

Sample Questions from Knowledge Test

1. Identify which one is not a thinking trap.
 - a. The avoider: Staying away from situations you think are scary without trying first
 - b. The mind-reader: Jumping to conclusions about a person/thing/situation without the facts
 - c. The shoulds: I should always be perfect, I shouldn't make mistakes
 - d. The gooder: Only seeing the positive and not looking at the bad things in the situation

2. Progressive muscle relaxation is composed of:
 - a. Tensing and relaxing parts of your body
 - b. Taking a nap
 - c. Deep breathing
 - d. A and C

3. Which of the following is most true with regard to coping modeling?
 - a. Mastery modeling is preferred over coping modeling
 - b. Coping modeling increases the similarity between the observer and the model
 - c. Coping modeling includes initial difficulties (like those of the client), a strategy to overcome the difficulty, and then success
 - d. Both b and c are correct

4. Which of the following is not an action a youth can take to help themselves when they are feeling anxious?
 - a. Problem solving
 - b. Coping thoughts
 - c. Deep breathing
 - d. Progressive muscle relaxation
 - e. Getting mom to help them get out of the situation

5. When the exposure portion of the treatment begins, the therapist should
 - a. Display anxiety about exposure tasks
 - b. Show confidence in the child
 - c. Introduce the most frightening stimulus to the child
 - d. Ask the parents for guidance