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Continuing Education Unit Questions

Group Counseling for African American Elementary Students: An Exploratory Study
(Sam Steen)

1. The structure and format used to implement this group counseling intervention was referred to as the
 - a. *Achieving Success Everyday Group Model*
 - b. *Empowerment Groups for Academic Success Group Model*
 - c. *4 R Group Model*
 - d. *Culturally Relevant Bibliotherapy in Group Work Model*
 - e. None of the above

2. The group members in the treatment group of the current study were matched with a control group based on the following characteristics
 - a. Race
 - b. Grade point average
 - c. Grade level
 - d. Standardized test scores
 - e. All of the above

3. This study is an example of _____ and _____ research.
 - a. Perfect and flawless
 - b. Exploratory and quasi-experimental
 - c. Best practice and strategic
 - d. Short term and long term
 - e. None of the above

4. One future research recommendation for this study is to increase the sample size. True or False?

Brief Psychoeducational Group Treatment with Re-Traumatized Refugees and Asylum Seekers
(Adeyinka M. Akinsulure-Smith)

5. The United States has experienced _____ in the number of individuals seeking refuge.
 - a. no change
 - b. a significant decrease
 - c. a significant increase
 - d. a slight increase

6. Therapeutic services for young refugees and asylum seekers strive to increase of the following, except:
 - a. job placement
 - b. coping skills
 - c. resilience
 - d. social support

7. The school environment can provide a(n) _____ context for refugee and asylum seeking youth
 - a. chaotic
 - b. unsupportive
 - c. stable
 - d. challenging

8. The intervention(s) proven to be the most effective with traumatized children and youth
 - a. cognitive behavioral
 - b. group
 - c. expressive arts
 - d. (a) and (b)

**ASGW Best Practice Guidelines as a Research Tool: A comprehensive Examination of the
Critical Incident Stress Debriefing
(Debra Ann Pender and Karen K. Pritchard)**

9. Firefighter Daniels, Police Officer Williams and Dr. Myers, a mental health counselor have joined a CISM team. They meet with area emergency responder groups to determine the types of difficult response calls that each group has experienced in the last year. They identify the major themes in these highly graphic losses and also development awareness for intra and inter-agency cohesion. They develop plans on potential sites to conduct debriefings and potential barriers to making the groups safe. Finally they discuss their own history of personal loss, examine photographs and video footage of high impact events, and examine their level of preparation for conducting a CISD group. They have completed which aspect of the BPG standards:
 - a. a self-assessment
 - b. an ecological assessment
 - c. a systematic group work review
 - d. both a & b

10. Meta-analytical, or statistical analysis findings require what elements to assure that the findings generalize to the independent variable?
 - a. a well-defined independent variable
 - b. description of the criteria for selecting the research studies to be included in the analysis
 - c. inclusion of only randomized clinical trials
 - d. a & b

11. During a phone call with a university police department, Sara recommends guidelines for conducting CISD interventions planned after targeted violence occurred. She recommends use of smaller groups based upon the role each person had in the incident and how much exposure the emergency responder had to graphic stimuli. She also prepares a brief note to be given to each potential participant that describes the CISD phases, participation ground rules, and discusses the responsibility for and limits of confidentiality of the group. She addressed which BPG standard?

- a. Professional Development
- b. Group and Member Preparation
- c. Scope of Practice and Conceptual Framework
- d. Professional Context and Regulatory Requirements

12. Dan and Deb are conducting a CISD intervention for members of a local fire department. They are aware of the research findings that warn of iatrogenic harm during debriefing programs. During the group, they structure the flow of communication, addressing safety and pacing of disclosures as to protect group members from physical, emotional, or psychological trauma. In the latter phases of the group, they reflect upon the major themes expressed and possible meanings that the themes may hold for participants. These efforts reflect attention to what aspect of ASGW Best Practice Guidelines on Performing?

- a. Setting and Maintain Norms
- b. Therapeutic Conditions and Dynamics
- c. Meaning
- d. both b & c

**Implementing Self-Advocacy Training within a Brief Psychoeducational Group to Improve
the Academic Motivation of Black Adolescents
(Angel Riddick Dowden)**

13. The three advocacy competencies include:

- a. empowerment, self-advocacy, and justice
- b. empowerment, self-determination, and social justice
- c. social justice, improvement, and self-determination
- d. None of the above

14. There are three forms of advocacy that all counselors should employ; they include:

- a. Client/ student (self-advocacy), school advocacy and community advocacy
- b. Client/ student (self-advocacy), school/community and public arena
- c. Client, student, community
- d. None of the above

15. The psychoeducational group was designed to emphasize:

- a. interpersonal communication, interaction, and reinforcement
- b. open communication, journal writing, and exploration
- c. reflection, active listening, and rapport building
- d. None of the above

16. Counselors interested in facilitating a group of this type should:
- be self-aware, knowledgeable, and skilled in working with Black adolescents
 - should understanding and empathetic of group members
 - should be culturally competent
 - All of the above

**Employing a Group Medical Intervention for Hypertensive Male Veterans: An
Exploratory Analysis
(Joshua M. Westheimer, Jeremy Capello, Chistopher McCarthy, and Nathan
Denny)**

17. Doctor Interactive Group Medical Appointments are used to...
- foster positive relationships among providers
 - segregate the fields of medicine from behavioral health
 - decrease emphasis on self responsibility for health maintenance.
 - increase access to one's healthcare providers.
18. Group treatment in a healthcare setting is used to...
- assist in curbing costs of healthcare
 - decrease efficiency of healthcare management
 - lessen learning from one another about how to manage health
 - foster apathy and noncompliance with healthcare practices
19. The presence of chronic disease in our society...
- is steadily diminishing and thus positively impacting healthcare costs
 - is steadily increasing, therefore increasing healthcare costs
 - has very little bearing on one's ability to adopt health practices
 - is adequately addressed via medical interventions
20. Hypertension...
- is an acute health condition that is not very prevalent in our society
 - is a chronic health concern which seen quite prevalently in primary care settings
 - is a negligible healthcare concern, therefore promotion of health practices are irrelevant
 - can only be managed with medication