

**CE Quiz**  
**1001 Solution-Focused Questions**  
book by Fredrike Bannink

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**Chapter 1**

1. Who is considered to be the "expert" in solution-focused interviewing?
  - A. The patient
  - B. The client
  - C. The therapist
  - D. de Shazer
  
2. The solution-focused model teaches that if something works (better) for the client, then the client should:
  - A. Try to change it
  - B. Assess the results to ensure they meet the expected outcome
  - C. Do more of it
  - D. Try something else
  
3. When a client says that a problem "always" occurs, solution-focused interviewing can help the client find:
  - A. Evidence to support this belief
  - B. Exceptions to this belief
  - C. Childhood experiences that explain this belief
  - D. None of the above

**Chapter 2**

4. In the example of case 1 in chapter two, who is the visitor?
  - A. The solution-focused therapist
  - B. The parents
  - C. The daughter
  - D. The family doctor

### Chapter 3

5. What should be considered regarding the last or final session?
- A. Every session is potentially the last session
  - B. The fifth session should be the last session
  - C. The tenth session should be the last session
  - D. There is no final session in solution-focused therapy

### Chapter 4

6. What is the suggested opening question to every subsequent solution-focused session?
- A. "What did you accomplish since we last spoke?"
  - B. "What is better?"
  - C. "What would you like to talk about today?"
  - D. "How can I help you?"

### Chapter 5

7. If the client presents with a visitor mindset in solution-focused therapy, what type of homework should be assigned?
- A. Observational tasks
  - B. Prediction tasks
  - C. Behavioral tasks
  - D. No homework assignment should be given to a "visitor"

### Chapter 6

8. When is it recommend solution-focused therapy be discontinued?
- A. When the therapist decides the client can sufficiently handle his or her problems
  - B. When the client's health insurance stops providing coverage
  - C. When the client sufficiently meets his or her treatment goal
  - D. Solution-focused therapy is continuous

### Chapter 7

9. In case 13 of chapter seven, the mediator \_\_\_\_ to help the couple move forward with their divorce and custody work.

- A. Uses the interactional matrix
- B. Has the couple write out their five-year plan
- C. Asks the couple to write letters to their future selves
- D. Uses a whiteboard to help the couple visualize their goal steps

## Chapter 8

10. Solution-focused approaches can be used outside of therapy and mediation settings and can be implemented in meetings, teams, supervision, and consultations.

- A. True
- B. False

## Chapter 9

11. In case 16, the client has a(n) \_\_\_\_, to which the solution-focused therapist responds to by helping the client see and use the possibilities available.

- A. Expectation for failure
- B. Unrealistic/unattainable goal
- C. Goal different from the therapist's
- D. None of the above

## Chapter 10

12. In chapter 10, questions 777-818 are specific for what category of clients?

- A. Clients in cognitive therapy
- B. Groups, couples, and families
- C. Clients in crisis
- D. Children

## Chapter 11

13. What rating tool mentioned in the text was created for clients to provide feedback on the effectiveness of the professional and to promote conversation between the client and professional?

- A. Leadership Assessment Tool
- B. Quality of Care Measure
- C. Sessions Rating Scale

D. None of the above

## **Chapter 12**

14. Chapter 12 presents a case study of solution-focused therapy from beginning to end. What is the client's name?

- A. Kent
- B. Kevin
- C. Carl
- D. Jane

## **Chapter 13**

15. Solution-focused therapy and cognitive behavior therapy share similarities in theory and technique.

- A. True
- B. False