

Chapter 1: Competency and Theory in Family Therapy

Multiple Choice

1. Therapeutic theories provide:
 - a. a step-by-step guideline for sessions.
 - b. a means for sifting through information and identifying key areas of change.
 - c. expertise for therapists.
 - d. a replacement for medication.

ANS: B

REF: Competency and Theory: Why Theory Matters

2. Competencies are:
 - a. non-specific lists of the skills professional need to be effective at their job.
 - b. ambiguous and based on hypothetical scenarios.
 - c. detailed lists of the knowledge a professional should have to be effective.
 - d. make the task of learning how to be a family therapist more challenging.

ANS: C

REF: Competency and Theory: Why Theory Matters

3. Competencies should be _____.
 - a. based on theoretical preferences
 - b. what you find interesting
 - c. client-centered
 - d. based on what you are good at

ANS: C

REF: Competency and Theory: Why Theory Matters

4. You have been newly assigned to work with the parents of a 2-year-old who struggles with biting. You should approach the case by:
 - a. implementing an approach that fits well with the needs and culture of the family.
 - b. focusing on what has worked well for your own children.
 - c. employing an intervention that you hold an expertise in.
 - d. using a broad range of interventions.

ANS: A

REF: Competency and Theory: Why Theory Matters

5. Diversity and multicultural competence focuses on issues such as age, ethnicity, sexual orientation, ability, socioeconomic status, and immigration status.
- a. True
 - b. False

ANS: A

REF: Competency and Theory: Why Theory Matters

6. Which of the following statements is TRUE about a therapist who is competent working with diversity issues?
- a. A therapist who says, “I don’t have any culture.” and therefore cannot help with diversity issues is competent in diversity issues.
 - b. A therapist who reports being from a diverse or marginalized group, making them an expert in diversity issues.
 - c. A therapist who admits handling diversity issues is a career-long struggle and a journey that adds depth to the person-of-the-therapist.
 - d. A therapist who assumes because they have read about topics in diversity, that they are competent in diversity issues.

ANS: C

REF: Competency and Theory: Why Theory Matters

7. A competent therapist would do what with the research-related information in their profession?
- a. Use the research literature to inform clinical decisions and treatment planning throughout their career.
 - b. Focus on researching one area of expertise and skimming other areas of interest.
 - c. Stop reading the research literature upon graduation.
 - d. Learn at least one evidenced-based treatment and implement it with all clients.

ANS: A

REF: Competency and Theory: Why Theory Matters

8. It is unimportant for a therapist to be well-versed in legal and ethical issues so long as they possess expertise on a particular theory or competency.
- a. True
 - b. False

ANS: B

REF: Competency and Theory: Why Theory Matters

9. A competent therapist possesses the following specific personal characteristics:
- a. the ability to disregard personal emotions and reactions when working with clients.
 - b. the ability to avoid personal issues in order to build therapeutic relationships.
 - c. the ability to offer sound advice.
 - d. the ability to exude empathy, compassion, and charisma to connect with clients.

ANS: A

REF: Competency and Theory: Why Theory Matters

10. The author suggests the following approach for picking a theoretical orientation:
- a. pick your favorite theory and stick with it because it is likely to meet the needs of all of your clients just by the nature of being in this book.
 - b. approach each theory with an attitude of searching for its most wide and useful parts.
 - c. appreciate that every theory is universally useful.
 - d. choose a theory that has been most effective for you in your personal work.

ANS: B

REF: Suggested Uses for This Text

Short Answer

1. Why are therapeutic theories important to clinical work?
2. What role do competencies play in our profession?
3. In what ways is diversity important in competency?
4. How does using research inform treatment and measure one's effectiveness through client progress?
5. What personal characteristics are important to possess as a competent therapist?