

# AMFTRB MFT - Quiz Questions with Answers

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# Domain 1: The Practice of Systemic Therapy

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Domain 1: The Practice of Systemic Therapy

1.

The following all represent examples of thinking systemically as a therapist, **EXCEPT**:

**Considering how subconscious thinking patterns are contributing to present distress**

Considering how your client's family might contribute to his depression

Considering how a client's cultural background might influence her career

Considering how your client's partner might trigger his anxiety

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*Correct answer: Considering how subconscious thinking patterns are leading to present distress.*

*The systemic approach to therapy evaluates how individuals interact with others and within their environments. The systemic approach recognizes that people are part of larger systems, including families, communities, and organizations. This approach is concerned with how systems affect people.*

*Considering how the subconscious leads to distress is in line with the psychodynamic approach. This is the only option that doesn't align with the systemic approach.*

*The other options align with systemic therapy, as they all evaluate how an individual responds to interactions with others (i.e., family) and with the larger environment (i.e., culture).*

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2.

In Milan Systemic Therapy, the concept of therapist neutrality **BEST** refers to:

**Maintaining a curiosity and interest in each family member's perceptions**

Making assumptions about the family's behavior

Making various interactions with the family

Making attempts to align with the family

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*Correct answer: Maintaining a curiosity and interest in each family member's perceptions*

*This is the best definition of therapist neutrality (along with the therapist not inherently accepting the problem).*

*Making assumptions is a form of hypothesizing.*

*Making interactions may be a type of circularity.*

*Aligning with the family could be an attempt to develop rapport.*

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3.

Systemic therapists hypothesize that individuals in systems maintain behavior as a product of:

**The system and themselves**

The entire system

Themselves

Their immediate family-of-origin

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*Correct answer: The system and themselves*

*Systemic theory states that clients act in ways that maintain behavior within the system and themselves (not just themselves, their family-of-origin, or the system).*

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4.

Many therapists use genograms to showcase patterns and insights into family systems.

The genogram can be helpful in providing all the following information, **EXCEPT**:

**Patterns of future relationships**

Patterns of emotional distance

Patterns of mental illnesses

Patterns of intergenerational abuse

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*Correct answer: Patterns of future relationships*

*The genogram cannot accurately predict patterns of future relationships.*

*It is only a tool to show past behaviors or relationships (which is why all the other answers are appropriate).*

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5.

The **BEST** example of a joining statement is:

**I can see how much pain you're in.**

I believe you're sad right now.

I am proud of you for deciding to come to therapy.

I have faith you can get through this.

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*Correct answer: I can see how much pain you're in.*

*Joining refers to attuning to one's internal experience. Identifying that you can see someone's pain is a perfect example of this.*

*Most therapists wouldn't say they believe a client feels a certain way (unless the client said so). Saying you have faith someone can get through this or that you're proud of them are validating statements, but they are not inherently part of joining.*

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6.

A sex therapist might use which of the following interventions to treat premature (early) ejaculation?

**Squeeze technique**

Sensate focus exercises

Ejaculatory inevitability

Kegeling exercises

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*Correct answer: Squeeze technique*

*Sex therapists often intervene by using the squeeze technique on male clients. This technique consists of squeezing the penis just before orgasm to diminish the pleasurable sensation.*

*Sensate focus exercises are often used in treating delayed ejaculation. Ejaculatory inevitability refers to ejaculating in one's partner. Kegeling exercises are often recommended when working with women struggling to achieve orgasm.*

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7.

Which of the following **BEST** describes the connection between stability and change?

Cybernetics

Entropy

Double bind

Social stage

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*Correct answer: Cybernetics*

*Cybernetics is the relationship between stability and change.*

*Entropy is the tendency to move towards chaos. A double bind is when people give two mutually exclusive messages to someone else. The social stage is a part of the initial stage of strategic family therapy where therapists join with the family.*

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**8.**

Thomas and Anabelle have been married for nearly twenty years and they have two college-age daughters, Jade and Lindsey. It is clear that Jade and Lindsey often rely on their parents for "mostly everything." Although they live on their own, they frequently call Thomas and Anabelle to ask them basic questions about paying bills, buying groceries, or how to apply for a job. Thomas and Anabelle patiently answer their questions, often stating to one another, "We're all one unit here. We're all a team." They are pleased that their daughters take their advice without much of a challenge. They seem to truly respect their parents' advice.

This example **BEST** describes Murray Bowen's concept of:

**Undifferentiated ego mass**

Triangulation

Scapegoating

Loyalty conflict

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*Correct answer: Undifferentiated ego mass*

*Undifferentiated ego mass happens when family members cannot separate their own needs, feelings, and thoughts from others.*

*This vignette does not clearly show an example of triangulation or scapegoating. Likewise, even though the children may present as loyal to their parents, it does not seem to be bringing a sense of inherent conflict (particularly as we do not know if they have married into new families with other sets of values).*

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9.

Nagy conceptualized that high-functioning, healthy families possessed two main traits. These traits are:

**Trustworthiness and reliability**

Trustworthiness and safety

Reliability and safety

Safety and compromise

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*Correct answer: Trustworthiness and reliability*

*Those are the two traits Nagy postulated are necessary in high-functioning families.*

*The other answers do not adequately fit this question.*

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10.

LGBT affirmative therapy is an important part of mental health treatment. The **BEST** definition of this therapy is:

**Therapy that emphasizes LGBT culture in a positive light, while also recognizing and addressing how heterosexism influences can adversely impact this population**

Therapy that specializes exclusively in LGBT populations

Therapy that psychoeducates larger systems about LGBT trends, issues, and needs

Therapy that focuses on providing supportive groups for LGBT clients

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*Correct answer: Therapy that emphasizes LGBT in a positive light, while also recognizing and addressing how heterosexism influences can adversely impact this population*

*LGBT affirmative therapy focuses on the positivity of LGBT culture and identities, while also recognizing negative associations heterosexism can create.*

*It is not exclusive to only LGBT populations. It may include psychoeducation, but that is not necessarily the main focus. It may include groups, but work can also be done with families, couples, and individuals.*

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11.

All the following represent valid concerns about the DSM and its integration with marriage and family therapy, **EXCEPT**:

**The DSM is insufficient for understanding or treating couples or family issues**

The DSM inherently endorses the notion of an identified patient

The DSM can make it challenging for therapists to define an appropriate presenting problem for family therapy

The DSM may inadvertently promote stigmatization of mental disorders

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*Correct answer: The DSM is insufficient for understanding or treating couples or family issues*

*The DSM may have limitations, but insufficient would not be the appropriate word.*

*The DSM can certainly provide some framework for understanding and contextualizing behavior, even though that behavior is largely individualistic (identified patient).*

*Subsequently, that alone can make it challenging to identify presenting problems, and in some cases, it can promote stigmatization.*

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**12.**

You are working with a couple, Paul (37) and Denise (32). At one point in your session, Paul complains that Denise spends too much time getting ready in the morning, often causing them to be late to important obligations. You intervene by saying, "At least she's not just sleeping the day away."

This statement is an example of which intervention?

**Fantasy alternative**

Reframing

Modeling communication

Unbalancing

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*Correct answer: Fantasy alternative*

*Symbolic-experiential therapists may use fantasy alternatives to help clients imagine alternative situations to stressful events. The case given is an example of an alternative situation: Denise sleeping all day. So, this exemplifies the fantasy alternative.*

*This sounds like reframing, but reframing suggests an alternative perspective (whereas this just poses the possibility of a different reality).*

*Modeling communication would happen if the therapist were showing the couple how to engage in functional, healthy communication (which is not happening here).*

*Unbalancing happens when a therapist temporarily aligns with one member of a system to disrupt the status quo. This is also not happening here.*

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13.

Which of the following is **MOST** representative of a parentified child?

**A teenage daughter who regularly provides consolation for her mother when her mother complains about dating**

A teenage daughter who enjoys spending most of her free time with her father

An adolescent son who confides in his mother about being bullied at school

A toddler son who acts aggressively towards his newborn sister

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*Correct answer: A teenage daughter who regularly provides consolation for her mother when her mother complains about dating*

*Consoling parents is often a sign of parentified children, as this is typically an adult task.*

*Spending the majority of time with one's parent does not indicate parentification (especially if it's a single parent).*

*Confiding in parents is a normal part of childhood development, as is occasional aggression towards other siblings.*

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14.

In her work, Virginia Satir emphasized the importance of valuing a family's inherent goodness. Which of the following is the **BEST** example of doing this?

**Families want balance and have the resources needed for healthy functioning.**

Families generally make the best choices they can for themselves.

Families inherently respect one another to the best of their ability.

Families are the backbone of a healthy society.

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*Correct answer: Families want balance and have the resources needed for healthy functioning.*

*Satir strongly believed that families strive for a sense of balance and have inherent resources for functioning.*

*She would not argue that families naturally make the best choices nor would she agree that families always respect one another. There are no indications of her talking about how families affect society.*

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15.

Which of the following **BEST** explains the concept of systemic thinking as it applies to marriage and family therapy?

**Therapists perceive clients as individuals and as parts of greater systems within the world.**

Therapists perceive individual problems as a result of generational patterns.

Therapists perceive mental illness as subjective societal constructs.

Therapists perceive couples as enactments of their parents.

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*Correct answer: Therapists perceive clients as individuals and as parts of greater systems within the world.*

*Systemic thinking means thinking about how individuals act within greater systems.*

*The other answers might be true (depending on the context), but none of them adequately address the concept of systemic thinking. Generational patterns and enactments may exist, but that depends on the client. Mental illnesses may, at times, be subjective, but that is another argument altogether.*

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16.

Which of the following examples **BEST** illustrates a rigid triangle in a family system?

**A mother and daughter who align in their views that father is to blame for all problems in the family**

A father who often disagrees with his wife about parenting their teenage daughter

A teenage daughter who strongly prefers her father and confides in him when she needs comfort

A teenage daughter who disobeys her father when he disciplines her but listens attentively to her mother

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*Correct answer: A mother and daughter who align in their views that father is to blame for all problems in the family*

*In this scenario, a rigid triangle has formed. This occurs when two people (a dyad) are in conflict, and a third person is pulled in to spread the tension. In this case, mother and father appear to be at odds, and the mother has pulled in the daughter (a third party) to spread the tension.*

*Disagreeing with another parent over parenting isn't inherently indicative of a triangle (same with a child preferring one parent or listening better to one parent). That could be more of a transitional phase.*

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17.

John and Julie Gottman cite *contempt* as one of the Four Horsemen of the Apocalypse. Which of the following **BEST** describes an interaction that includes contempt?

**I can't believe you forgot to pick up the kids. You're such an irresponsible father!**

I can't believe you forgot to pick up the kids. I'm just really upset.

I can't believe you forgot to pick up the kids. I don't even want to talk to you tonight.

I can't believe you forgot to pick up the kids. Didn't I remind you twice?

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*Correct answer: I can't believe you forgot to pick up the kids. You're such an irresponsible father!*

*Contempt consists of negative thoughts about someone else, manifesting as a personal attack that challenges someone's sense of self (like being an irresponsible father).*

*Mentioning feeling upset simply indicates sharing a feeling about a situation (which may be reasonable and appropriate).*

*Mentioning not wanting to talk is more of a threat than a form of contempt.*

*Bringing up reminding someone could potentially signify contempt, but not as much as a direct attack on someone's character.*

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18.

Family therapist, Virginia Satir, emphasized that any sustainable therapeutic growth comes from all the following, **EXCEPT**:

Healthy boundaries

Warmth

Genuineness

Congruent communication

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*Correct answer: Healthy boundaries*

*Virginia Satir emphasizes the elements of warmth, genuineness, and congruent communication in her work. While she would likely agree that healthy boundaries are also part of this process, she does not illustrate this need as essential for growth.*

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19.

When it comes to practicing systemic therapy, the concept of non-pathologizing can be **BEST** described as:

**Avoiding labeling or condescending to the client while focusing on their positive attributes instead**

Avoiding any preexisting diagnoses and assessing with a blank slate

Avoiding labeling or condescending to the client and embracing their true reality

Avoiding having any biases or expectations of the client and letting them fully guide their treatment

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*Correct answer: Avoiding labeling or condescending to the client while focusing on their positive attributes instead*

*Avoiding labeling or condescending to the client while focusing on their positive attributes instead is the best answer for taking a non-pathologizing approach.*

*Non-pathologizing does not mean avoiding any previous diagnoses.*

*It also does not mean embracing a true reality (especially if there are safety concerns like delusions/hallucinations).*

*It does not mean you do not have any expectations and just let the client decide the entire course of treatment.*

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20.

All the following are key components of structural family therapy, **EXCEPT**:

**Family problems are often maintained through multigenerational patterns.**

Family systems are largely governed around established rules and patterns.

Family systems benefit from having an effective hierarchical structure.

Families often abide by covert and overt rules.

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*Correct answer: Family problems are often maintained through multigenerational patterns.*

*Bowen family therapy focuses more on multigenerational patterns and how different dynamics are transmitted. The concept of rules and hierarchical structures are emphasized in structural family therapy.*

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21.

You are working with a couple, Chuck and Bailey, who continuously have issues regarding their household division of labor. At one point, Chuck tells his wife, Bailey, that he hates when she doesn't put her clothes in the hamper. He states that he primarily handles all the laundry in the household, and he feels annoyed that he has to guess which clothes she wants to be cleaned. The **BEST** example of Bailey mirroring Chuck's comment would be:

**"I hear that you are frustrated. You take care of the laundry, and I sometimes struggle to put the clothes in the hamper. This potentially makes the chore even more complicated. Did I understand correctly? Is there anything else?"**

"I sense that you are upset with me. You take care of the laundry and feel that things are imbalanced in the home. Did I understand correctly? Is there anything else?"

"I feel attacked when you tell me that you are upset with me. I do my best to take care of my chores, and I feel discouraged when you point out the one task that I sometimes fail to do correctly."

"I understand what you are saying. What do you want me to do differently moving forward?"

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*Correct answer: "I hear that you are frustrated. You take care of the laundry, and I sometimes struggle to put the clothes in the hamper. This potentially makes the chore even more complicated. Did I understand correctly? Is there anything else?"*

*Bailey has validated and reflected Chuck's statement/feelings, which is an accurate representation of mirroring.*

*Her stating that things are imbalanced in the home represents more of an assumption. Her describing how she feels attacked is an I-statement. Problem-solving (even when it's collaborative) is not a form of mirroring.*

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22.

According to Bowen theory, the fear of losing one's sense of self within a relationship is **BEST** described as:

**Fusion anxiety**

Loyalty conflict

Differentiation of self

Pseudoself

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*Correct answer: Fusion anxiety*

*Fusion anxiety is the best term for this definition.*

*Loyalty conflict happens when loyalty to one person competes with loyalty to someone else (usually someone within the family of origin). Differentiation of self refers to maintaining your own identity while staying connected to others. Pseudoself refers to how we fluctuate our identities based on our current stress levels.*

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23.

Masters and Johnson created the concept of the human sexual response cycle. The phase characterized by increased sexual stimulation, muscle tension, and blood flow **MOST** accurately describes the:

**Excitement phase**

Plateau phase

Orgasm

Resolution phase

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*Correct answer: Excitement phase*

*This description most fits the excitement phase.*

*The plateau phase describes maximum enlargement and congestion where ejaculation is inevitable. Orgasm consists of involuntary contractions in the penis and vagina. The resolution phase refers to returning to a resting, homeostatic state.*

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24.

Projective identification can be **BEST** defined as:

**Incorporating both the good and bad parts of someone else onto an external object or person**

Incorporating the good and bad parts of someone else onto an external object or person

Incorporating the bad parts of someone else onto an external object or person

Incorporating a realistic framework onto an external object or person

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*Correct answer: Incorporating both the good and bad parts of someone else onto an external object or person*

*Projective incorporation entails both the good and bad parts (not just one of each).*

*However, it is rarely a realistic framework, as it entails a sense of splitting.*

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25.

Which of the following is the **BEST** definition for minority stress?

**The stress minorities face due to discrimination**

The stress minorities face due to a therapist's countertransference

The flawed worldviews some minorities have about their role in society

The arguments within a specific minority

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*Correct answer: The stress minorities face due to discrimination*

*Therapists may have countertransference when working with certain populations and that can contribute to minority stress, but minority stress is more of a global, societal issue (rather than just one in the therapy room).*

*Minority stress is not a flawed worldview, nor is it indicative of arguments within a group.*

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26.

What **BEST** defines the concept of "family roles"?

**Consistent behavioral patterns maintained by the family**

Implied rules about how family members should conduct themselves

The limits shared between individuals and their families

How family members adjust their dynamics in response to changing environments

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*Correct answer: Consistent behavioral patterns maintained by the family*

*This is the appropriate definition for family roles.*

*Implied rules about how family members should conduct themselves are called covert rules.*

*Limits between people are boundaries.*

*How families change and adapt refers to the concept of adaptability.*

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27.

All the following represent potential boundaries that systemic therapists might encourage family members to set with one another, **EXCEPT**:

**Withholding sharing feelings when the timing is not appropriate**

Speaking in a calm tone when interacting with one another

Using I-statements to express individual needs

Setting specific consequences related to violating boundaries

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*Correct answer: Withholding sharing feelings when the timing is not appropriate*

*Although some family members may choose this method, a systemic therapist would not inherently recommend it.*

*Instead, they would usually encourage people to reflect on how and when it's most effective to share boundaries (they probably wouldn't encourage withholding). Speaking in a calm tone, using I-statements, and outlining consequences are essential components of boundary work.*

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28.

Who developed the concept of strategic family therapy?

**Jay Haley**

Virginia Satir

Murray Bowen

Carl Whittaker

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*Correct answer: Jay Haley*

*Jay Haley developed strategic family therapy.*

*Virginia Satir created experiential family therapy. Murray Bowen came up with systems theory. Carl Whittaker came up with symbolic-experiential therapy.*

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29.

You are working with a client with generalized anxiety disorder. This client acknowledges that they spend a great deal of time worrying about their finances.

If you were to focus on prescribing the symptom, you would **MOST** likely proceed by:

**Encouraging the client to continue worrying at a designated time each day**

Focusing on times when the client does not worry about their finances

Exploring the triggers causing financial anxiety

Providing alternative coping skills the client can use when they start worrying

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*Correct answer: Encouraging the client to continue worrying at a designated time each day.*

*Encouraging specific time to engage in problematic behavior is part of prescribing the symptom. Prescribing the symptom occurs when a therapist tells a client to continue having their particular problem in the hope that it will expose the patterns maintaining the problem.*

*Focusing on symptoms is a solution-focused goal.*

*Exploring triggers is not a factor in prescribing the symptom.*

*Providing alternative coping skills is a common cognitive technique, but it is not associated with prescribing the symptom.*

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30.

Bowen largely believed that a child's problematic behavior resulted from:

**Parents inappropriately or ineffectively involving children in their marriage**

Parents creating unbalanced hierarchies within the family

Parents lacking healthy communication with their children

Parents scapegoating children for their own dysfunction

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*Correct answer: Parents inappropriately or ineffectively involving children in their marriage*

*Bowen preferred working with couples, as he believed that parents ineffectively involved children in the marriage (he sought to replace the child in their triangle).*

*Them lacking healthy communication or scapegoating their children falls under this MAIN category of inappropriately involving them in their marital problems.*

*Unbalanced hierarchies are more of a structural family therapy term.*

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31.

What is the **BEST** definition of entropy?

**The tendency to move towards chaos or disorganization**

Incongruent communication messages

A sense of a stable homeostasis

Reciprocal flow of communication or influence

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*Correct answer: The tendency to move towards chaos or disorganization*

*Entropy refers to the tendency to move towards chaos or disorganization.*

*Incongruent communication is often a sign of poor boundaries or double messages. Stable homeostasis is known as equilibrium. A reciprocal flow is best described as feedback.*

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**32.**

Which of the following theorists emphasized the importance of therapists working through their own issues to best help families work through their issues?

**Carl Whitaker**

Jay Haley

Virginia Satir

Murray Bowen

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*Correct answer: Carl Whitaker*

*Carl Whitaker emphasized the importance of reciprocity, stating that therapists had to be aware of their own issues to help families work through them as well.*

*This was not a discussed concept among Jay Haley, Virginia Satir, or Murray Bowen.*

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**33.**

You are meeting with your client, Jane. She spends a significant portion of the session discussing a traumatic childhood experience involving her mother, father, and younger sister.

In this case, these people **MOST** represent:

**Jane's family of origin**

Jane's hierarchy

Jane's family-of-choice

Jane's parental subsystem

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*Correct answer: Jane's family of origin*

*Given this vignette, Jane is likely talking about her family of origin, which refers to the family where an individual is raised.*

*Hierarchy would refer to the power within a family.*

*Family-of-choice would likely include non-family members (like close friends or significant others).*

*The parental subsystem would likely refer only to her parents.*

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**34.**

According to the Gottman Method, all the following represent the Four Horsemen of the Apocalypse **EXCEPT**:

**Conflict**

Criticism

Contempt

Defensiveness

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*Correct answer: Conflict*

*Conflict is not listed as one of Gottman's Four Horsemen.*

*The other three (criticism, contempt, and defensiveness) are listed along with stonewalling.*

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**35.**

All the following are different family therapies within the constructivist model (or postmodern wave), **EXCEPT**:

**Experiential family therapy**

Solution-focused therapy

Collaborative family therapy

Feminist family therapy

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*Correct answer: Experiential family therapy*

*Experiential family therapy is within the classical schools of general systems theory.*

*Solution-focused, collaborative, and feminist family therapies are all part of the postmodern wave.*

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36.

What **BEST** defines an incongruent hierarchy in family systems?

**Evidence that family members do not act in age-appropriate ways**

Evidence that family members abuse each other

Evidence that family members are disconnected and disengaged

Evidence that family members often say one thing but mean another

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*Correct answer: Evidence that family members do not act in age-appropriate ways*

*When family members fail to act in age-appropriate ways, it can create an incongruent hierarchy.*

*This does not necessarily mean that abuse needs to be present. It also does not mean that the family is disconnected from one another. Saying one thing but meaning another is more of an example of incongruent communication (not hierarchy).*

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37.

You are working with a family when the father suddenly states, "I expect my children to respect their elders!" This is **MOST LIKELY** an example of which kind of boundary?

Rigid boundary

Diffuse boundary

Clear boundary

Disorganized boundary

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*Correct answer: Rigid boundary*

*All-encompassing statements, such as this one, typically represent rigid or inflexible boundaries.*

*Diffuse boundaries are opposite (overly flexible and not explicit). This is not necessarily an example of a clear boundary, because the father does not define what respect means. Disorganized boundaries are not a commonly-used term in marriage and family therapy.*

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38.

How a couple reflects and adapts to changing roles after their first child is born can be **BEST** described as:

**Flexibility**

Ground rules

Mapping an issue

Self-regulation

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*Correct answer: Flexibility*

*Adapting to change is a measurement of flexibility.*

*Ground rules might refer to how the couple adapts to change (and what behaviors they decide to engage in). Mapping an issue refers to how couples approach conflict. Self-regulation refers to internal ways of managing stress.*

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39.

What term **BEST** defines how MRI therapists aim to maintain structure and flow in their treatment?

**Therapeutic maneuverability**

Therapeutic alliance

Therapeutic directives

Therapeutic boundaries

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*Correct answer: Therapeutic maneuverability*

*Therapeutic maneuverability refers to how therapists pace, control, and maintain sessions.*

*The alliance refers to the relationship they have with clients. Directives refer to what they tell clients to do. Boundaries refer to the limits they set within their sessions.*

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40.

Sara (27) comes to you complaining about her sister Emma (26). She claims that Emma was always the center of attention in their family and that her parents are still enabling her financially. Sara states that she is tired of all the middle-of-the-night phone calls she gets from Emma. She doesn't want to always rescue her from crises. As a systemic therapist, you might say all of the following to validate Sara **EXCEPT**:

**I am sorry your parents continue to enable your sister's behavior.**

It sounds like you're in a really challenging dynamic right now.

I can see that you're very frustrated with your sister's behavior.

It totally makes sense that you want to set boundaries with your sister.

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*Correct answer: I am sorry your parents continue to enable your sister's behavior.*

*Although this may sound validating, it could be a triangulatory response, meaning that you are only aligning with Sara's side of the story.*

*The other statements are all validating- it would be appropriate to highlight the challenge, the feelings, and the desire to set boundaries.*

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41.

According to structural family therapists, the concept of hierarchy refers to how different leadership systems differ from the rest of the family.

Based on this premise, which of the following is the **BEST** example of an appropriate leadership hierarchy in a family?

**Parents deciding on an appropriate curfew for their teenager**

Parents deciding how much food their toddler should eat for dinner

Children deciding which issues at school to address with their parents

Siblings deciding which rules to listen to about chores

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*Correct answer: Parents deciding on an appropriate curfew for their teenager*

*In structural family therapy, hierarchies delineate the leadership subsystem within a family, separating it from the rest of the family. According to structural family therapists, the parents assume the leadership role for the family to succeed. Children may have some input, but the parents, as members of the leadership hierarchy, make the final decision. Deciding on appropriate limits for a child is a solid example of an appropriate leadership hierarchy within a family.*

*Parents may decide which food to give to their toddler, but they would not inherently control how much the child should eat.*

*Children have the right to choose what they disclose to their parents, but this is often a boundary and not a result of leadership hierarchy.*

*Siblings that decide on rules may be more indicative of how they listen and respect the leadership hierarchy. Siblings deciding on rules would demonstrate an inappropriate leadership hierarchy.*

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**42.**

Claire (32) just gave birth to her first child. You are a therapist who largely practices from a CBT framework. Claire expresses that she feels overwhelmed about knowing when to feed her baby. She states, "I'm a mother, and this should just be intuitive, shouldn't it?" In CBT, her statement is **BEST** known as a type of:

**Irrational belief**

Internal dialogue

Dichotomous thinking

Emotional reasoning

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*Correct answer: Irrational belief*

*It is irrational that Claire should intuitively know exactly when to feed her baby.*

*Her internal dialogue refers to thoughts/feelings she has about an experience (so her internal dialogue could certainly be shaping this irrational belief). Dichotomous thinking would sound like, "I should always know when to feed my baby." Emotional reasoning would sound like, "I feel like I don't know how to parent correctly. I must be a bad mother."*

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43.

You are working with a family. You notice that each time Linda (57) tries to assert a boundary, her husband, Steve (58), interrupts her, causing Linda to stop speaking. This pattern repeats multiple times during the session.

This repetitive behavior is **MOST** likely indicative of:

Homeostasis

Triangulation

Covert rules

Differentiation

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*Correct answer: Homeostasis*

*Repeated patterns of behavior in families often indicate homeostasis, in which the family (often subconsciously) maintains stability by resisting change, even if the current dynamics are unhealthy.*

*Triangulation involves drawing in a third person to defuse tension, which is not seen here.*

*Covert rules refer to unspoken rules in the family.*

*Differentiation refers to an individual's ability to maintain their identity within the family system. Although poor differentiation may contribute to this pattern, homeostasis better explains the repetitive behavior.*

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44.

All the following are **TRUE** about spirituality in therapy, **EXCEPT**:

**Therapists should refer out clients with different religious backgrounds.**

Therapists should inquire about the role spirituality plays in a client's life.

Therapists should recognize spirituality as not necessarily having a specific higher power.

Therapists should be aware of their own religious beliefs.

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*Correct answer: Therapists should refer out clients with different religious backgrounds.*

*Therapists can certainly work with clients with different religious backgrounds.*

*It is a good idea to discuss the role of spirituality in a client's life. Spirituality is a vast term and not always indicative of having a higher power. Ethically, therapists should be aware of their own biases, expectations, and beliefs around religion.*

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45.

Based on the MRI perspective, the client position is **BEST** defined as:

**A client's set of values influencing their behavior**

A client's boundaries in relationships

A client's presenting problem

A client's motivation for therapy

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*Correct answer: A client's set of values influencing their behavior*

*This best defines the concept of client position.*

*Boundaries may be a part of their client position, but it does not comprehensively define that term. Similarly, a client's presenting problem or their motivation for therapy does not adequately define their client position (although it may influence it).*

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46.

All the following are generally true about postmodern family therapy, **EXCEPT**:

**Therapy focuses mostly on intergenerational patterns.**

Clients are perceived as the experts of their own lives.

Therapy tends to be more collaborative.

Therapists maintain an ongoing sense of curiosity about their clients.

---

*Correct answer: Therapy focuses mostly on intergenerational patterns.*

*This is more associated with transgenerational/psychoanalytic theories.*

*The other answers all represent key components of postmodern family therapy.*

---

47.

An IFS therapist views "the true self" as:

**Stable, consistent, and positive**

Honest, unwavering, and attuned to others

Nonexistent outside of loving relationships

Wounded, scared, and vulnerable

---

*Correct answer: Stable, consistent, and positive*

*IFS therapists view 'the true self' as stable, consistent, and positive.*

*This does not change by circumstance (i.e. relationships). It is not affected by being attuned (or not attuned to others). It is not wounded or fragile (those are the exile parts).*

---

48.

A female (Caucasian) therapist has started working with a Japanese couple on issues related to infidelity. This therapist, at times, finds it hard to connect with her clients due to their cultural differences. To help with this difficulty, she should consider all the following **EXCEPT**:

**Asking the couple to teach her about Japanese cultural expectations**

Reading about cultural expectations among different ethnicities

Seeking consultation from therapists who have worked with this population

Recognizing her own biases when it comes to culture

---

*Correct answer: Asking the couple to teach her about Japanese cultural expectations*

*It is not appropriate for therapists to expect clients to educate them about their particular culture. It is reasonable to read about different ethnicities and seek appropriate consultation. Ethically speaking, it is very important that therapists also recognize their own biases and potential prejudices.*

---

49.

What is the **BEST** definition of a good-faith agreement?

**Each individual agrees to change their own behaviors (even if the other person doesn't reciprocate).**

Each individual agrees to change their own behaviors (while under the assumption the other person will reciprocate).

Each individual agrees to increase positive behaviors within the relationship.

Each individual agrees to let the other person know their boundaries and needs.

---

*Correct answer: Each individual agrees to change their own behaviors (even if the other person doesn't reciprocate).*

*Good-faith agreements are based on personal accountability (so each person would focus on doing what they can do- without assuming the other person will reciprocate). It may include sharing boundaries and needs, but that is not always the case. Ideally, it promotes increased positive behaviors- but that is more of an outcome after making the agreement.*

---

50.

All the following are generally true about brief therapy, **EXCEPT**:

**It should be used only after eliminating the need for long-term therapy**

It tends to focus on present problems

It tends to emphasize efficient problem-solving

It can be used with families, couples, and individuals

---

*Correct answer: It should be used only after eliminating the need for long-term therapy*

*Brief therapy can be highly effective, and some therapists only practice from this framework. Thus, they would not "eliminate the need" for long-term therapy for each client.*

*It's true that this work often focuses on present problems and strives to solve issues efficiently. It can also be used with families, couples, and individuals.*

---

51.

Concepts like overt and covert rules, roles, and interactional styles are central to which type of therapy?

**Structural Family Therapy**

Solution-Focused Therapy

Narrative Family Therapy

Cognitive-Behavioral Therapy

---

*Correct answer: Structural Family Therapy*

*Structural Family Therapy views families as systems that structure themselves around patterns of interaction and rules that govern these interactions. Overt and covert rules, roles, and interactional styles are all central to Structural Family Therapy.*

*Solution-focused therapy is brief and focuses on solving here-and-now problems.*

*Narrative family therapy views families as experts, and cognitive-behavioral therapy aims to decrease problematic behaviors.*

---

52.

Masters and Johnson emphasized that dual-sex therapy teams could **BEST** support couples because:

**women best understand female sexuality and men best understand male sexuality.**

both partners need to feel they have a professional on their side.

it promotes more safety within the therapy sessions.

therapists can provide different levels of expertise to help the couple.

---

*Correct answer: women best understand female sexuality and men best understand male sexuality.*

*Masters and Johnson emphasized that women understand female sexuality and men understand male sexuality. Safety, having more professional support on one's side, and providing more expertise may be important factors, but they were not explicitly stated in their reasoning.*

---

**53.**

When measured through a centripetal dimension, family members aim to meet their needs:

**within the family system.**

outside the family system.

within themselves.

occasionally within the family system and occasionally outside of it.

---

*Correct answer: within the family system.*

*Centripetal dimension refers to meeting needs within the family system itself.*

*Outside the family system comes from a centrifugal dimension. Within themselves is not a specified dimension. Occasionally within the family system and occasionally outside of it is more of a mixed dimension.*

---

**54.**

In his theory, Bowen continuously emphasizes which of the following within a family system:

**Anxiety**

Depression

Objects

Structure

---

*Correct answer: Anxiety*

*Bowen often focuses on anxiety within families.*

*Therapists may focus on depression (as part of the content) when doing genograms. Objects is part of Object-Relation's work, and structure is part of structural family therapy.*

---

55.

Collaborative family therapists typically embrace a not-knowing approach. This means all the following **EXCEPT**:

**Recognizing that therapy is inherently abstract and ambivalent**

Assuming they are not an expert

Remaining curious and open-minded about each individual's experiences

Believing clients are the experts of their own lives

---

*Correct answer: Recognizing that therapy is inherently abstract and ambivalent*

*Collaborative family therapists recognize that therapy (and life) is subjective, but they would not necessarily describe it as abstract or ambivalent.*

*Instead, not-knowing means they believe clients (and not themselves) are the experts in their own lives. Subsequently, they remain curious and open-minded about hearing about their experiences.*

---

56.

During an EFT session, a couple repeatedly engages in arguments where one partner criticizes while the other shuts down emotionally. Based on EFT principles, this pattern is **MOST** likely due to:

**Engaging secondary reactive emotions rather than showing primary emotions**

Unconsciously choosing partners who resemble their parents

Using harsh start-ups when interacting with one another

Displaying overly rigid or diffuse boundaries with one another

---

*Correct answer: Engaging secondary reactive emotions rather than showing primary emotions*

*Hiding primary emotions while displaying secondary ones is a key tenet of EFT, where couples often react defensively instead of expressing deeper, vulnerable feelings.*

*Unconsciously choosing partners who resemble their parents is a tenet of imago relationship therapy.*

*Using harsh start-ups when interacting with one another is a tenet of Gottman therapy.*

*Displaying overly rigid or diffuse boundaries with one another is a tenet of Bowen systemic therapy.*

---

**57.**

The Functional Family Therapy (FFT) model states that all behavior is an attempt to meet one's needs for:

**Proximity and distance**

Communication and safety

Intimacy and connection

Boundaries and structure

---

*Correct answer: Proximity and distance*

*The Functional Family Therapy (FFT) model focuses on the needs of proximity and distance.*

*The other principles listed may be important, but they do not adequately explain how this model perceives behavior.*

---

58.

Which of the following is **MOST TRUE** of symbolic-experiential family therapy?

**Growth occurs through rich interaction between oneself and the interpersonal context within their life.**

Growth occurs through a supportive interpersonal system that embraces autonomy.

Growth occurs through dismantling triangulations and dyads in family systems.

Growth occurs through challenging the cognitive distortions prohibiting growth.

---

*Correct answer: Growth occurs through rich interaction between oneself and the interpersonal context within their life.*

*The premise of symbolic-experiential family therapy is that symptom relief and change occur by internal growth. Whitaker embraces interventions rooted in active listening and believing that clients are capable of independent growth. While autonomy may be a goal, it is not always the key focus of growth. Triangulations, dyads, and cognitive distortions are not standard symbolic-experiential concepts.*

---

59.

When working with families, it is important that marriage and family therapists remember all the following, **EXCEPT**:

**Families generally don't want help**

Families often show resistance to change

Families typically have triangles

Families are largely shaped by culture

---

*Correct answer: Families generally don't want help*

*Most families do want help and do want to improve the quality of their relationships.*

*However, many barriers can impact this type of dynamic change (resistance, triangles, and cultural constraints all represent key obstacles).*

---

60.

In Bowen's Family Systems, what is the **BEST** definition of the differential phase?

**Increasing levels of autonomy**

Increasing awareness of family patterns

Increasing patterns of togetherness

Increasing the parental subsystem

---

*Correct answer: Increasing levels of autonomy*

*Increasing levels of autonomy (a form of differentiation) are one of the main goals of Bowenian family therapy.*

*Increasing awareness of patterns and togetherness represents other Bowenian goals. Increasing the parental subsystem is more of a structural family therapy goal.*

---

**61.**

Carol and Steve have been married for seventeen years. They can't remember a time they haven't fought about who controls the thermostat. Most of the time, it's just a lighthearted argument, but sometimes Carol feels really upset that Steve keeps the house "too cold" for her comfort. This dynamic can be **BEST** described as:

**A gridlocked issue**

Defensiveness

An interactional pattern

Accepting influence

---

*Correct answer: Gridlocked issue*

*Gottman describes 'gridlocked issues' as issues that are chronic and ongoing (but generally not a significant threat to a relationship).*

*There are no real signs of defensiveness in this dynamic. An interactional pattern refers to how couples meet attachment needs (not the case in this conflict). Accepting influence refers to how couples build trust and safety in a relationship by meeting each other's needs- we don't know how Carol and Steve are working to achieve that.*

---

62.

Juan, a therapist, was born in Mexico and immigrated to the U.S. as a teenager. He is working with Ricardo, a teenager, who just immigrated to the U.S. Given this information, in working with Ricardo, it's **MOST** important for Juan to consider that:

**He may overidentify with his client's background.**

He may have transference towards Juan.

He may need to recommend assimilation as a treatment goal.

He may need to engage in self-disclosure.

---

*Correct answer: He may overidentify with his client's background.*

*Overidentifying with clients poses a significant risk when working with clients from similar backgrounds.*

*Transference refers to a client's feelings about a therapist, so that wouldn't be applicable here. Assimilation would not necessarily be a treatment goal, as we don't have context for that. Juan may engage in self-disclosure, but that likely wouldn't be the most important consideration.*

---

63.

You practice from a Bowenian family therapy framework, and you are meeting with a new family for the first time. You quickly notice that each family member talks to you, rather than to each other. For example, when you ask Bob how he feels about his wife Jane's work schedule, he says, "It's just really stressful." Then, when you ask Jane about Bob's response, she looks at you and says, "Yeah, I get why he's stressed. I'm stressed, too."

Based on this theoretical framework, how might you **BEST** intervene with this dynamic?

**Continue allowing family members to speak to the therapist to reduce overall tension.**

Psychoeducate on the poor boundaries within the family

Validate each family member's stress

Ask what has helped them manage stress in the past

---

*Correct answer: Continue allowing family members to speak to the therapist to reduce overall tension.*

*Bowen family systems therapy often entails clients speaking to the therapist directly. This can diffuse tension/conflict within the family, and allow family members to be actively listened to in times of distress.*

*Psychoeducation could be appropriate, but we don't necessarily see evidence of poor boundaries. Validation would also be important, but we'd ideally like the family members to validate each other. Asking about how they have managed stress in the past is more of a solution-focused intervention.*

---

64.

You are a Satir communications therapist who primarily works with families in your practice. You likely operate off each of the following assumptions, **EXCEPT**:

**Clients often become trapped in their own limiting beliefs**

All clients have the inherent resources needed for positive growth

Every person and situation inherently affects one another

A family's reality is based on their subjective perceptions

---

*Correct answer: Clients often become trapped in their own limiting beliefs*

*Limiting beliefs is a common issue that cognitive-behavioral therapists address. It would likely not be a core concept for Satir communications therapists.*

*The remaining answers represent key assumptions of Satir's method.*

---

65.

Which of the following individuals is **MOST CLOSELY** associated with founding contextual family therapy?

Ivan Boszormenyi-Nagi

Carl Whitaker

Mara Selvini-Palazzoli

Michael White

---

*Correct answer: Ivan Boszormenyi-Nagi*

*Ivan Boszormenyi-Nagi founded contextual family therapy.*

*Carl Whitaker is associated with experiential family therapy. Mara Selvini-Palazzoli is associated with Milan systemic therapy. Michael White is associated with narrative family therapy.*

---

**66.**

While meeting with a husband, John, and his wife, Molly, for conjoint couple therapy, you notice that Molly believes that John "always sides" with his mother. John acknowledges that he often confides in his mother when he feels stressed or frustrated in the marriage. However, Molly feels that John and his mother team up against her to persuade her to let John have his way.

What is this dynamic **MOST** likely indicative of, based on Molly's perception?

**Cross-generational coalition**

Alliance

Parent-child hierarchy

Parental child

---

*Correct answer: Cross-generational coalition*

*This dynamic is common in cross-generational coalitions, a triangle where family members from different generations team up against a third family member.*

*An alliance refers to the closeness/mutual bonding of two members.*

*A parent-child hierarchy refers to how parents unite to raise their children.*

*A parental child refers to a child who is often treated older than they really are, which may or may not be the case here.*

---

67.

Which of the following is **MOST** likely an example of a covert rule a family may have?

**Don't talk about family matters outside the home**

Take out the trash when you notice it's full

Make sure you come home before curfew

If you don't mow the lawn, you won't get your allowance

---

*Correct answer: Don't talk about family matters outside the home*

*Covert rules are usually implied, even if they aren't explicitly stated. Many families "assume" it isn't appropriate to talk about their issues outside the home.*

*The other answers tend to be more specific and suggest that the family has discussed them in the past.*

---

68.

Which of the following interventions would **NOT** be included in contextual family therapy?

**Accepting hypotheses from the therapist about family problems**

Working through entitlements

Learning the difference between irrational guilts and justifiable guilts

Achieving a state of exoneration

---

*Correct answer: Accepting hypotheses from the therapist about family problems*

*Accepting hypotheses from the therapist would be an intervention in Milan systemic therapy. This would not routinely be a part of contextual family therapy.*

*The other items listed here are common components of contextual family therapy.*

---

69.

Most of the time, Bob and Carol decide what to serve their children for dinner. Occasionally, however, they will ask their kids for input. About once a month, they rotate, allowing the kids to choose a restaurant for a family meal.

This dynamic **BEST** represents:

**Permeable boundaries**

Diffuse boundaries

Rigid boundaries

No boundaries

---

*Correct answer: Permeable boundaries*

*Permeable boundaries are relatively flexible, meaning they can change when needed (as is the case here).*

*A diffuse boundary often refers to a lack of boundaries or no boundaries, which isn't the case.*

*Rigid boundaries rarely, if ever, make room for exceptions (so that would be Bob and Carol always deciding what their children eat for dinner).*

*We see that there are still boundaries here because the children only sometimes decide what to have for dinner. So, no boundaries isn't the correct option.*

---

70.

Which of the following **BEST** describes the concept of 'double messages?'

**Incongruent messages between process and content**

Congruent messages between process and content

Sending messages about differing topics at the same time

Ignoring the content altogether

---

*Correct answer: Incongruent messages between process and content*

*Incongruence is the key factor of double messages (i.e. saying "I'm fine" with a scowl on your face).*

*A congruent message would be more of a clear message. It's possible that you send two messages (about differing topics) at the same time, but this is not an inherent part of double messaging. Someone might ignore the content, but that is also not inherent.*

---

71.

Within the framework of transgenerational family therapy, the concept of rejunction is **BEST** described as:

**Repairing a rupture within a significant relationship**

Problems associated with safety and trustworthiness

A sense of loyalty to only one parent

Avoiding taking sides with any one family member

---

*Correct answer: Repairing a rupture within a significant relationship*

*Repairing a rupture within a significant relationship is the best definition of injunction.*

*Problems associated with safety and trustworthiness are known as disjunction. A sense of loyalty to only one parent is known as a split loyalty. Avoiding taking sides with any one family member is part of neutrality.*

---

72.

The Galveston Family Institute takes all the following stances when it comes to the therapist's tasks, **EXCEPT**:

**Embrace the significance of psychoeducation**

Embrace a curious, not-knowing stance

Embrace the client's perception of reality

Embrace open, conversational questions

---

*Correct answer: Embrace the significance of psychoeducation*

*While psychoeducation may inherently be a part of any therapy work, it is not a listed stance according to the Galveston Family Institute (GFI).*

*However, embracing curiosity, the client's perception of reality, and conversational questions are all important tenets.*

---

**73.**

The **BEST** definition for cotherapy is:

**two therapists treating a client together.**

two therapists collaborating on a case together.

two therapists working with one client on separate issues.

two therapists facilitating a training together.

---

*Correct answer: two therapists treating a client together.*

*Cotherapy work in tandem in the same session to treat a client.*

*It is not the same as collaborating or facilitating a training together. It is also not the same as two different therapists working on two different treatment goals for one client.*

---

74.

When working with families, solution-focused therapists are **MOST LIKELY** to believe that:

**Families can improve their level of satisfaction by intentionally doing more of what is already working.**

Families can improve their communication by establishing clear boundaries with one another.

Families can improve their relationships by practicing active listening during vulnerable disclosures.

Families can avoid looking at the problem and focus their efforts by looking towards viable solutions.

---

*Correct answer: Families can improve their level of satisfaction by intentionally doing more of what is already working.*

*Family therapists appreciate their clients who focus on doing "what is already working." This may include how they set boundaries, listen to one another, or show support.*

*While solution-focused therapists do focus on solutions, they do not inherently disregard problems altogether.*

---

75.

Hank (45) states his wife Georgia (42) is at fault for all the problems in their marriage. You notice this pattern in other areas of his life as well. For example, he often says one of his colleagues is at fault for his own work stagnation. He also talks down to his daughter for "spending all their hard-earned money."

Virginia Satir might classify Hank as a(n):

**Blamer**

Placater

Irrelevant

Attacker

---

*Correct answer: Blamer*

*Hank tends to blame others when things go wrong, and he lacks personal accountability. This is congruent with Satir's definition of a blamer. People with this communication style tend to be dominant and self-righteous.*

*A placater will often go along with what other people want, aiming to please at all costs.*

*An irrelevant would try to diffuse the family tension altogether, becoming a distractor.*

*An attacker is not a term Satir used.*

---

76.

John (45) and Eleanor (45) take their son, Benjamin (10) into therapy, stating that his tantrums are "getting out of control" and they don't know what to do about it. They feel frustrated that he won't do his homework, help with household chores, or "respect adults." You believe that family therapy would help this family immensely, but they insist that you see Benjamin alone because "he's the one with the problems." Based on this information, you can **BEST** conclude that:

**Benjamin is the identified patient in the family.**

John and Eleanor are in denial about their family.

Benjamin is the parentified child in the family.

John and Eleanor have rigid boundaries.

---

*Correct answer: Benjamin is the identified patient in the family.*

*John and Eleanor make it fairly clear they believe Benjamin is the root of the family's dysfunction (which defines the identified patient role).*

*They may be in denial about their own parts, but there is not enough information to know for sure. We also don't know if they have parentified Benjamin. They may have rigid boundaries, although no information in this vignette discusses boundaries.*

---

77.

All the following are generally true about family therapy, **EXCEPT**:

**Family therapists remain impartial and unbiased.**

Family therapists avoid singling out individuals.

Family therapists view the entire family as "the client".

Family therapists create goals based on the entire family's needs.

---

*Correct answer: Family therapists remain impartial and unbiased.*

*While family therapists should strive for neutrality and to remain open-minded, it is not practical to assume they are entirely impartial and unbiased. However, they do need to be aware of these implications.*

*The remaining items all represent important tenants of family therapy (not singling people out, seeing everyone as "the client", and creating goals based on what the system needs).*

---

78.

Which of the following situations would be **MOST** appropriate for engaging in a genogram with a client?

**When a client shares feeling disconnected from their siblings**

When a client indicates feeling anxious about the future

When a client divulges suicidal ideation

When a client expresses a desire to cheat on their spouse

---

*Correct answer: When a client shares feeling disconnected from their siblings*

*Genograms help explore significant past events and generational processes in families. A genogram could be insightful in understanding patterns with sibling issues.*

*It would probably not be as effective for future anxiety or their own thoughts about infidelity.*

*When divulging suicidal ideation, a thorough assessment (and not a genogram) would be your next step.*

---

79.

Haley (29) comes to therapy after a significant history of volatile relationships. She reports that she is "always the one getting dumped." She has been engaged twice, and both times, her partners left her for being overly clingy and jealous.

Haley has good insight into her behavior and states she often fears abandonment, and it stems from her father leaving home and never returning when she was eight.

Based on Bowlby's attachment styles, Haley **BEST** presents as:

**Having an insecure attachment style**

Being enmeshed with partners

Having diffused boundaries in relationships

Meeting the criteria for borderline personality disorder

---

*Correct answer: Having an insecure attachment style*

*Based on Bowlby's work, Haley has an insecure attachment style, as she tends to present as vulnerable, jealous, and clingy in relationships (likely driving away partners).*

*Enmeshment and diffused boundaries are not inherent attachment terms.*

*Borderline personality disorder is not an attachment style.*

---

80.

All the following represent underlying assumptions within the humanistic-experiential approach, **EXCEPT**:

**Low self-esteem causes family dysfunction.**

Growth is a natural process that happens for everyone.

All people have innate resources that can help them grow.

Low self-esteem can often lead to poor communication habits.

---

*Correct answer: Low self-esteem causes family dysfunction.*

*The humanistic-experiential approach does not assume that low self-esteem causes family dysfunction (more that dysfunctional behaviors often manifest due to a lack of growth).*

*However, it does state that growth happens naturally (and for everyone), and that everyone has resources that can help them grow. Likewise, self-esteem often correlates/leads to poor communication.*

---

**81.**

Your client, Caleb, shares that he feels enormous pressure to marry someone who shares the same cultural background. He insists his parents have never pressured him into this, but he just feels this intense expectation, as it's been a long-standing dynamic within his family for many years. He notes his parents have made occasional comments about how it's "easier to raise children when both parents have the same background." From a transgenerational family therapy approach, Caleb's struggle **BEST** represents an example of:

**Legacy**

Invisible loyalty

Indebtedness

Enmeshment

*Correct answer: Legacy*

*Whether he realizes it or not, Caleb may have a sense of legacy to his parents. Legacy is a set of spoken or unspoken expectations.*

*Invisible loyalty is similar, but it refers to feeling driven to do something for a group, without necessarily knowing why. Indebtedness refers to feeling the need to do specific things that feel "fair" and "appropriate" (Caleb's case is not as explicit here). Enmeshment would refer to Caleb feeling unable to think independently for himself or set reasonable boundaries for his behavior.*

---

82.

All the following represent parts of the early phase of contextual family therapy, **EXCEPT**:

**Temporarily taking sides with certain individuals**

Constructing a genogram

Asking individual family members to express their perceptions and feelings

Identifying hidden loyalties

---

*Correct answer: Temporarily taking sides with certain individuals*

*Temporarily taking sides with certain individuals represents more of a middle phase of contextual family therapy.*

*However, constructing a genogram, having family members share their own perspectives, and identifying hidden loyalties are parts of early phase contextual family therapy treatment.*

---

83.

All the following are true when it comes to considering the ethics of working with multiple clients in a system, **EXCEPT**:

**Therapists should always be entirely neutral**

Therapists should clearly define who is "the client"

Therapists should maintain confidentiality

Therapists should adhere to their "no secrets" policies

---

*Correct answer: Therapists should always be entirely neutral*

*It may not always be possible (or necessary) for therapists to remain entirely neutral.*

*However, they should identify "the client," maintain confidentiality, and adhere to any "no secrets" policy that they implement.*

---

84.

Sam is a symbolic-experiential therapist referred to work with a family. He probably operates under all the following assumptions, **EXCEPT**:

**Families inherently assume control of the battle of structure**

Cotherapy is a crucial part of treatment

The goal of therapy is to evoke and trigger family anxiety

Family roles are flexible and can be molded

---

*Correct answer: Families inherently assume control of the battle of structure*

*Therapists (not families) assume control of the battle of structure.*

*Symbolic-existential therapists practice cotherapy, aim to trigger family anxiety, and believe family roles are flexible.*

---

85.

Encouraging someone to continue engaging in a designated, problematic behavior is a strategic family therapy intervention **BEST** known as:

**Prescribing the symptom**

Restraining change

Pretending technique

Negotiating and contracting

---

*Correct answer: Prescribing the symptom*

*Prescribing the symptom is a strategic family therapy intervention where one person is encouraged to continue engaging in a specific problem behavior.*

*Restraining change is an intervention rooted in encouraging clients to "move slowly" when making changes.*

*The pretending technique refers to "pretending" to have a specific symptom.*

*Negotiating and contracting refers to collaborating with one another to reach agreements.*

---

86.

Marriage and family therapists typically believe all the following statements about play therapy **EXCEPT**:

**Play therapy is more effective when it's directive in nature.**

Home-based play sessions can be beneficial for observing the child in their own environment.

Play is essential for a child's well-being.

Play therapy is correlated with positive child outcomes.

---

*Correct answer: Play therapy is more effective when it's directive in nature.*

*Most play therapists subscribe to the benefits of nondirective, child-led play.*

*MFTs generally agree that play is an important part of child development, that play therapy can yield positive benefits, and that it may be helpful to observe the child at home.*

---

87.

Family therapy tends to be recommended as an appropriate treatment approach for all the following mental health conditions, **EXCEPT**:

**Premature ejaculation**

Adolescent depression

Oppositional-defiant disorder

ADHD

---

*Correct answer: Premature ejaculation*

*Sexual disorders are not appropriate for family therapy (although it may be appropriate for couples therapy).*

*Childhood/adolescent conditions like depression, ODD, and ADHD are all typically appropriate for family therapy.*

---

**88.**

You are working with a couple, John and Katherine, who have been married for eight years. Whenever tension starts to increase, John makes a comment along the lines of, "I don't want to discuss this anymore." Sometimes, he will stand up and leave the session early. You and Katherine both, at times, find it hard for John to engage when any source of stress arises.

According to the Gottman Method, John is **MOST** likely displaying which interactional pattern?

**Stonewalling**

Contempt

Defensiveness

Criticism

---

*Correct answer: Stonewalling*

*John is engaging in stonewalling, as he chooses to emotionally and physically withdraw from challenging conversations.*

*Contempt would be happening if John were making comments that demeaned or attacked Katherine's character.*

*Criticism would be making a cruel comment about Katherine's behavior.*

*Defensiveness would be John failing to hear Katherine or making the arguments entirely about himself and his needs.*

---

89.

Which of the following is **NOT** one of John Bowlby's attachment categories?

**Uncertain attachment**

Secure attachment

Insecure attachment

Disorganized attachment

---

*Correct answer: Uncertain attachment*

*Uncertain attachment is not one of Bowlby's attachment categories.*

*His categories include secure, insecure, and disorganized attachment styles.*

---

90.

John Gottman's 'emotional bank account' concept can **BEST** be described as:

**Chronic positive interactions help smooth out rough conflicts.**

Vulnerability creates a sense of safety within intimate relationships.

Partners need to 'give and take' equally when it comes to expressing needs.

Expressing primary needs maintains homeostasis.

---

*Correct answer: Chronic positive interactions help smooth out rough conflicts.*

*Chronic positive interactions help smooth out rough conflicts is the correct definition of an emotional bank account.*

*Vulnerability is important, but it does not define the term. Gottman would likely agree with 'giving and taking,' but this is also not the term. Primary needs are a concept from EFT.*

---

91.

All the following represent one of the four stages in the first session of strategic family therapy, **EXCEPT**:

**Behavior stage**

Social stage

Problem stage

Goal setting stage

---

*Correct answer: Behavior stage*

*The behavior stage is not an identified stage in strategic family therapy.*

*Social, problem, goal setting (and interaction) stages are all listed as the four stages of the first session.*

---

**92.**

You are in a session with your client, Evelyn. You are discussing a minor mistake she made at work. She states, "It was just so bad. I know I'm going to get fired for it. If I check my email now, I bet there's something in there from my boss." A CBT therapist would **BEST** describe this cognitive distortion as:

**Magnification**

Minimization

Mind reading

Overgeneralization

*Correct answer: Magnification*

*Magnification is a form of catastrophic thinking where someone greatly exaggerates potential consequences.*

*Minimization is the opposite (her saying her mistake was no big deal and nobody would notice). Mind reading is a form of assuming you know how others think or feel (her saying that she knows her boss must hate her). Overgeneralization occurs when you assume something will always happen because it happened once (her saying that she knows she's doomed to always make mistakes at work).*

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93.

According to the EFT model, which of the following is **MOST LIKELY** to be a primary emotion?

Fear

Defensiveness

Anger

Intellect

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*Correct answer: Fear*

*Fear is considered a primary emotion.*

*Defensiveness and anger are often considered secondary emotions. Intellect is a common defense mechanism used to shield or avoid various emotions.*

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**94.**

Carl and Valerie are newly married, and they have recently entered couples therapy. In one of the first sessions, Valerie states, "I feel like Carl is so dependent on me for everything. He doesn't have any friends or interests of his own. I love spending time with him, but I literally feel like he doesn't have much of an identity." This statement **BEST** portrays Bowen's concept of:

**Fusion**

Fusion anxiety

Mutuality

Indebtedness

*Correct answer: Fusion*

*Being so emotionally connected to someone that you lack a core sense of self is known as fusion.*

*Fusion anxiety occurs once you feel like you're losing your sense of self within a relationship (which we don't see evidence of with Carl). Mutuality refers to feeling like you can count on someone in a relationship. Indebtedness means feeling like you owe someone something for an inherent reason.*

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95.

Symbolic-experiential family therapists may mirror a grandparent's role when working with families. Why is this **MOST** beneficial?

**This role allows them to provide temporary parental functioning without being absolutely essential for the family's functioning.**

This role allows them to model healthy parenting for the parental subsystem.

This role allows them to psychoeducate healthy boundaries for all members of the family.

This role allows them to have an expert role to guide the family into healthier functioning.

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*Correct answer: This role allows them to provide temporary parental functioning without being absolutely essential for the family's functioning.*

*Symbolic-experiential family therapists accept their current roles and understand that the family is "free" to return to their normal way of functioning at any time. They recognize they are not inherently essential to the family's growth. Therefore, they do not act as experts or specialize in modeling or psychoeducation.*

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96.

Virginia Satir talked about the notion of introducing a 'foreign element' when working with families during the early phase of treatment. This foreign element can be **BEST** described as:

**The therapist entering the family system**

The change affecting the family system

The boundaries implemented within the family system

The anxiety within a family system

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*Correct answer: The therapist entering the family system*

*The therapist is the 'foreign element' in this case.*

*Change, boundaries, and anxiety are all common reactions to the foreign element, but they are not the foreign element themselves.*

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97.

You are working with Janet (45), her husband, Mario (47), and their two biological children, Tristan (14) and Jamie (12).

Based on this information, you are working with a:

**Nuclear family**

Extended family

Parental subsystem

Identified patient

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*Correct answer: Nuclear family*

*This dynamic best represents a nuclear family.*

*If you were working with grandparents or other relatives, you'd be working with the extended family.*

*If you were only focusing on the parents, you might be working with the parental subsystem.*

*If you only labeled one client as the issue, that would be working with the identified patient.*

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98.

Which of the following theorists used family sculpting as an intervention when working with families?

**Virginia Satir**

John Bowlby

Salvador Minuchin

Murray Bowen

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*Correct answer: Virginia Satir*

*Virginia Satir introduced the concept of family sculpting, where family members 'sculpt' the family in ways they best see fit.*

*The other answers are all different theorists, but none of them introduced this concept or mention it as an intervention in their work.*

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**99.**

Hunter and Kate both want to be more assertive in their marriage. Hunter achieves this goal by pausing before he speaks and trying to be mindful of Kate's needs. Kate achieves this goal by identifying her needs and challenging herself to use I-statements. This process best represents:

**Equifinality**

Diffuse boundaries

Feedback

Circular causality

*Correct answer: Equifinality*

*Hunter and Kate are using different strategies to achieve similar results (known as equifinality).*

*Diffuse boundaries are not the case here (as we're not really discussing boundaries). Feedback would refer to how influence flows in and out. Circular causality would be more of a 'chain reaction' of events happening, which is not inherently the case here.*

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