MULTIPLE CHOICE – Please select the BEST answer.

1. Complex trauma refers to which of the following?
   A. A trauma that is hard to understand
   B. A single event that impacts multiple life areas
   C. A chronic trauma in early childhood that impacts development
   D. None of the above

2. Effective parenting treatment for youth with serious behavior problems due to trauma and attachment disruption requires a balance between which two general components?
   A. Structure and nurture
   B. Rewards and punishment
   C. Food and eye contact
   D. Discipline and coaching

3. A parent presents with a child for intake. The child seems charming but the parent seems angry, frustrated, and pessimistic. Which of the following should you consider?
   A. This is clearly a difficult mother with a personality disorder
   B. This child is probably fine but the mother may need psychotherapy using CBT
   C. This child may be more emotionally disturbed than first appearance and the parent is under severe strain from the child’s behavior
   D. Relaxation skills should be the first course of therapy

4. Introduction phase of any protocol, as described in the talk, is characterized by which of the following:
   A. Detailed explanation to the parent and child of what behavior is expected, such as compliance or respect
   B. The rapport building phase only
   C. A phase that should be done with the child alone
   D. A phase in which desired behaviors and skills are practiced in a fun and lively and relationship building manner
5. When teaching new domestic or self-care skills, which of the following is recommended?
   A. Have the child figure it out on his or her own, she will not listen to instructions anyway
   B. Show the child once and don’t repeat your words or procedure because you want to emphasize good listening skills
   C. Figure out the steps of a task and teach using repetition, modeling, and emphasizing skill building in small steps
   D. Practice the task on a computer based video because the child is more receptive to technology than to people who are not trusted

6. A therapist plays a game with a child called “Yes, Captain,” in which she gives silly or fun directives to the child and the child salutes, yells out “Yes, Captain” and does the commanded action. This would be an example of which of the following:
   A. Compliance: Application Phase
   B. Responsibility: Development Phase
   C. Nurture: Development Phase
   D. Respect: Introduction Phase

7. The Premack Principle refers to which of the following:
   A. Warning a child beforehand what the consequence will be for misbehavior
   B. The principle that frustration builds when a child is being defiant
   C. Stating what action you want someone to do before getting access to a more desirable activity
   D. None of the above

8. A child is refusing to do chores. Which of the following would be recommended as an intervention principle based on the Application Phase of the treatment protocol for compliance?
   A. Get in front of the child and sternly demand that the chore be done immediately
   B. Expect that the chore will be done, but suggest the child rest near the chore area until “strong enough to get to it”
   C. Repeat the instructions at least twice and model doing the chore again
   D. Explain to the child the negative outcome of his or her future if the chore is not learned properly

9. “Demonstrating restraint when emotionally aroused or tempted to take something that would be wrong” is the definition for which of the following?
   A. Respect
   B. Self-Control
   C. Frustration tolerance
   D. Ethical reasoning at Kohlberg’s Level 4

10. A child struggles with self-restraint, becomes easily dysregulated emotionally, and is over-reactive to minor changes in schedule or perceived slights. Which of the following techniques might the therapist utilize in a family context?
    A. Discussion that promotes self-insight into emotional reactions
    B. Supportive counseling for the parent only, there is not much one can do for this type of problem
    C. Experiential games of “Mother May I,” “Simon Says,” and the like
    D. Mindfulness practice that includes repeated short periods of focused sitting and concentration

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11. **Which of the following is NOT true of nurture?**
   A. Nurture is demonstrated through eye contact
   B. Nurture is the least important of the various treatment components
   C. Children who have experienced abuse and neglect may shy away from or outright reject nurture from loving caretakers
   D. Being able to experience and accept nurture is central to the healing process for youth with attachment breaks

12. **Which of the following is NOT true of strong sitting?**
   A. Strong sitting is an excellent consequence; similar to time out it emphasizes thinking about what you did
   B. Strong sitting or meditative sitting are drawn from other mindfulness techniques that can help a person with emotional regulation if practiced regularly
   C. Strong or focused sitting requires practice to develop stamina at it
   D. Strong or focused sitting while looking at a good job completed can help a child focus on an accomplishment

13. **When a mother brings her son into the therapy room, the therapist spends a few moments looking the child in the eye, putting a band-aid on a small hurt, and playing a sensory game. The therapist is probably trying to do what?**
   A. Establish that the therapy room is a place of safety and emotional warmth
   B. Model emotional connection activities for the mother
   C. Give the child a brief experience of being nurtured in the presence of the mother
   D. All of the above

14. **After a therapist has been working with a family for a while and sees that the parent is gaining skills and the child is showing some improvement, the therapist recommends that tangible, concrete positive reinforcement for compliance be given on a random and less frequent basis. The reason for this recommendation is probably which of the following:**
   A. The therapist knows that variable reinforcement is more powerful than reinforcement every time
   B. The therapist may want the parent to emphasize social reinforcement, such as praise and affirmation
   C. The therapist may want the child to become less dependent on external reinforcement and develop increased sense of internal motivation
   D. All of the above

15. **A child prone to over-reactivity and prolonged tantrums is brought to therapy. The therapist recommends the parent uses the exercise and blood flow to the brain technique. Why?**
   A. Exercise is shown to reduce the length of tantrums
   B. This technique emphasizes interrupting a negative chain of behavior early, and through expending some energy, and giving the child an opportunity to start over.
   C. The therapist knows that the child is averse to exercise and that this will be an excellent consequence for the parent to use
   D. The profile suggests lack of glucose uptake in the temporal lobes, which can be resolved by exercise that releases endorphins (natural opiates)
"Reactive Attachment Disorder: Neuroscience, Therapeutic Parenting, and Evidence-Based Treatment – Advanced Principles II" (A053)

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