Engaging Men in Therapy (A078)

Webcast

Quiz for General CEUs, Act 48, CADC, CPRP, NBCC, PCHA, Psychologist, and Social Work/LPC/LMFT

Continuing Education Credit (2.0 credit hours)

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Jennifer Lichok
WPIC/OERP
3811 O’Hara Street
Champion Commons, Third Floor
Pittsburgh, PA 15213

MULTIPLE CHOICE – Please choose the BEST answer.

1) Common maladaptive coping mechanism used by men include
   a. Substance abuse
   b. Violence
   c. Sexual compulsion
   d. All of the above

2) Which of the following is NOT one of the seven traditional norms of masculinity expected of post-World War II male children, as outlined by Levant et al. (1992):
   a. Self-reliance
   b. Toughness and aggression
   c. Feminist attitudes toward sexuality
   d. Achievement and status

3) True or false: Gender role conflict, or GRC, exists when an individual experiences negative consequences in their attempt to conform to gender-normative ideals.
   a. True
   b. False

4) Which of these counterintuitive approaches are suggested in working with men?
   a. Self-disclosure
   b. Flirting
   c. Allowing venting
   d. All of the above
   e. a and c only

5) Motivational Interviewing is useful in engaging male clients in treatment because:
   a. It helps foster an internal willingness to change.
   b. It sets treatment goals for them.
   c. It makes them change whether they’re ready or not.
   d. It doesn’t care if they’re ready to change or not.

6) True or false: Normative male alexithymia describes an unusual pathological difficulty in describing emotions present in only a small fraction of men.
   a. True
   b. False
7) According to Rabinowitz, all-male groups are beneficial for all of the following reasons EXCEPT:
   a. they provide a sense of emotional safety.
   b. they help them deal with interpersonal conflict.
   c. they give men a place to talk about women.
   d. they help men develop hope and confidence.

8) Developing a therapeutic alliance with male clients includes:
   a. Acknowledging and respecting a male client’s strengths
   b. Checking in with ourselves to evaluate our ideas of masculine role norms
   c. Checking in with ourselves for signs of countertransference.
   d. All of the above.
   e. a and b only.

9) True or false: Bowen Theory views family as a set of individuals.
   a. True
   b. False

10) True or false: Differentiation is a term describing one’s ability to be genuine and confident in one’s own opinions and views. Less differentiation means an individual is more dependent on the validation of others.
    a. True
    b. False

11) True or false: Parents have little impact on the development of self-confidence and goals of the children.
    a. True
    b. False

12) Sex role identity is a basic knowledge of one’s sex while gender role identity is concerned with what it means to be a boy or girl.
    a. True
    b. False
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☐ NCC: National Board of Certified Counselors ☐ PCHA: Personal Care Home Administrators
☐ Psychologist ☐ SW/LPC/LMFT: Social Work (LCSW, MSW)

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If you have any questions, contact Jennifer Lichok at lichokjl@upmc.edu or 412-204-9088.