above

19. Incorporating a battering victim's feedback into the policies and procedures of the agency can be an empowering experience for them.

- A) True
- B) False

20. As so many police calls involve domestic violence situations some departments have set up specialized units of crisis intervention teams staffed by professional crisis counselors and/or trained volunteers.

- A) True
- B) False

21. Reasons why medical professions tend to ignore the protocol described by the author include each of the following except

- A) some physicians and nurses do not regard battering as a medical problem.
- B) the understanding that battered women need deep lengthy analysis to get better.
- C) some of the emergency room staff see asking questions about a woman's injuries to be an invasion of privacy.
- D) many believe that completing the protocol is just another thing to do on top of everything that needs to be done.

22. Encouraging the client to talk about the here and now is an example of the ____ step of the ABC process.

- A) achieving contact
- B) boiling down the problem
- C) coping with the problem

23. Exploring what the client believes to be the best solution is an example of the ____ step of the ABC process.

- A) achieving contact
- B) boiling down the problem

- C) coping with the problem
- 24.** All children are pretty much the same so an approach that works for one should work with another.
- A) True
 - B) False
- 25.** Objectives when dealing with children include each of the following except
- A) assuring them of the child's continued care and safety.
 - B) encouraging children to identify and express their feelings.
 - C) making a referral for long-term, intense therapy.
 - D) providing information that will improve each child's ability to adapt to shelter setting.
 - E) beginning to assess the individual client's needs and concerns.
- 26.** Telephoning, mailing, sending unwanted gifts after expressly being told not to do so is an example of
- A) traditional stalking behaviors.
 - B) threatening stalking behaviors.
- 27.** Confining the target against his or her will is an example of
- A) traditional stalking behaviors.
 - B) threatening stalking behaviors.
- 28.** The cyber stalker can
- A) be anywhere in the world.
 - B) remain anonymous.
 - C) impersonate another person.
 - D) use a third party to contact or communicate with the victim.
 - E) all the above
- 29.** In an effort to explain stalkers the ____ theory is associated with antisocial, addictive, and impulsive behaviors.
- A) coercive control
 - B) self-regulation
 - C) relational goal pursuit
 - D) attachment
- 30.** Spitzberg and Cupach group victim behavioral coping actions including each of the following except
- A) moving inward.

- B) moving outward.
- C) moving upward.
- D) moving away.
- E) moving toward.

31. Time-frames for crisis intervention depend on each of the following except

- A) the agency's mission and services.
- B) the client's needs and resources.
- C) the availability of a psychiatrist.
- D) the type of crisis or trauma.

32. ____ are essential in developing the relationship and providing supportive counseling for the client.

- A) Reflective communication
- B) Active listening
- C) Establishing rapport
- D) all the above

33. Assessing and identifying crisis areas of intervention while also recognizing the hazardous event and acknowledging what has happened is characteristic of the ____ stage of the crisis intervention model.

- A) establishing rapport and a communication
- B) identifying the major problems
- C) assessing lethality
- D) dealing with feelings and providing support
- E) exploring possible alternatives

34. Because many stalking victims feel out of control or powerless they should be forced to take action.

- A) True
- B) False

35. The development of an action plan and alternatives are entirely the responsibility of the client.

- A) True
- B) False

36. It is never recommended for the client to have a sense of ownership in the action plan.

- A) True
- B) False

- 37.** With the exception of ____ use most drugs of abuse has not changed remarkably or has declined in recent years.
- A) cocaine
 - B) alcohol
 - C) cannabis
 - D) opiate
 - E) barbiturate
- 38.** The most frequent reason a person does not receive treatment is
- A) not enough time for treatment.
 - B) the stigma of having a substance abuse problem.
 - C) no health insurance coverage or cannot afford its cost.
 - D) not knowing where to go for treatment.
 - E) getting treatment might have a negative effect on their job.
- 39.** Those aged 50 or older utilized mental health services at a much lower rate than those aged 18 to 25.
- A) True
 - B) False
- 40.** In blending the seven-stage model and solution-focused applications acceptance, support and empathy is the application of the ____ stage.
- A) making psychological contact
 - B) examining the dimensions of the problem in order to define it
 - C) encouraging exploration of feelings and emotions
 - D) exploring and assess past coping attempts
 - E) follow-up
- 41.** Scaling, empowerment, exception question, past success tracking, and tracking current success are characteristic of the ____ stage.
- A) restoring cognitive functioning through implementation of action plan
 - B) examining the dimensions of the problem in order to define it
 - C) encouraging exploration of feelings and emotions
 - D) exploring and assess past coping attempts
 - E) generating in explore alternatives and specific solutions
- 42.** Characteristics of persons in crisis and in relapse from an addiction include
- A) a general loss of equilibrium brought on by extreme emotions.
 - B) consequent compression of one's coping repertoire.

C) both of the above

43. Clients entering detoxification and treatment due to addiction to pain medication should be aware of each of the following except

- A) pain control by any means is the primary concern of treatment.
- B) they are expected to participate in activities that support medication-free pain management.
- C) medication is given only in response to withdrawal symptoms.

44. Research has shown a clear path to how the addicted client should be treated.

- A) True
- B) False

45. Evidence-Based Addiction Medicine involves combining clinical expertise with the best available evidence collected from a variety of external sources.

- A) True
- B) False

46. Anecdotal case reports and case studies is a level ____ of evidence.

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

47. A SAMHSA reports states that by 2020 mental health and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.

- A) True
- B) False

48. Funding for preventative behavioral health problems continues to increase.

- A) True
- B) False

49. Early intervention was an important component of the Community Mental Health Center Act of 1963.

- A) True
- B) False

50. Benefits associated with mobile crisis units include each of the following except

- A) increased accessibility of services.

- B) assessing the "patient's native environment".
- C) ready access to a psychiatrist.
- D) the ability to intervene without delay.
- E) the avoidance of unnecessary arrests or hospitalizations.

51. Roberts's seven-stage model cannot be applied to MCUs due to their mobility and attention to immediate crises.

- A) True
- B) False

52. All studies support that the use of MCUs reduce hospitalizations and arrests.

- A) True
- B) False

53. Factors that influence the opening and closing of mobile crisis units include each of the following except

- A) crisis work can be dangerous when interventions will occur in neighborhoods and homes with people who may exhibit or have histories of violence.
- B) the behavioral health and law enforcement systems are rife with conflicts between the two systems.
- C) the unavailability of psychiatrists to perform thorough assessment and diagnostic exams.
- D) the larger political and turf factors that exist in any community can lead to premature cuts despite a programs efficacy.

54. Individuals with HIV experience levels of discrimination far worse than experienced by individuals with other chronic or terminal diseases.

- A) True
- B) False

55. The first stage of the progression of AIDS occurs when one becomes vulnerable to opportunistic infections due to lack of immune system responses.

- A) True
- B) False

56. When doing a suicide assessment with a client in a crisis state it is suggested to

- A) be calm and supportive.
- B) encourage self-disclosure.
- C) keep the counseling process in the here and now.
- D) ask questions about lethality.
- E) all the above

57. To see the larger system of the HIV-positive female client the practitioner must keep in mind each of the following except

- A) the stage of development of the client.
- B) the stage of the disease.
- C) the development of totally new strategies to help the client.
- D) cultural norms.
- E) a client's place in the family or support system.

58. Any dog is well-suited as a therapy dog in the crisis situation.

- A) True
- B) False

59. Each of the following is a characteristic of an animal-assisted crisis response except

- A) crises often come without warning.
- B) intense emotions, high stress, grief.
- C) they are often working alone.
- D) must be self-sufficient, not a burden to other responders
- E) unpredictability, chaotic and unfamiliar.

60. The use of AACR can decrease____ for victims of a crisis.

- A) stress hormones
- B) heart rate
- C) blood pressure
- D) all of the above

61. Research has found that the nonjudgmental, acceptance and supportive nature of dogs can be very nurturing, alleviating anxiety for survivors of a disaster.

- A) True
- B) False

62. AACR compliments PFA by each of the following except

- A) offering nonjudgmental, unconditional acceptance.
- B) providing physical comfort, support, and grounding.
- C) increasing comfort which helps people open up.
- D) by replacing the need for PFA.
- E) building therapeutic bridges.

63. ____ refers to the distress and emotional disruption associated with continued contact with individuals who have experienced a primary traumatization.

- A) Burnout
- B) Compassion fatigue
- C) Secondary traumatic stress

64. There is a growing consensus that psychological debriefing does not prevent subsequent psychological pathology or protect against burnout.

- A) True
- B) False

65. Exposure to trauma is the only risk factor for or precursor to the development a burnout.

- A) True
- B) False

66. Factors to take into account when considering the most appropriate type of intervention for psychological trauma include each of the following except

- A) age.
- B) gender.
- C) social status.
- D) intelligence.
- E) social support.

67. The only factor that is important to assess and help medical staff that has faced a crisis/trauma is to know just the facts of what happened.

- A) True
- B) False

68. Systems tend to retraumatized those who have been involved in potentially traumatizing events.

- A) True
- B) False

69. Problem-solving opportunities when facing potentially traumatizing events include each of the following except

- A) the emotional capacity for understanding and acceptance.
- B) the establishment of realistic expectations for recovery processes.
- C) willingness to isolate one's self as much as possible to work through the implications of the events themselves.
- D) the ability to comprehend and follow instructions.

E) the ability to access potential support systems.

70. Brief emotional support therapy as applied to Roberts's seven-stage crisis intervention model includes each of the following factors except

A) increased awareness of and access to ongoing support services.

B) identifying and approval of individuals coping mechanisms.

C) ensuring that in depth long-term therapy is readily available.

D) providing education related to normal symptoms and reactions to potentially traumatizing situations.

E) assisting in identifying and normalizing common reactions to potentially traumatizing situations.

71. Barriers to recovery from a traumatizing event can be driven

A) solely by the event itself.

B) only by events outside of the work environment.

C) by both the event and events outside the workplace.

72. Steps five and six and Roberts's model involves the reframing the cognitive distortions that are driving the thoughts, feelings, and subsequent behavior.

A) True

B) False

73. Exposure to traumatic events can shake the very foundational beliefs and assumptions held by healthcare workers, firefighters, police officers, first responders and all who come into contact with such events.

A) True

B) False

74. Challenges that have made caregiving more complex include each of the following except

A) long distance caregiving.

B) blended families.

C) the lack of long-term, inpatient psychiatric facilities.

D) fewer adult children in the population to provide care.

E) continued increases and the number of working women.

75. Factors that are particularly troubling and that have higher probability of contributing to a caregiver's burden include

A) residing with a care-receiver.

B) high number of hours spent caregiving.

C) social isolation.

- D) lack of choice in assuming the caregiver role.
- E) all the above

76. Research has shown that depression is commonly reported by overburdened family caregivers.

- A) True
- B) False

77. The ____ burden is characterized by the caregiver's sense of being left behind, missing out of life, and wishing that current circumstances were different.

- A) time-dependent
- B) developmental
- C) physical
- D) social
- E) emotional

78. Resentment is a characteristic of the ____ burden.

- A) time-dependent
- B) developmental
- C) physical
- D) social
- E) emotional

79. The emotional burden is further complicated by feeling embarrassed by the behavior of the care receiver.

- A) True
- B) False

80. ____ is/are components of a wellness-oriented intervention focus for caregivers.

- A) Self-care
- B) Exercise
- C) Good nutrition
- D) Stress management
- E) all the above

81. Self-care for the caregiver includes the need for respite.

- A) True
- B) False

- 82.** To reduce conflict it is usually best to avoid issues regarding the care-receiver's care and caregivers needs.
- A) True
 - B) False
- 83.** People in a crisis state demonstrate the following characteristics except
- A) inability to cope with the impact of the event.
 - B) increased fear, tension or confusion.
 - C) immediate recognition of the need for help in dealing with the crisis.
 - D) subjective discomfort.
 - E) rapid progression to a state of crisis or disequilibrium.
- 84.** The degree to which a medical crisis effects and is defined by the individual is greatly influenced by each of the following except
- A) the coping skills.
 - B) cognitive processes.
 - C) typical affective processes.
 - D) family of origin issues.
 - E) history of psychopathology
- 85.** Referral to mental health services often fail because
- A) the doctor and nurses are concentrating on the medical emergency.
 - B) the stigma associated with mental illness.
 - C) both of the above
- 86.** Counseling/consultation should be available to the patient and their family throughout the period of time they are receiving care for their serious or critical illness or injury.
- A) True
 - B) False
- 87.** In the model described in the text the initial psychological assessment included each of the following except
- A) the patient's mental status.
 - B) internal and external coping resources.
 - C) an in depth analysis of the patient's family background.
 - D) degree of family support.
 - E) premorbid mental health history.

- 88.** An advantage of early intervention is the forging of relationships even when the client may initially be exhibiting no symptoms.
- A) True
 - B) False
- 89.** Self-awareness is much less important to crisis counselors as their involvement with the clients is for such a short period time.
- A) True
 - B) False
- 90.** Once you are a skilled crisis intervener there is little or no need for further training.
- A) True
 - B) False
- 91.** Active listening is characterized by each of the following except
- A) attending.
 - B) observing.
 - C) commanding.
 - D) respect.
 - E) acceptance.
- 92.** According to Greenstone and Leviton "control is achieved by the intervener first identifying themselves and their role in the crisis intervention while also providing structure until the client can regain self-control.
- A) True
 - B) False
- 93.** The ____ stage of the SAFER-R model is understood to be when the intervener is facilitating various interventions and coping strategies.
- A) stabilizing
 - B) acknowledging
 - C) facilitating understanding
 - D) encouraging adaptive coping
 - E) restoring functioning or refer
- 94.** Because every client is different and every crisis is different there is little or no point in conducting research or establish objective measurable means of providing services.
- A) True
 - B) False

- 95.** A compilation of ego and cognitive psychology and individual stress theories contains the following assumptions except
- A) homeostasis is a natural state that all people seek.
 - B) when a person is in a state of emotional disequilibrium, he or she strives to regain emotional balance.
 - C) disequilibrium makes the individual more amenable to in-depth long-term psychiatric care.
 - D) new coping mechanisms are needed to deal with the crisis event.
 - E) a period of disequilibrium in which the individual or family is vulnerable to further deterioration is present when a stressful event becomes a crisis.
- 96.** The process of evaluating one's ability to deal with threats or strain is known as
- A) primary appraisal.
 - B) efficacy expectation.
 - C) secondary appraisal.
- 97.** Coping efficacy is defined as taking action or set of actions that is employed to deal with the stressor.
- A) True
 - B) False
- 98.** ____ is understood to be an individual's unique perspective of an event or an enduring condition that leads the individual to believe that his or her physical life, a way of life, or sanity is in jeopardy.
- A) Internal equilibrium
 - B) Crisis state
 - C) Perceived psychological trauma
 - D) Perceived problems in coping efficacy
 - E) Primary appraisal
- 99.** Time-limited interventions of any type are not curative but rather one that ____ the pace of the client progress for change.
- A) directs
 - B) facilitates
 - C) accelerates
 - D) all the above
- 100.** The task of helping a client is simplified when problems are articulated in terms of realistic goals and operationally defined objectives rather than in vague and nebulous language.
- A) True
 - B) False