

- Here is some information about your test/exam :
- Webinar Name : Advancing Empathy Skills in Doctoral Training.
- Percentage of questions you need to answer correctly to pass: 75%.
- You can take this test as many times as you wish.

1. What skills have been shown to achieve better outcomes regardless of treatment modality?

- A: Vocational skills
- B: Empathy skills
- C: Cognitive skills
- D: Psychoanalytic skills

2. What agency evaluates and reviews doctoral programs to award professional accreditation?

- A: APA
- B: NCSPP
- C: Commission of Accreditation
- D: Board of Psychology

3. What is indicated as a significant treatment barrier?

- A: Good empathy skills
- B: Expressing Feelings
- C: Poor relationships with providers
- D: ADHD

4. Empathy skills may decrease due to all of the following:

- A: Educational demands
- B: Vicarious trauma
- C: All of the above
- D: Compassion fatigue

5. The capacity to differentiate between one's internal world and external environment based on the understanding that people have different perspectives and views of the world is referred to as:

- A: Affective Empathy
- B: Mentalization
- C: Cataplexy
- D: Seriation

6. What is an aspect of cognitive empathy that refers to the inclination to spontaneously understand the mental state of another?

- A: Sympathy
- B: Compassion
- C: Reactance
- D: Perspective Taking

7. Sackett and Lawson (2015) found that therapeutic alliances are directly associated with:

- A: The depth of meaningful experiences
- B: Mindfulness
- C: Theoretical orientation
- D: Invalidation

8. Weck et al. (2015) found that stronger _____ contribute to more successful outcomes.

- A: Cognitive skills
- B: Therapeutic alliances
- C: Emotions
- D: Senses

9. Schmidt et al. (2014) found that in contrast to client-rated therapeutic alliances, therapist-rated alliances were:

- A: Poor
- B: Indicative of outcome
- C: Not indicative of outcome
- D: None of the above

10. Expressing _____ and _____ to others strengthens the capacity to connect with others.

- A: Validation; acceptance
- B: Sympathy; compassion
- C: Stigma; judgment
- D: Invalidation; rejection

11. Greville-Harris et al. (2016) findings supported the hypothesis that _____ negatively affects interpersonal relationships.

- A: Gratitude
- B: Invalidation
- C: Validation
- D: Acceptance

12. Xu et al. (2016) found that the fear of being labeled and identified as mentally ill perpetuates _____ and negatively effects _____.

- A: Happiness; therapists
- B: Self-stigmatization; self-esteem
- C: Self-compassion; self-awareness
- D: Self-deprecation; grades

13. Pervasive feelings and experiences of _____ can impact the ability to form and maintain:

- A: Shame
- B: Guilt
- C: Self-reproach
- D: All of the above

14. _____ can reduce and interfere with one's ability to recognize feelings in others and can reduce the capability to learn about and interact with others _____.

- A: Happiness; appropriately
- B: Distress; appropriately
- C: Happiness; inappropriately
- D: Distress; inappropriately

15. _____ can compromise a therapist's cognitive and affective abilities.

- A: Pleasure
- B: Complex trauma
- C: Satisfaction
- D: Secure attachments

16. Pappottas and Draghi-Lorenz (2015) found that therapists' _____ had a significant effect on therapeutic alliances.

- A: Degree
- B: Attachment styles
- C: Energy
- D: None of the above

17. Therapists who engage in practices that increase _____ tend to be better able to uphold professional boundaries and are more likely to avoid enmeshment with clients.

- A: Grades

- B: Self-awareness
- C: Depression
- D: Compassion

18. A therapist's limited awareness of _____ can _____ the likelihood interventions will lack effectiveness due to habitual and unevaluated responses and reactions.

- A: Personal triggers; increase
- B: Personal triggers; decrease
- C: Client triggers; increase
- D: Client triggers; decrease

19. What assessment measure assesses health care professional's empathy?

- A: Jefferson Scale of Physician Empathy
- B: Working Alliance Inventory
- C: None of the above
- D: Questionnaire Measure of Emotional Empathy

20. What assessment measure was developed to be sensitive to lack of empathy?

- A: Empathy Quotient
- B: Questionnaire Measure of Emotional Empathy
- C: Working Alliance Inventory
- D: interpersonal Reactivity Index

21. _____ includes focusing on the present moment; nonjudgmental awareness; and acceptance of thoughts, emotions, and sensations as they are felt.

- A: Role-play
- B: Empathy
- C: Mindfulness
- D: Sharing stories

22. _____ can foster empathy as it requires the ability to accurately embody a character's motivations, feelings, desires, and beliefs.

- A: Stigmatization
- B: Role-play
- C: Complex trauma
- D: None of the above

23. Leppma and Young (2016) study suggested that increasing cognitive empathy may be significant in that it appears to be a protective factor from _____.

- A: Vulnerability and burnout
- B: Positive relationships
- C: Stigmatization
- D: Compassion

24. In the study by Friedrich et al. (2013), participants indicated that hearing about clients' _____ was particularly beneficial in that they provided insights into issues that were not included during the participants' formal training.

- A: Attachment
- B: Experiences
- C: Perspectives
- D: B and C

25. What ways can empathy be fostered?

- A: Mindfulness
- B: Role-play

- C: Sharing stories
- D: All of the above

26. V.J. Smith (2011) found that the most influential aspect of student-tutor relationships was:

- A: Tutor's degree
- B: A safe and supportive environment
- C: Tutor's experience
- D: Tutor's theoretical orientation

27. The ability to adapt and improvise when unexpected adverse conditions are encountered is referred to as:

- A: Cognitive empathy
- B: Affective empathy
- C: Resilience
- D: Stigma

28. Witnessing unpleasant interactions between coworkers can lead to:

- A: Compassion
- B: Emotional exhaustion
- C: Stronger Relationships
- D: Psychosis

29. When people observe others expressing _____ emotions, they are more motivated to engage in social interactions with others.

- A: Intense
- B: Positive
- C: Negative
- D: Fluctuating

30. Meneghel et al. (2016) found that collective positive emotions experienced in teams were strongly associated with:

- A: Distress
- B: Team resilience
- C: Adverse experiences
- D: Depression