

This quiz is based on the reading from Trull chapter 3 (p. 66-76 only), the Humphreys article, the Consumer Guide to Psychological Services, and the one page handout on What to Look for in a Psychotherapist. If you are not sure of an answer, make your selection and briefly write your reasoning in the margins or on the back of the quiz. Questions are worth 1 point each. **Please circle your answer and place the letter you chose as your final answer in the blank to the left of the question.**

- ___1. Contemporary private practice is dominated by
- a. long-term, fee-for-service clinical work
 - b. a resurgence of client-centered therapy
 - c. clinical work within a managed care context
 - d. personality assessment
- ___2. Managed care companies tend to prefer
- a. practitioners who can empirically demonstrate and document their effectiveness
 - b. to allow patients to determine for themselves how many sessions they need
 - c. traditional psychoanalytic therapy
 - d. practitioners whose goals are to discover underlying causes of psychological symptoms rather than simply reducing the symptoms
- ___3. When contemporary clinical psychologists deliver services on a "case rate" basis,
- a. the managed care company pays them an annual salary to see all cases of a particular disorder (e.g., panic disorder) within the membership population
 - b. the managed care company pays a flat fee for the treatment of a particular case, thus providing incentive for the psychologists to use the smallest number of sessions possible
 - c. patients who share the same diagnosis are seen exclusively in group settings
 - d. the managed care company pays them an annual salary to see all cases of all disorders within the membership population
- ___4. Critics of clinical psychologists obtaining prescription privileges argue that with prescription privileges,
- a. clinical psychologists would de-emphasize medication and insist upon psychotherapy
 - b. the relationship between clinical psychology and psychiatry/general medicine would suffer
 - c. malpractice liability costs would be unaffected
 - d. all of the above
- ___5. Which of the following is NOT a consideration for selecting a psychotherapist according to the handout?
- a. Determining whether the therapist selects a treatment based on some assessment
 - b. Determining that the therapist conducts assessment through out treatment
 - c. Determining if the therapist uses the assessment to help target behaviors for treatment goals
 - d. Determining that the therapist uses projective personality assessments
- ___6. According to the California Board of Psychology brochure, the Board
- a. protects consumers by ensuring high standards of practice
 - b. establishes licensing qualifications for psychotherapists
 - c. investigates patient complaints
 - d. all of the above
- ___7. According to the Board of Psychology in California, _____ may practice psychotherapy independently
- a. those with a doctorate degree (MD or PhD)
 - b. those with a Masters degree (MA, MSW, MS)
 - c. those licensed by the state
 - d. all of the above
- ___8. Which of the following is it acceptable for psychologists to do according to the California Board of Psychology
- a. have sex with a client
 - b. provide services for free to clients
 - c. disclose information about a client in any situation
 - d. pay or accept compensation for a referral for a client
- ___9. According to Humphreys, which event fundamentally changed the face of clinical psychology with respect to psychotherapy
- a. Witmer's research and clinic
 - b. The justice system requiring therapy
 - c. World War 2
 - d. New Mexico allowing psychologists to prescribe drugs
- ___10. Humphreys suggests that we adapt to changing times as psychotherapists by
- a. ignoring the current "fads" in changing roles
 - b. pattern our service delivery after traditional clinics
 - c. take on a community or preventive orientation
 - d. all of the above