

CE Quiz For:
On Being a Master Therapist: How to Practice What You Preach
book by Jeffrey A. Kottler and Jon Carlson

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Chapter 1

1. A key feature of a master therapist is:
 - A. Demonstrating the core skills of helping
 - B. Collaborating with clients
 - C. Willingness to adapt therapy to meet clients' needs
 - D. All of the above

Chapter 2

2. Who do master therapists say are their greatest teachers?
 - A. Books presenting challenging counseling topics
 - B. Clinical supervisors
 - C. Challenging clients
 - D. Colleagues who have worked longer in the field

Chapter 3

3. What is considered to be one of the most important traits of a master therapist?
 - A. Deep compassion for helping others
 - B. Thorough knowledge of one's chosen theoretical orientation
 - C. Ability to make clients happy
 - D. Confidence that all clients can be "fixed"

Chapter 4

4. Listening deeply means not only listening to clients' words, but also to:
 - A. Clients' friends and family members
 - B. Clients' behaviors and body language
 - C. Clients' referral source
 - D. One's internal voices throughout the session

Chapter 5

5. In chapter 5, the authors call upon Carl Rogers and his emphasis on being ___ with clients.

- A. Present
- B. Firm
- C. Friends
- D. Elusive

Chapter 6

6. A distinct difference between master therapists and beginner therapists is that master therapists:

- A. Pretend to understand the complexity of events that happen within counseling sessions
- B. Completely understand the complexity of events that happen within counseling sessions
- C. Have accepted they will never understand the full complexity of events that happen within counseling sessions
- D. None of the above

Chapter 7

7. When communicating the truth with clients, master therapists:

- A. Know what is “true” by seeing and hearing multiple dimensions of the client
- B. Diplomatically and sensitively communicate observations of the client to the client
- C. Help the client do something with the truth
- D. All of the above

Chapter 8

8. In chapter 8, Michele Weiner-Davis shared an experience in which she recommended the therapist try a particular intervention with the client. The client’s response taught Weiner-Davis that:

- A. Problems are likely if a therapist continues attempting an intervention that isn’t effective
- B. Therapists must not let failure slow them down
- C. Both A and B
- D. Neither A or B

Chapter 9

9. In order become better therapists, we must be willing to ___ from others.

- A. Receive feedback
- B. Accept feedback

- C. Process feedback
- D. Apply feedback
- E. All of the above

Chapter 10

10. What is just as important as any counseling technique?

- A. Who the therapist is as a person and the personal touch he or she brings to the counseling experience.
- B. Where the therapist earned his or her degree.
- C. There is nothing more important than the counseling technique.
- D. Having good role models within the field of counseling.

Chapter 11

11. It is important to balance between looking at clients as ___ in order to incorporate a more masterful approach to multicultural sensitivity.

- A. Unique individuals
- B. Sharing common human experiences
- C. Representatives of multiple cultural identities
- D. All of the above

Chapter 12

12. In chapter 12, the authors have a friend who works in community mental health with dual-diagnosed, homeless populations. When asked what he thought he could do to actually help this population, what response did the friend give?

- A. "I want to make sure they continue to receive legal prescriptions and doses of Haldol at the clinic."
- B. "My hope is that for at least one hour each week they feel like someone really cares about them."
- C. "Everyone needs a therapist."
- D. "There's nothing I can do for these people, but the job does pay well."

Chapter 13

13. According to person-centered therapist David Cain in chapter 13, creative therapists have what trait?

- A. Pragmatism
- B. Adaptability
- C. Collaborative
- D. All of the above

Chapter 14

14. In the full-circle of becoming a master therapist, therapists begin by striving to provide the best therapy for their clients, and end by using their skills to:

- A. Justify charging more dollars per session
- B. Find ways to make the world - or their community - a better place
- C. Offer feedback and suggestions to new therapists in the field
- D. Earn community recognition for their hard work

Chapter 15

15. According Robert Wubbolding, what creates more innovative and effective clinical work?

- A. Multiple certificates or degrees related to clinical work
- B. Joining groups of like-minded clinicians to discuss counseling trends
- C. A broad pursuit of interests
- D. Reading French literature