

Chapter 2

Contemporary Clinical Psychology

Multiple Choice Questions

1. Hunsley, Ronson & Cohen's (2013) survey of Canadian psychologists revealed that the largest percentage of professional time was spent on:
 - a. assessment activities.
 - b. research.
 - c. training.
 - d. intervention.

Answer: D Page: 46 - 47

2. Surveys of clinical psychologists in Canada by Hunsley, Ronson and Cohen (2013) and in the USA by Norcross and Karpiak (2012) revealed that:
 - a. the majority of psychologists specialize in one major professional activity.
 - b. almost half of them report devoting time to research, but it is a small proportion of their professional time.
 - c. the majority of clinical psychologists spend at least part of their work week teaching.
 - d. clinical supervision is undervalued by clinical psychologists.

Answer: B Page: 46 – 48

3. Survey data from Norcross and Karpiak (2012) and Hunsley, Ronson and Cohen (2013) indicate that
 - a. most clinical psychologists offer psychotherapy, and devote over 80% of their professional time to this activity.
 - b. the majority of clinical psychologists offer psychotherapy, and devote over 40% of their professional time to this activity.
 - c. approximately half of clinical psychologists do not offer psychotherapy, instead electing to focus upon research, teaching, and/or consultation.
 - d. the majority of clinical psychologists who do offer psychotherapy are only able to devote approximately 20% of their time to this activity.

Answer: B Page: 47

4. The assessment activities of clinical psychologists most commonly involve evaluating
 - a. the psychological functioning of an individual or a relationship.
 - b. the cognitive functioning of an individual.
 - c. the negative or antisocial inclinations of an individual.
 - d. the psychological functioning of youth both at school and in the community.

Answer: A Page: 49

5. The primary goal shared by all assessments conducted by clinical psychologists is in
 - a. establishing whether behaviour or symptoms meet criteria for a disorder.

- b. ascertaining eligibility for a particular service.
- c. determining suitability for a particular form of psychotherapy.
- d. understanding a person's current level of psychosocial functioning.

Answer: D Page 49 - 50

6. Canadian clinical psychologists most frequently provide
- a. individual therapy.
 - b. marital/couples therapy.
 - c. therapy to children and adolescents.
 - d. group therapy.

Answer: A Page: 52

7. Survey data from Ontario indicate that, of individuals who seek health care services for mental health reasons,
- a. 10% are seen by psychologists.
 - b. 25% are seen by psychologists.
 - c. half are seen by psychologists.
 - d. over 75% are seen by psychologists.

Answer: A Page: 53

8. Arguments in favour of psychologists having prescription privileges include:
- a. Underserved segments of the population such as those in rural areas and the elderly could benefit from extension of prescription privileges to psychologists.
 - b. Most psychoactive medications are prescribed by general practitioners whose training in mental health is limited to a few weeks.
 - c. Given brain-behaviour links, a biological approach to the treatment of psychological disorders is not incompatible with psychological training.
 - d. All of the above.

Answer: D Page: 53

9. Arguments against psychologists' having prescription privileges state that:
- a. extending psychologists' training to include psychopharmacology would most likely come at the expense of the quality of training in psychological issues.
 - b. full medical training would be necessary to understand the impact of psychoactive medication on other physical systems.
 - c. the population would be better served by increasing the numbers of available psychiatrists, rather than extending prescription privileges to psychologists.
 - d. although increasing the number of practitioners who can prescribe could decrease healthcare costs, doctoral training in psychology would become too lengthy.

Answer: A Page: 53

10. The majority of people who receive psychotherapy
- a. attend for fewer than 10 sessions.
 - b. attend for approximately 10 to 20 sessions.
 - c. attend for approximately 20 sessions or more.
 - d. attend for several years.

Answer: A Page: 54

11. Surveys of clinical psychologists and graduate students in clinical psychology indicate that _____ treatment is currently the most popular treatment technique with clinical psychologists in North America.

- a. psychodynamic
- b. cognitive-behavioural
- c. experiential
- d. interpersonal

Answer: B Page: 54 - 55

12. The prevention of a disease or disorder before it actually occurs is known as:

- a. elementary prevention.
- b. primary prevention.
- c. secondary prevention.
- d. tertiary preventions.

Answer: B Pages: 58

13. Reducing the recurrence of a disease or disorder that has already developed and been diagnosed is known as:

- a. elementary prevention.
- b. Primary prevention.
- c. secondary prevention.
- d. tertiary prevention.

Answer: C Pages: 58

14. Which type of prevention involves efforts to reduce overall disability resulting from a mental disorder?

- a. Elementary
- b. Primary
- c. Secondary
- d. Tertiary

Answer: D Pages: 58

15. _____ prevention involves reducing overall disability from a mental disorder, _____ involves prevention of disorder before it starts, whereas _____ is designed to reduce the recurrence of a disorder that has already emerged.

- a. primary; secondary; tertiary
- b. tertiary; secondary; primary
- c. secondary; tertiary; primary
- d. tertiary; primary; secondary

Answer: D Page: 58

16. Prevention activities are typically designed to

- a. reduce risk factors.
- b. enhance protective factors.

- c. neither of the above.
- d. both A and B.

Answer: D Page: 58

17. Prevention efforts by psychologists are usually based in

- a. hospitals.
- b. private clinical practices.
- c. community settings.
- d. forensic settings.

Answer: C Page: 58

18. Clinical consultation refers to providing information, advice, and recommendations to

- a. other professionals.
- b. directly to other psychologists' clients.
- c. organizations.
- d. community agencies.

Answer: A Page: 59

19. Providing information, advice, and recommendations to another psychologist or other healthcare professional about how best to assess, understand, or treat a client is referred to as

- a. informed consent.
- b. clinical consultation.
- c. competency of care.
- d. a clinical assessment package.

Answer: B Page: 59

20. When consultation is focused upon developing prevention or intervention programs, evaluating how well services are provided, or supplying an opinion on health care service policies set by an institution or unit, it is referred to as

- a. determining competency of care.
- b. clinical consultation.
- c. establishing evidence-based services.
- d. organizational consultation.

Answer: D Page: 59

21. A needs assessment functions to

- a. determine the extent of training required for new employee psychologists.
- b. determine the extent of an unmet health care need in an identified population.
- c. determine whether programs have successfully achieved their goals.
- d. to assess the extent to which the program was carried out as intended.

Answer: B Page: 59

22. Needs assessment are conducted to determine the

- a. extent of unmet health care needs in a population.
- b. extent of unmet health care needs in a person.
- c. efficiency of an organization who provides health care services.

- d. efficiency of specific health care providers.

Answer: A Page: 59

23. Which of the following is a component of a program evaluation?

- a. Examining if an agency's policy is congruent with its mission.
- b. Examining the scope of unmet health care needs in a population.
- c. Examining the extent to which the program objectives are met.
- d. Examining the personality characteristics of program participants.

Answer: C Page: 59

24. CPA's ethical codes require clinical psychologists to continue to attend to practice-relevant research _____ their professional career.

- a. for the first 5 years of
- b. for a good portion of
- c. for all of
- d. None of the above; there are no specific guidelines

Answer: C Page: 61

25. The first clinical experience in which doctoral students in clinical psychology work with patients/clients under the supervision of a licensed psychologist is called a(n)

- a. practical evaluation.
- b. internship.
- c. shadowing and observation.
- d. practicum.

Answer: D Page: 63

26. In most Canadian clinical psychology programs graduate students obtain

- a. between 500 and 1,000 hours of practicum training.
- b. between 1,000 and 2,000 hours of practicum training.
- c. Between 2,000 and 3,000 hours of practicum training.
- d. between 3,000 and 4,000 hours of practicum training.

Answer: B Page: 64

27. The clinical internship completed by graduate students is completed

- a. after receiving their Ph.D. and prior to licensure.
- b. after completing all coursework, but before receiving their Ph.D.
- c. on a part-time basis as the student completes coursework.
- d. whatever is most appropriate in the student's area of specialization.

Answer: B Page: 64

28. The number of clinical psychologists working in private practice has _____ in the past few decades.

- a. decreased considerably
- b. remained constant
- c. increased considerably
- d. moderately increased

Answer: C Page: 65

29. Hunsley et al. (2013) found that in addition to the nearly 28% of Canadian clinical psychologists who work exclusively in a private practice setting, another ____ listed private practice as a secondary work setting.
- a. 10%
 - b. 25%
 - c. 50%
 - d. 65%

Answer: C Page: 66

30. Ethical codes of conduct require that clinical psychologists
- a. maintain knowledge of research relevant to their activities.
 - b. in private practice are exempt from maintaining knowledge of relevant research.
 - c. are not obliged to maintain their research knowledge if they work exclusively in clinical services.
 - d. in academic settings maintain responsibility for research knowledge and dissemination.

Answer: A Page: 66

31. When no research evidence is available to guide action, it is recommended that clinical psychologists should
- a. maintain a scientific frame of mind when making treatment decisions.
 - b. rely on clinical judgement and experience when making treatment decisions.
 - c. withhold treatment and allow psychiatrists to make decisions regarding the case.
 - d. do whatever the client prefers.

Answer: A Page: 68

32. Numerous studies have shown that, when given identical information,
- a. experienced clinicians make more accurate decisions than do clinicians-in-training.
 - b. clinicians-in-training make more accurate decisions than do experienced clinicians.
 - c. experienced clinicians and clinicians-in-training are equally accurate.
 - d. A or B depending on the presenting problem.

Answer: C Page: 68

33. One of the main challenges clinical psychologists face in learning from experience is
- a. due to the wide variety of treatment philosophies.
 - b. related to the basic assumptions of any given theoretical framework.
 - c. the inaccuracy of the feedback received from clients about their decision.
 - d. the lack of feedback about the accuracy of their decisions.

Answer: D Page: 69

34. According to Sinclair (1993), modern interest in developing ethical codes for research and professional services can be traced to

- a. the Nuremburg war crime trials that occurred after the Second World War.
- b. psychologists' involvement in the First World War.
- c. America's involvement in the Vietnam War.
- d. lobbying by animal rights groups in the 1960s.

Answer: A Page: 70

35. According to the textbook, what is the most important tenet of professional and research ethical codes?

- a. Random assignment.
- b. Informed consent.
- c. Using empirically validated techniques.
- d. Both B and C.

Answer: B Page: 70

36. The current concept of informed consent applies to

- a. only those who cannot provide consent independently.
- b. any individual participating in research or obtaining healthcare services.
- c. individuals specifically participating in research.
- d. individuals receiving care in hospital settings.

Answer: B Page: 70

37. The Canadian Code of Ethics for Psychologists is intended to provide guidance for psychologists

- a. engaged in the delivery of psychological services.
- b. engaged in research and teaching.
- c. who are licensed.
- d. in all their professional activities.

Answer: D Page: 71

38. Which of the following are the four ethical principles in the Canadian Code of Ethics for Psychologists?

- a. Responsibility to society, responsible caring, integrity in relationships, and respect for dignity of persons.
- b. Respect for confidentiality, responsible caring, integrity in relationships, and dignity of persons.
- c. Responsible relationships, respect for confidentiality, respect for dignity of persons, and responsible caring.
- d. Respect for dignity of persons, respect for confidentiality, integrity in research, and responsible caring.

Answer: A Page: 71

39. According to a survey conducted by Sherman and Thelen (1998) of practicing psychologists and their levels of life stress, the more life events experienced,

- a. the less impairment in professional roles they reported.
- b. the more impairment in professional roles they reported.
- c. the more prepared they felt for coping with future stressful events.

- d. the less prepared they felt for coping with future stressful events.

Answer: B Page: 71

40. A meta-analysis by Lee, Lim, Yang, and Lee (2011) of studies of psychologists' work-lives found that those who:

- a. were less committed to their professional roles worked shorter hours.
- b. received constructive criticism felt greater sense of accomplishment.
- c. believed they worked harder than their clients did felt more satisfaction.
- d. were traumatized by the stories they heard from clients became suicidal.

Answer: B Page: 72

41. Research on the psychological consequences of working with clients who have experienced trauma indicates:

- a. that emotional responses are more common in those who are less familiar with this type of work.
- b. that prolonged exposure to clients' traumatic experiences results in the psychologist's sensitization.
- c. that it leads to an erosion of optimism and belief in a just world.
- d. that effects are so variable no robust conclusions can be drawn.

Answer: A Page: 72

42. Research on psychologists' coping has shown that:

- a. their training inoculates them and reduces their reactivity to stressful life events.
- b. scheduling breaks helps them deal with stress.
- c. they over-estimate their own capacity to cope.
- d. they need to be more self-reliant as they have are unable to seek services themselves.

Answer: B Page: 72

43. What is one feature of the *Canadian Code of Ethics for Psychologists* that sets it apart from other codes of ethics for psychologists?

- a. It provides an absolute model for contending with ethical issues, rather than relying on a decision-making model which may not cover all possible scenarios.
- b. It weights all of the four ethical principles equally, in order to include all relevant perspectives.
- c. An explicit model of ethical decision-making is embedded within the *Code*, rather than relying upon an absolute standard.
- d. It is more user-friendly for psychologists than for non-psychologists.

Answer: C Page: 73

44. The Canadian Code of Ethics functions primarily as a(n)

- a. absolute standards model.
- b. prescriptive standards model.
- c. decision-making model.
- d. All of the above.

Answer: C Page: 73

45. Which of the four ethical principles in the Canadian Code of Ethics for Psychologists is given the most weight?

- a. Responsibility to society.
- b. Respect for the dignity of persons.
- c. Responsible caring.
- d. Integrity in relationships.

Answer: B Page: 73

46. Which clinical training model emphasizes clinical skills and competencies as a research consumer (rather than as a research producer)?

- a. The clinical scientist model.
- b. The scientist-practitioner model.
- c. The practitioner-scholar model.
- d. The scholar-scientist model.

Answer: C Page 74

47. In Canada, the Psy. D. program is offered

- a. in the majority of universities.
- b. in provinces that do not require a Ph.D. for licensure.
- c. in free-standing private professional schools.
- d. in a small number of universities.

Answer: D Page: 75

48. The purpose of a Ph.D. or Psy.D. program having accreditation is to ensure that the training program

- a. maintains its enrolment to produce enough clinical psychologists to meet the population's needs.
- b. maintains standards that meet the profession's expectations for the education of clinical psychologists.
- c. maintains high standards for acceptance of students.
- d. does not overload students with needless courses and excessive clinical training.

Answer: B Page: 76 - 77

49. The primary benefit of attending an accredited program (as opposed to a unaccredited program) in clinical psychology is that:

- a. students can choose between a Psy. D and a PhD. depending on their long-term career aspirations.
- b. licensure is guaranteed after graduation.
- c. the program has met the standards set out by the Canadian Psychological Association for training in professional psychology.
- d. funding is guaranteed.

Answer: C Page: 77

50. One of the major challenges currently facing clinical psychology training programs is

- a. ensuring that a sufficient number of students complete their program of study.
- b. keeping stride with the rapidly expanding field of program evaluation.
- c. keeping stride with rapid progress in the field of clinical neuroscience.
- d. preparing students to provide services for an increasingly diverse population.

Answer: D Page: 77

51. What is one of the main purposes behind a regulatory body that oversees licensing among healthcare professionals?

- a. to ensure that healthcare professionals have a resource to turn to.
- b. to ensure that the public is protected when receiving health care services.
- c. to provide opportunities for healthcare professionals to network with colleagues.
- d. to maintain the standards of undergraduate psychology programs, which will be supplying applicants to accredited graduate programs.

Answer: B Page: 80

52. In most European countries, to become a clinical psychologist, licensure requirements stipulate that the candidate

- a. must have received at least a Master's Degree.
- b. must have received a Ph.D.
- c. must have received a Ph.D. and have completed at least two years of post-doctoral experience.
- d. must have practiced for at least 5 years after receiving the graduate degree.

Answer: A Page: 80

53. In Canada, with the exception of Quebec, before being able to practice autonomously, the candidate for licensure must be supervised by a licensed psychologist for

- a. roughly six months.
- b. at least one year.
- c. at least two years.
- d. at least three years.

Answer: B Page: 80

54. To become licensed as a clinical psychologist in Canada, you need a

- a. graduate degree in psychology.
- b. graduate degree in an accredited clinical psychology training program.
- c. graduate degree in the social science field.
- d. graduate degree in any field related to health or mental health.

Answer: A Page: 82

55. The Examination for Professional Practice in Psychology:

- a. is designed to identify candidates suitable for graduate training in psychology.
- b. is a Canadian exam that is used by accredited programs.
- c. is used in North America by licensing bodies in psychology.
- d. focuses mainly on assessment, intervention & consultation.

Answer: C Page: 82

56. The Mutual Recognition Agreement:

- a. was signed by the APA and CPA to recognize the equivalence of the accreditation processes in the USA and Canada.
- b. identifies core competencies required for professional practice in psychology in Canadian provinces and the North West Territories.
- c. will be signed in 2017 to require that all professional training occur within accredited (as opposed to unaccredited) programs.
- d. allows licensed psychologists to use the title 'Dr'.

Answer: B Page: 82

Short Answer Questions

1. Should psychologists seek prescription privileges in Canada? List two arguments in favour of prescription privileges for psychologists, and two arguments opposing prescription privileges for psychologists.

Suggested answer: Page 53

Reasons in favour:

- a. Biological approach to treatment of psychological disorders is not incompatible with psychological training.
- b. Most psychoactive medications are prescribed by general practitioners whose training in mental health issues is limited.
- c. Underserved segments of the population (rural areas and elderly) could benefit from extension of prescription privileges to psychologists.

Reasons opposing:

- a. Full medical training is necessary to prepare practitioners to understand the impact of psychoactive medication on other physical systems.
- b. Psychologists' distinct expertise is in development and application of evidence-based assessment and intervention. Inclusion of psychopharmacological training would come at the expense of training in psychological issues.
- c. Psychologists should be working in collaboration with other health care professionals rather than trying to duplicate services.
- d. Canada's publicly funded health care system means that the federal government would have concerns that additional numbers of practitioners eligible to prescribe psychopharmacological treatments would contribute to mushrooming healthcare costs.

2. Compare and contrast the terms clinical consultation and organizational consultation.

Suggested answer: Page 58

- a. Comparison: Both of these terms are related to the psychologist acting in the role of a consultant in terms of his or her psychological expertise.
- b. Contrast:
 - a. Clinical consultation refers to providing information, advice, and recommendations about how to best assess, understand, or treat a client.
 - b. Organizational consultation (or community consultation) refers to evaluating and providing an opinion of some aspect of health care services set by an organization or program.

3. What is an internship and when is it typically completed?

Suggested answer: Page 64

- a. An internship is a year-long placement that clinical psychology students complete after they have completed all of the other requirements of their graduate program (except for the defence of their Ph.D. dissertation).
- b. Students are supervised providing clinical services in settings such as hospitals or community settings.

4. Clinical psychologists often rely on the basic assumptions of a theoretical orientation to guide clinical practice. Describe two of the three ways that a theoretical orientation directs the clinician's work with a client:

Suggested answer: Page 69

- A theoretical orientation directs the clinician's attention to phenomena and to possible explanations that are deemed most relevant to their client.
- A theoretical orientation diverts attention from aspects of the client's experience that are deemed irrelevant.
- A theoretical orientation assists the clinician in developing hypotheses about their client that need to be tested against their client's experiences (i.e.: theories of human functioning are essentially maps and that, to truly know if the map is accurate, it must be put to the test).

5. Define the concept of *informed consent*.

Suggested answer: Page 70

- Informed consent is the cornerstone of professional and research ethical codes.
- Informed consent applies to both research participants and patients.
- It is essentially the idea that the person who is being experimented on or is receiving services must understand what is being done and must have agreed to participate.

6. List the four ethical principles that are listed in the Canadian Code of Ethics for Psychologists.

Suggested answer: Page 71

- Respect for the dignity of persons.
- Responsible caring.
- Integrity in relationships.
- Responsibility to society.

7. List at least three features of the Canadian Code of Ethics that sets it apart from other codes of ethics for psychologists.

Suggested answer: Page 72-73

- It was developed from an analysis of the international and interdisciplinary literature on codes of ethics.
- Empirical methods were used to incorporate the knowledge of Canadian psychologists into the Code.
- An explicit decision-making model is embedded into the code rather than relying on absolute standards.
- There is differential weighting to the four ethical principles.

8. Define and briefly describe the scientist-practitioner model.

Suggested answer: Pages 74-75

- It is one of the three models that guide training in graduate studies in clinical psychology. Its guiding philosophy is that clinical psychologists should be capable of producing research and utilizing empirical evidence to guide their clinical services.
- Students must develop and demonstrate competencies in research and psychological service provision.

- c. Students undertake original research and defend research during a dissertation defence.
 - d. Clinical skills are learned through practicum placements. Students complete an internship supervised by licensed psychologists.
9. Describe how the clinical scientist model differs from the scientist-practitioner model.
Suggested answer: Page 74
- a. The clinical scientist model more strongly promotes the development of research skills than the scientist-practitioner model.
 - b. The primary goal of programs espousing the clinical scientist model is to produce graduates who are equipped to contribute to the knowledge base of psychology and related disciplines.
10. Describe how the practitioner-scholar model differs from both the clinical scientist and the scientist-practitioner model.
Suggested answer: Page 74
- a. This model was implemented to emphasize training in the clinical skills that most clinical psychologists would need in a service setting and to place less emphasis on research skills that are typically taught in Ph.D. programs.
 - b. The model emphasizes training in clinical skills, however, research training is required.
 - c. Programs place less emphasis on experimental designs, and greater emphasis on naturalistic designs and the evaluation of individual cases or service-oriented programs.
 - d. Graduates obtain a Psy.D. degree instead of a Ph.D.
 - e. Psy.D. programs train research consumers who are informed by science in their service activities but who do not need the skills to conduct research.
11. What was the accreditation process designed to accomplish?
Suggested answer: Page 76
- a. To ensure that training programs in clinical psychology maintained standards that met the profession's expectations regarding the education of clinical psychologists.
12. What are the necessary prerequisites for psychologists to deal with diversity in their practices?
Suggested answer: Page 77
- a. To be aware of diversity issues.
 - b. To be open to discussing diversity issues with clients.
 - c. To have the interpersonal skills to effectively communicate about diversity issues.
 - d. To have the research skills to interpret and design research that is sensitive to diversity issues.
13. Across most of the Canadian provinces and territories there are numerous requirements that students must complete before they can register as a psychologist. In most provinces and territories, in addition to time spent in supervised practice, students must also complete which three examinations prior to licensure?

Suggested answer: Page 81 - 82

They must complete the

- a. EPPP exam (Examination for Professional Practice in Psychology),
- b. a written jurisprudence and ethics exam, and
- c. an oral exam that accesses knowledge across a number of clinical areas.

14. What are the main goals of the Mutual Recognition Agreement (MRA) that was signed in 2001 in Canada?

Suggested answer: Page 82 - 83

- a. To establish conditions under which a licensed psychologist could have his or her qualifications recognized in another Canadian jurisdiction.
- b. To ensure that psychologists licensed in different provinces have comparable levels of competence in providing services to the public.