

Post Test
Multicultural Addiction Counseling
Text: Assessing and Treating Culturally Diverse Clients
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01. The term "minority":
A. relates to a person or a group of people of a different race from the dominant members of a culture.
B. represents both a number and certain disadvantages in terms of socioeconomic status.
C. A and B
D. neither A nor B.
02. The term minority may not be appropriate in the United States today because:
A. discrepancy in income level among the minority group.
B. the impact of minority groups on other groups.
C. the implication that the term minority is another term for "inferiority."
D. A, B, and C.
03. In 1995 (U.S. Bureau of the Census, 1996), Pacific Islanders reported median incomes that _____ the income of Anglo Americans.
A. was less than
B. equaled
C. was slightly more than
D. not included in census report
04. Compared to Cuban Americans, Puerto Ricans are:
A. no more likely to be below the poverty level.
B. more likely to be above the poverty level.
C. less likely to be below the poverty level.
D. more likely to be below the poverty level.
05. The terms "multicultural" or "diversity" populations/groups are _____ the term "minority".
A. interchangeable with
B. preferable to
C. A or B
D. irrelevant to
06. Examples of multicultural groups in America include:
A. African Americans
B. Anglo Americans
C. Asian Americans
D. All of the above
07. The development of a therapeutic relationship proceeds on all of the following levels except:
A. conceptual
B. behavioral
C. emotional
D. cultural

08. When treating African Americans _____ therapies are considered the most effective by clinicians.
- A. behavioral
 - B. insight
 - C. combination of A and B
 - D. confrontational
09. The argument that effective assessment and treatment are the same across all multicultural groups independently of the issue of client therapist racial/ethnic differences or similarities is known as the:
- A. ethical culture hypothesis
 - B. cultural compatibility hypothesis
 - C. universalistic argument
 - D. holistic argument
10. CULTURAL SENSITIVITY is best defined as:
- A. the ability to deliver effective assessment and treatment to a multicultural group.
 - B. knowledge of the history of a multicultural group in the United States.
 - C. belief in the relative equality of all cultures.
 - D. awareness of cultural variables that may affect assessment and treatment.
11. CULTURAL COMPETENCE is best defined as:
- A. the ability to deliver effective assessment and treatment to a multicultural group.
 - B. knowledge of the history of a multicultural group in the United States.
 - C. belief in the relative equality of all cultures.
 - D. awareness of cultural variables that may affect assessment and treatment.
12. According to the universalistic argument, white therapists are as effective as African American therapists in the assessment and treatment of African American clients as long as _____ are manifested in the clinical practice of the therapists.
- A. tolerance and understanding
 - B. sensitivity and competence
 - C. empathy and competence
 - D. tolerance and sensitivity
13. Which of the following statements is true of acculturation?
- A. It can be both an internal and an external process.
 - B. It is a measure of the degree of integration of new cultural patterns into the original cultural patterns.
 - C. A and B
 - D. neither A nor B.
14. INTERNAL ACCULTURATION:
- A. occurs when a diverse group moves from one area of a country to another.
 - B. involves the process of assimilation of new cultural values by an individual.
 - C. occurs when a diverse group moves from one country to another.
 - D. A and B
15. EXTERNAL ACCULTURATION:
- A. occurs when a diverse group moves from one area of a country to another.
 - B. involves the process of assimilation of new cultural values by an individual.
 - C. occurs when a diverse group moves from one country to another.
 - D. B and C.
16. The general assumption about acculturation is:

- A. younger clients are more easily acculturated than older clients.
 - B. length of time in the acculturation process has no effect on the degree of acculturation.
 - C. country of origin plays an insignificant role in the acculturation process.
 - D. A. B. and C.
17. The variables used to assess level of acculturation in the Brief Acculturation Scale are:
- A. country of origin, language preferred and social activity
 - B. generation, length of time in new country and language preferred.
 - C. generation, language preferred, and social activity.
 - D. position in family, language preferred, and social activity.
18. According to the author the use of translators:
- A. enhances the therapeutic process if the client and therapist do not speak a common language.
 - B. should be limited to family members with an Asian client.
 - C. should be avoided to prevent distortion of the client's statements.
 - D. A and B.
19. When a client is not interviewed in his or her own language:
- A. less severe psychiatric diagnoses may be used.
 - B. more severe psychiatric diagnoses may be used.
 - C. either A or B depending on the skill of the interviewer.
 - D. none of the above.
20. Using a Cuban American to translate for a Mexican American may lead to distorted information from the client because of:
- A. prejudice against Central American people among Cubans
 - B. variability of linguistic expressions among Spanish speaking people.
 - C. the higher level of acculturation among Mexican American.
 - D. the higher level of acculturation among Cuban Americans.
21. Translators should have:
- A. mental health training.
 - B. a familiarity with culture related syndromes.
 - C. A and B
 - D. neither A nor B.
22. Clinicians should use _____ during assessment and therapy sessions.
- A. concurrent translation
 - B. sequential translation
 - C. either A or B depending on the circumstances
 - D. concurrent translation with individuals and sequential translation with families
23. A sentence by sentence translation is necessary in a therapy session:
- A. to ensure no details are missed in translation.
 - B. to avoid fatigue on the part of the translator.
 - C. to shorten the time of the interview.
 - D. to give the client time to absorb translated questions.
24. A clinical interview with translation is usually _____ a monolingual interview.
- A. about as long as
 - B. shorter than
 - C. three times as long as
 - D. twice as long as
25. The level of acculturation of the translator compared to the client is:

- A. irrelevant
 - B. insignificant
 - C. an important consideration
 - D. A and B
26. Bilingual children should be used as translators:
- A. when the problem involves the child.
 - B. as little as possible.
 - C. never in an Asian family.
 - D. None of the above.
27. Overdiagnosis may occur in multicultural groups because:
- A. of the use of inappropriate norms for a multicultural group.
 - B. of the use of diagnostic instruments without cross cultural validity.
 - C. the cultural ignorance of the interviewing therapist.
 - D. A and B.
28. FAMILY TREE differs From EXTENDED FAMILY TREE in that:
- A. extended family tree includes both relatives and non relatives.
 - B. extended family tree is a description of the client's support system.
 - C. secondary and tertiary relatives are included in the extended family tree.
 - D. A and B
29. The median income for African Americans in 1995 was:
- A. \$24,698.
 - B. \$25,262.
 - C. \$36,951.
 - D. \$35,262.
30. The terms negro and colored are considered by many African Americans:
- A. derogatory
 - B. obsolete
 - C. acceptable in formal situations.
 - D. acceptable among black people
31. Role flexibility is:
- A. a characteristic of African American families.
 - B. refers to the interchangeable responsibilities among members of African American families.
 - C. rare in African American families.
 - D. A and B.
32. The parental role in African American families:
- A. is limited to the biological mother and father.
 - B. is primarily the responsibility of the child's mother.
 - C. may be assumed by grandparents, aunts, and cousins.
 - D. is idiosyncratic to each family constellation.
33. The majority of African American clients belong to:
- A. no church
 - B. Baptist and African Methodist Episcopal churches
 - C. the same churches as white American clients.
 - D. Pentecostal and Apostolic churches.
34. A voodoo priest with formal training in folk remedies is known as:

- A. a hougan
 - B. a spiritualist
 - C. an old lady
 - D. a faith healer
35. The most common folk healer among African Americans seeking help is:
- A. a hougan
 - B. a spiritualist
 - C. an old lady
 - D. a minister
36. African Americans who present themselves as highly suspicious of others with different colors and values:
- A. are exhibiting pathology resulting from racism.
 - B. must be carefully screened for paranoid schizophrenia.
 - C. should be referred to an African American therapist of similar complexion to the client.
 - D. are exhibiting healthy cultural paranoia.
37. In assessing and treating African American clients, therapists should be familiar with:
- A. Black English
 - B. street slang
 - C. Caribbean patois
 - D. A and B
38. The first thing that a therapist should do in the first nonemergency scheduled session with an African American client:
- A. is discuss racial issues.
 - B. assess the client's level of acculturation.
 - C. discuss the client's folk beliefs.
 - D. determine who is the head of the client's family.
39. Racial issues:
- A. should be left for subsequent visits and avoided during the assessment visit.
 - B. always limit the effectiveness of an African American therapist with white clients.
 - C. should not be discussed after the initial assessment phase of the therapeutic relationship.
 - D. always limit the effectiveness of a white therapist with African American clients.
40. It is important for African American therapists treating African American clients to:
- A. present a set of behaviors leading to the establishment of himself or herself as the client's peer.
 - B. always sit behind a desk to enhance his or her professional standing in relationship to the client.
 - C. avoid thinking that racial similarity will necessarily enhance the therapist client therapeutic relationship.
 - D. A and C.
41. African American clients are more interested in:
- A. detailed explanations about the origins of their problems.
 - B. concrete solutions to their problems.
 - C. equally interested in A and B.
 - D. causal explanations of mental illness.

42. Including the role of the church in the assessment and treatment of African American women is:
- A. generally discouraged because of the personal nature of African American spiritual beliefs.
 - B. essential because of the involvement of many African American women in church activities.
 - C. important because many African American women consider their church a part of their extended family.
 - D. B and C.
43. The presence of the grandmother in the first meeting between a therapist and an African American client is often a sign of:
- A. an absent father.
 - B. a dysfunctional family.
 - C. social and/or spiritual support.
 - D. abandonment by the mother.
44. The second most important member of an African American family is probably:
- A. the grandmother
 - B. the father
 - C. the youngest child
 - D. the oldest male
45. Which major mental illness is likely to be underdiagnosed in the African American population?
- A. schizophrenia
 - B. schizoaffective disorder
 - C. major depression
 - D. bipolar disorder
46. The high prevalence of which major mental illness among African Americans may be the result of a history of substance abuse?
- A. schizophrenia
 - B. schizoaffective disorder
 - C. major depression
 - D. bipolar disorder
47. If a therapist suspects a family secret in an African American family he or she should:
- A. confront the secret directly to address family dysfunction.
 - B. tell the clients that secrets can interfere with the therapeutic process.
 - C. respect the family's privacy about how much or how little to reveal to the therapist.
 - D. A and B.
48. Which technique(s) is/are important to emphasize when treating African American clients?
- A. problem solving
 - B. social skill training
 - C. empowerment
 - D. A and B
49. When should family therapy be considered for African American clients?
- A. After all other modalities have been exhausted.
 - B. When the head of the family requests it.
 - C. Among the first modalities considered.
 - D. When the child is the identified client.

50. Family therapy with African Americans should:
- A. include role playing
 - B. reestablish the client's sense of control over his or her life.
 - C. include tasks or homework the family members can perform at home toward the solution of the problem.
 - D. A, B, and C.
51. When treating an African American couple it is important for the therapist to:
- A. avoid the use of the terms "help" and "problems" when discussing the issues that brought the couple to therapy.
 - B. always speak with clients together as a couple.
 - C. A and B
 - D. neither A nor B.
52. Among the subgroups of Hispanics in the United States:
- A. All are equally well off financially.
 - B. Puerto Ricans reported the lowest level of families below the poverty level.
 - C. Cubans reported the highest level of families below the poverty level.
 - D. Cubans reported the lowest level of families below the poverty level.
53. In general, a person is considered "Hispanic":
- A. in terms of language skill.
 - B. by family name
 - C. by ancestry
 - D. all of the above.
54. The term Latino:
- A. implies the person is from a Latin American country.
 - B. is interchangeable with Hispanic.
 - C. is preferred by Mexican Americans because it does not acknowledge the conquerors from Spain.
 - D. A and C.
55. Hispanic families are likely to seek professional mental health assistance:
- A. at the first sign of mental or emotional problems.
 - B. after all folk and religious remedies have been exhausted.
 - C. only when the father agrees to psychiatric treatment.
 - D. only if criminal or substance abuse behavior is involved.
56. Mental illness caused by excessive admiration and attention is known as:
- A. mal de ojo
 - B. envidia
 - C. marianismo
 - D. respeto
57. The code of proper conduct for a man is known as:
- A. respeto
 - B. machismo
 - C. marianismo
 - D. educado
58. Submission by others to the authority of a man is:
- A. respeto
 - B. machismo

- C. mariанизmo
D. educado
59. Hispanics who accept the concept of mariанизmo believe that women are:
A. spiritually superior to men.
B. spiritually dependent on men.
C. endure all suffering produced by men.
D. A and C.
60. Psychotherapy conducted without the inclusion of the extended Hispanic family is:
A. likely to be successful if the client is a man.
B. appropriate if the client is an adolescent more acculturated than his or her family.
C. unlikely to be successful.
D. a good first choice of treatment modalities.
61. Professional credentials are _____ to Hispanic clients than the ability of the therapist to share personal information.
A. more important
B. less important
C. equally important
D. A or C
62. The belief that the family relationship is paramount in one's life is known as:
A. personalismo.
B. familismo.
C. individualismo.
D. fatalismo.
63. Believing that a divine providence governs the world and that an individual cannot control or prevent adversity is an example of the Hispanic sense of:
A. personalismo
B. familismo
C. individualismo
D. fatalismo
64. When treating Hispanic patients it is important for the therapist to:
A. use the clients first name only.
B. call clients by their last name and their title, e.g., Senor Rodriguez, Senora Moreno, Senorita Gonzales.
C. emphasize personalismo in the initial session.
D. B and C.
65. In the traditional Hispanic world view, mental illness can be caused by:
A. bad spirits or witchcraft
B. sinful behavior
C. A and B
D. neither A nor B
66. The main difference between curanderos and brujos is:
A. curanderos are usually women; brujos usually are men.
B. brujos use the power of the devil; curanderos use the power of God.
C. curanderos do not charge for their help; brujos are paid when a cure is obtained.
D. curanderos are found in Mexican communities; brujos in Dominican and other Caribbean communities.

67. _____ should be considered as the first therapeutic approach for a Hispanic client.

- A. individual therapy
- B. group therapy
- C. family therapy
- D. A,B or C

68. Treatment modalities recommended for Hispanic clients include:

- A. systematic desensitization
- B. social skills training
- C. assertion training
- D. A and B

69. The therapist must emphasize with Hispanic clients that medication in the treatment of mental illness:

- A. does not cure the illness.
- B. has side effects both long and short term.
- C. must be carefully monitored by a physician.
- D. A, B, and C.

70. Rational emotive therapy is not recommended for Hispanic clients because:

- A. it is argumentative.
- B. it competes with the cultural phenomenon of machismo.
- C. it competes with the cultural phenomenon of mariанизmo.
- D. it is a logistical talking therapy.

71. In the Asian family:

- A. the role of each member is clearly specified and cannot be changed.
- B. the father and mother share equal but separate responsibility for discipline and childrearing.
- C. individualism is encouraged.
- D. A and B.

72. Among traditional Asians, the role of children is:

- A. to achieve at a higher level than their parents.
- B. act as intermediaries with the dominant American culture.
- C. to be good and to respect their parents.
- D. A, B, and C.

73. Asian families use the concepts of _____ and _____ to enforce family norms.

- A. guilt and punishment
- B. guilt and shame
- C. shame and obedience
- D. fairness and obedience

74. Verbal communications among Asians is _____ to be indirect rather than direct.

- A. unlikely
- B. very likely
- C. expected
- D. B and C

75. Silence in a session with an Asian client is:

- A. a sign of respect.
- B. a sign of disrespect.
- C. a sign that the therapeutic bond between therapist and client is imperfect.
- D. None of the above

76. Among Asian clients, direct eye contact with the therapist is considered:

- A. a sign of respect.
 - B. a sign of disrespect.
 - C. a sign that the therapeutic bond between therapist and client is imperfect.
 - D. None of the above
77. Asian clients are likely to manifest emotional disorders with:
- A. delusional thinking.
 - B. unpredictable violence.
 - C. somatic complaints.
 - D. B and C.
78. Among elderly Asians:
- A. suicide is relatively frequent in their home countries.
 - B. relatively frequent in the United States.
 - C. relatively low in their home countries.
 - D. B and C.
79. During the first meeting with an Asian client it is important:
- A. to discuss the possibility of hospitalization.
 - B. to avoid the discussion of hospitalization.
 - C. to discuss the reasons for hospitalization.
 - D. to discuss the benefits of hospitalization.
80. Asian families usually prefer to:
- A. have a family member stabilized in the hospital before returning home.
 - B. stay at the hospital with the client.
 - C. care for the client at home with professional help as needed.
 - D. none of the above.
81. Asian clients expect all but which of the following during therapy.
- A. The therapist will deal with immediate concerns.
 - B. Solution offered will be ambiguous enough for the client to use his or her own problem solving skills.
 - C. Long verbal exchanges to allow the client to develop insight into the causes of his or her present problems.
 - D. B and C.
82. Encouraging a southeast Asian client to disclose more than he or she volunteers in the first session can be _____ for the client.
- A. therapeutic
 - B. traumatic
 - C. very stressful
 - D. relaxing
83. Behavioral approaches are recommended with Asian clients because:
- A. They are direct and concrete.
 - B. They emphasize exploration of internal conflict.
 - C. A and B
 - D. neither A nor B.
84. Post traumatic stress disorder is:
- A. rare among southeast Asians.
 - B. evenly distributed among all Asian American populations.
 - C. found in one half of southeast Asians living in the United States.
 - D. found in one fourth of the southeast Asians living in the United States.

85. To be an authentic American Indian, the client must:
- A. be at least one quarter American Indian.
 - B. have proof of tribal status.
 - C. be part of tribe that is recognized by the Federal government.
 - D. A and B.
86. The rules governing the symbiotic relationship among the individual, the group and the earth were developed during:
- A. the precontact period.
 - B. the Manifest Destiny period.
 - C. the assimilation period.
 - D. the self determination period.
87. TERMINATION and RELOCATION are terms associated with:
- A. the precontact period.
 - B. the Manifest Destiny period.
 - C. the assimilation period.
 - D. the self determination period.
88. The Indian Religious Freedom Act was passed by Congress during:
- A. the precontact period.
 - B. the Manifest Destiny period.
 - C. the assimilation period.
 - D. the self determination period.
89. The Indian Child Welfare Act covers:
- A. rules for record keeping and information.
 - B. Indian family development programs.
 - C. Custody proceedings.
 - D. A. B. and C.
90. Machismo is _____ American Indian men with their families.
- A. often used by
 - B. relatively unimportant to
 - C. important, but not critical to
 - D. A and C.
91. American Indians place a high value on:
- A. individualism.
 - B. sharing.
 - C. verbal communication.
 - D. B and C
92. Among American Indians, a firm handshake is:
- A. a sign of aggression.
 - B. a sign of strength and character.
 - C. acceptable among adult men, but rude between men and women.
 - D. a sign of mutual respect.
93. An American Indian is _____ to follow through with a suggestion from a therapist even though he or she believes it may lead to discord and disharmony among family and tribal members.
- A. likely to seek advice from tribal elders and than
 - B. equally likely not to follow through as
 - C. unlikely
 - D. very likely to reluctantly

94. Taking notes during a therapy session with an American Indian client is:

- A. a sign that the therapist is paying close attention.
- B. a sign that the problem is extremely serious.
- C. a sign of disrespect and inattention.
- D. A and B.

95. The main cause of suicide and violence among American Indians is:

- A. depression
- B. alcoholism
- C. racism
- D. prejudice

96. The main task for American Indian parents with their children is to:

- A. teach them traditional tribal customs and values.
- B. instill a respect for the authority of the parents.
- C. guide them to make "right choices"
- D. A and B.

97. A guideline for preventing the attrition of American Indian clients is to:

- A. talk more than you listen to imitate the role of a tribal elder in problem solving.
- B. listen more than you talk as a sign of respect for the client.
- C. teach the client acceptable mainstream ways of dealing with family conflict.
- D. educate the client about psychodynamics.

98. Ethnic match between therapist and client seems _____ than racial match in minimizing cultural biases.

- A. as important
- B. less important
- C. more important
- D. A or C..

99. The standard mental status exam:

- A. should be used because it measures normal behaviors found in all cultures.
- B. takes into account the cultural differences among populations.
- C. should be avoided because it can compound diagnostic errors among culturally diverse clients.
- D. A and B.

100. Direct behavioral observations:

- A. should be avoided because behaviors are culturally specific.
- B. are of little use without verbal confirmation of their meaning.
- C. are of limited use in dealing with culturally diverse clients.
- D. are least likely to lead to cultural bias in diagnosing culturally diverse clients.

MULTICULTURAL ADDICTION COUNSELING - 15 hours

DESCRIPTION: This advanced course defines cultural expectations and differences among African Americans, Hispanics, Asians and American Indians.

OBJECTIVES: Upon completing this course the participant will be able to 1) assess culturally diverse clients more accurately, 2) compensate for cultural bias using skilled interpretation, 3) define the concepts relevant to counseling multicultural populations, 4) modify assessment techniques to meet the needs of individual cultures, differentiate cultural beliefs from psychopathology, and 6) identify and access resources for treating ethnically diverse populations.

Text: Assessing & Treating Culturally Diverse Clients: A Practical Guide by Freddy A. Paniagua, Ph.D.