

Test Bank for *Clinical Interviewing, 6th Edition*

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TEST QUESTIONS FOR CHAPTER 1

AN INTRODUCTION TO THE CLINICAL INTERVIEW

1. The clinical interview is considered:
 - a. The most fundamental component of mental health training
 - b. Exclusively an assessment interview
 - c. An optional first-session experience
 - d. Both a and b
 - e. None of the above
2. Who originally designed a “semi-clinical” interview that included both tightly standardized questions and spontaneous questioning?
 - a. Sigmund Freud
 - b. Carl Rogers
 - c. Jean Piaget
 - d. Karen Horney
 - e. Constance Fischer
3. What are the two primary functions or goals of clinical interviewing?
 - a. Testing and Assessment
 - b. Assessment and Helping
 - c. Case Formulation and Referral
 - d. Listening and Talking
 - e. Intervention and Disposition
4. Clinical interviewing may also be known as:
 - a. Intake interviews
 - b. Initial interviews
 - c. Psychiatric interviews
 - d. Diagnostic interviews
 - e. All of the above
5. Which of the following factors do the authors NOT include in their definition of clinical interviewing?
 - a. A positive relationship between client and interviewer is established.
 - b. The client and interviewer work collaboratively (more or less) to establish and achieve mutual goals.
 - c. Clients are required to modify their perspective and behavior based on the interviewer.
 - d. The interviewer and client interact verbally and nonverbally.
 - e. Client-interviewer interactions are influenced by culture, personality, attitudes, and goals.
6. Which of the following is true regarding clinical interviewing?
 - a. Clinical interviewing involves an explicit agreement between parties for provision of services.
 - b. It is best to avoid being friendly towards clients, especially clients who are culturally different.

- c. There really isn't much difference between a friendship relationship and a therapy relationship.
 - d. Clinical interviewing involves only behavior that would be considered appropriate under normal social circumstances.
 - e. None of these are true about clinical interviewing.
7. The authors note that, "... when done well, clinical assessment is or can be"
- a. Problematic
 - b. Therapeutic
 - c. Enigmatic
 - d. Theoretical
 - e. Pragmatic
8. Ethical professional relationships include which of the following:
- a. Informed consent
 - b. Compensation for services
 - c. Minimal relationship boundaries
 - d. All of the above
 - e. Only a and b
9. What are the main reasons why people seek mental health services?
- a. Personal growth
 - b. Subjective distress
 - c. Someone is forcing the issue
 - d. All of the above
 - e. Only a and b
10. What do solution-focused therapists call clients who attend therapy only when coerced?
- a. Visitors to treatment
 - b. Complainants
 - c. Customers for change
 - d. A pain in the backside
 - e. Both a and b
11. How do solution-focused therapists refer to clients who are highly motivated to attend therapy?
- a. Complainants
 - b. Customers for change
 - c. Difficult customers
 - d. Resistant clients
 - e. Visitors to treatment
12. Which of the following is true about collaborative goal-setting?
- a. Although ideal, it doesn't occur very often because therapists and clients usually disagree on goals
 - b. It hasn't been the subject of much empirical research
 - c. It's considered an evidence-based practice
 - d. It's not conducive to effective problem-solving in therapy
 - e. None of the above are true
13. From a cognitive-behavioral perspective, collaborative goal setting is initiated when:

- a. The therapist takes note of all the concerns the client mentions and then chooses one to focus on.
 - b. The therapist works with the client to develop a problem list.
 - c. The therapist listens nondirectively to the client in hopes that the client will identify the specific concerns he/she wants to work on.
 - d. The therapist chooses a goal and then asks the client if s/he is okay with the selection.
 - e. None of the above.
14. Which of the following are reasons a client and therapist may not agree on therapy goals?
- a. Poor client motivation.
 - b. Questionable therapist motives or insight.
 - c. Social-cultural differences.
 - d. All of the above.
 - e. None of the above.
15. Which of the following statements is true regarding establishment of common goals during an interview?
- a. Client insight is often limited, so therapists should trust their own insight.
 - b. Clients and interviewers usually have different and incompatible goals.
 - c. Clients' perspectives should be valued because they are the experts on their issues.
 - d. If client and interviewer cannot establish common goals, the client should realign his or her goals to match those of the therapist.
 - e. Typically a consultant should be called in to help therapist and client agree on therapy goals.
16. Which of the following might contribute to negative outcomes?
- a. When clinicians are overconfident
 - b. When clinicians conduct reasonably thorough assessments
 - c. When clinicians feel pressured to fix clients' problems quickly
 - d. All of the above
 - e. Only a and c
17. When your expert opinion conflicts with your client's perspective, it's good practice to:
- a. Defer to your client, at least initially
 - b. Acknowledge the differences, but emphasize your expertise and authority
 - c. Openly argue with your client
 - d. Submit to your client for the duration of therapy
 - e. Refer your client to another provider
18. What is the first skill interviewers should learn in order to conduct effective clinical interviews?
- a. How to focus on their own thoughts and feelings
 - b. How to obtain diagnostic and assessment information about their clients
 - c. How to quiet themselves and listen to clients
 - d. How to build rapport with clients
 - e. How to decide which shoes to wear for the first interview
19. The authors consider it the therapist's professional responsibility to _____ client self-expression.
- a. Limit
 - b. Encourage
 - c. Forbid

- d. Both a and b
 - e. None of the above
20. According to the authors, “Having and holding a nonjudgmental attitude—toward all clients”—is:
- a. Impossible
 - b. Required
 - c. Realistic
 - d. Only b and c
 - e. None of the above
21. Regardless of their theoretical orientation, what do almost all counselors and psychotherapists agree on?
- a. The need for a structured interviewing style.
 - b. The importance of developing a positive relationship with clients.
 - c. The importance of obtaining diagnostic information as soon as possible.
 - d. The need for the client to modify his or her worldview to fit the interviewer’s perspective.
 - e. None of the above
22. Quieting yourself in an interview is important because:
- a. It helps clients to open up and express themselves.
 - b. It allows you to focus more clearly on your own thoughts.
 - c. It allows you to listen well to the clients.
 - d. All of the above are correct.
 - e. Only A and C are correct.
23. A positive working relationship has a better chance of being developed between interviewer and client if, during the initial interview, the interviewer:
- a. Identifies the most appropriate intervention technique to use with the client.
 - b. Focuses on how to be with the client instead of what to do with the client.
 - c. Assures the client that his or her problems will be solved.
 - d. Gives good advice to the client to demonstrate competence and experience.
 - e. Provides his or her services for free.
24. When should therapists begin using specific counseling or psychotherapy interventions?
- a. Once they have quieted themselves and listened to the client’s communications.
 - b. Once they have developed a positive relationship with their clients.
 - c. Once they have identified their client’s needs and therapy goals through diagnostic and assessment procedures.
 - d. All of the above
 - e. Only A and B
25. The process of assessment + diagnosis + treatment plan = goal attainment is:
- a. Straightforward and linear
 - b. Complex and not perfectly linear or unidimensional
 - c. Unrelated to clinical interviewing
 - d. Exclusively relegated to session 2
 - e. None of the above
26. Which of the following is a principle of multicultural competence?
- a. Self-awareness
 - b. Cultural knowledge

- c. Culture specific expertise
 - d. All of the above
 - e. Only b and c
27. Developing cultural self-awareness can be especially challenging from members of what culture?
- a. The minority culture
 - b. The dominant culture
 - c. The majority culture
 - d. Developing self-awareness is equally difficult for members of any culture.
 - e. None of the above
28. Which of the following is a culture-specific skill essential for mental health professionals?
- a. Scientific mindedness
 - b. Dynamic sizing
 - c. Speaking multiple languages
 - d. All of the above
 - e. Only a and b
29. When a therapist is forming and testing hypotheses rather than coming to premature and faulty conclusions about clients he/she is employing which culturally-specific skill?
- a. Dynamic sizing
 - b. Developing cultural knowledge
 - c. Scientific mindedness
 - d. Developing self-awareness
 - e. None of the above
30. When using the culturally-specific skill of *dynamic sizing*, a therapist is:
- a. Comparing the differences between cultural groups
 - b. Recognizing when generalizations based on group membership are appropriate and when they're not.
 - c. Knowing when to come to scientific conclusions about clients.
 - d. All of the above
 - e. Only b and c
31. The authors claim that it may not be possible to ever:
- a. Completely reach "multicultural competence."
 - b. Learn too many psychoanalytic techniques
 - c. Be too directive with a client.
 - d. All of the above
 - e. None of the above
32. Culture-sensitive advocacy refers to:
- a. Attaining knowledge about specific cultures
 - b. Employing scientific mindedness
 - c. Employing dynamic sizing
 - d. Nurturing your cultural self-awareness
 - e. None of the above
33. Microaggressions refer to:
- a. Negative thoughts about minority persons that are never enacted
 - b. Small negative behaviors that have little or no effect on minority persons

- c. Brief and commonplace communication of prejudice and discrimination
 - d. Both a and b
 - e. None of the above
34. Multicultural humility includes which of the following?
- a. An other-orientation instead of a self-orientation
 - b. Respect for others and their values/ways of being
 - c. An attitude that includes a lack of superiority
 - d. All of the above
 - e. None of the above
35. Stereotyping is:
- a. A natural, but inadvisable phenomenon
 - b. Unavoidable
 - c. Avoidable in all circumstances
 - d. All of the above
 - e. Only a and b

Answers

- 1. a
- 2. c
- 3. b
- 4. e
- 5. c
- 6. a
- 7. b
- 8. e
- 9. d
- 10. a
- 11. e
- 12. c
- 13. b
- 14. d
- 15. c

16. e

17. a

18. c

19. b

20. a

21. b

22. e

23. b

24. d

25. b

26. d

27. b

28. e

29. c

30. b

31. a

32. e

33. c

34. d

35. e