

Posttest

Healing Body, Mind, and Spirit: Towards a More Spiritually Sensitive, Inclusive, and Integrated Psychotherapy

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Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

- 1) Spirituality has been described as:**
 - a. The seeking of that which is sacred
 - b. The practice of Yoga on a daily basis
 - c. Making confession to God or clergy regularly
 - d. Going to church on Sunday

- 2) A spiritually sensitive, inclusive, and integrated approach looks like this:**
 - a. It treats the mental and emotional aspects of one's identity
 - b. The spiritual beliefs of the clinician
 - c. It exclusively utilizes a psychoanalytic perspective of humanity
 - d. It recognizes spiritual ways of knowing and understanding

- 3) Which one of the following has helped bring spirituality into the mainstream of psychotherapeutic treatment?**
 - a. Sigmund Freud's statement that all religion is simply a "collective neurosis"
 - b. The rejection of any eclectic view of personality and treatment of psychopathology
 - c. The practices of positive psychology, mindfulness, yoga, and meditation
 - d. The promotion of and rigid adherence to reductionism, naturalism, and hedonism

- 4) Circle the one best answer: Integrating spirituality into psychotherapy is important because:**
 - a. It helps the clinician better understand the client
 - b. It erases all potential issues of transference in the therapeutic relationship
 - c. One famous psychologist thinks it is important
 - d. Some researchers and clinicians favor it

- 5) Which one of the following can be an ethical dilemma for therapists using a spiritually integrated approach?**
 - a. Finding appropriate ways to let a client know that you care about them and have their best interest in your heart
 - b. Asking a client if they have any spiritual wounds which are yet to be healed
 - c. Having positive expectancy about a client becoming well through treatment
 - d. Imposing religious or anti-religious values and beliefs on clients

- 6) Which one of the following is a basic clinical competency in spiritually integrated psychotherapy?**
 - a. The ability to properly conduct CBT treatment
 - b. The ability to deliver sound and compassionate "couples counseling."
 - c. The ability to establish fair and reasonable rates for a psychotherapy private practice
 - d. The ability to establish a spiritually open and safe therapeutic alliance

- 7) Which one of the following is NOT a “broad and available approach in spiritually integrated psychotherapy” ?
- 12 steps as a treatment approach
 - Mindfulness and connectedness
 - Hypnosis to help re-configure dreams in order to decrease nightmares
 - Helping clients find reasons for recovery
- 8) Which one of the following is a religious or spiritual practice which can be utilized as an intervention in spiritually inclusive treatment?
- Picking up a second job to increase family income
 - Working out at the Gym 4 days per week
 - Doing meditation in a place of reflection and solitude on a regular basis
 - Doing homework from school on a regular basis
- 9) Which one of the following answers is true about the power of “reasons for recovery” in positive therapeutic outcome?
- Most people don’t have reasons for the things they do and don’t do
 - Our deepest reasons, desires, and dreams can be the most powerful motives for change
 - Motives for change don’t matter – just help them change their behavior!
 - Help clients admit their struggles and ask for help
- 10) Which one of the following items is most true about listening to the heart according to our discussion today?
- The heart is a very strong muscle in your body
 - The “heart” provides a universal and ecumenical spiritual language
 - The heart is a concern for cardiologists – and **not** for mental health professionals
 - The heart is all about feeling emotion and acting out that emotion no matter what it is.