

ON-LINE SELF STUDY EXAM FORM

In order to receive CE credit, each participant is required to:

Read the related continuing education article.

Complete the exam by circling the chosen answer for each question. Be sure to answer all questions and to give only one response per question unless otherwise stated in the question. Unanswered questions will be marked as incorrect.

Complete the evaluation form.

Mail or fax the original or a photocopy of the signed exam page and the completed evaluation form for each article that credit is requested for, along with a \$25.00 fee to: American Psychotherapy Association, Attn: CE Department, 2750 East Sunshine, Springfield, MO 65804, OR Fax to: 417-823-9959.

If the exam is passed with a grade of 70 percent or above, a certificate of completion for 1.0 continuing education credit will be mailed. The participants that do not pass the exam are notified as such and will have a second opportunity to complete the exam. Any questions, grievances or comments can be directed to the CE Department at telephone (417) 823-0173, Fax (417) 823-9959, or email: cedept@americanpsychotherapy.com.

Continuing education credits for participation in this activity may not apply toward license renewal in all states. It is the responsibility of each participant to verify the requirements of his/her state licensing board(s).

Article: **“Boundary Crossings vs. Boundary Violation”**

Learning objectives: After studying this article, the reader should be able to:

1. Understand when boundary crossings can be helpful and may enhance the quality of the client-therapist relationship.
2. Recognize how and why boundary violations are very different from boundary crossings.
3. Realize that some ethical codes and regulations are mandatory whereas others are open to question.
4. Comprehend why therapists who keep “risk management” at the forefront may fail to address certain clinical necessities.
5. Distinguish that there are predatory therapists who do damage, as well as predatory clients who pose as victims and level false allegations.
6. Understand that, given their particular theoretical underpinnings, most psychoanalytic practitioners may need to adhere to strict boundaries, but other clinicians subscribe to different rules.

Exam: Please circle the chosen answer for each question. Be sure to answer all questions and give only one response per question unless otherwise stated in the question.

1. Adult relationship in psychotherapy may refer to:
 - a. Working with a client and his or her spouse
 - b. Disclosing pertinent information to a client
 - c. Accepting an inexpensive gift from a client
 - d. Entering into a business transaction with a client
2. It is unethical, according to most professional associations to:
 - a. Accompany an agoraphobic client into a large shopping mall.
 - b. Serve sandwiches to an anorexic client.
 - c. Give a client a full body massage.
 - d. Accept a ride from a client to pick up your car from a service station.
3. Most ethics committees state in their rule books that it is unethical to:
 - a. Fail to obtain informed consent for all procedures.
 - b. Charge for missed sessions.
 - c. Discuss a client with colleagues without disguising his or her name.
 - d. See a family therapy client individually at times.
4. Clients in rural or other small communities should:
 - a. Not fraternize with their therapist.
 - b. Expect that they may have multiple relationships with their therapist.
 - c. Try to find a therapist in a different location, even if it means traveling a few hundred miles.
 - d. Be willing to babysit for their therapist and also help around the house.
5. If ethical rules are made stricter and more inclusive, it would:
 - a. Deter unscrupulous therapists from acting out.
 - b. Probably have very little if any impact on predatory therapist.
 - c. Provide good guidelines for students.
 - d. Add an aura of greater respectability to our profession.

6. Because the quality of the client-therapist relationship is crucial, it is important for therapists to:
 - a. Keep their distance.
 - b. Maintain an important and neutral position.
 - c. Be willing to cross boundaries at all times.
 - d. Be open to crossing boundaries in some cases.

7. Your client, a Certified Public Accountant, offers to help you prepare your income tax return.
 - a. This is a bad idea.
 - b. It is only a bad idea if you make a lot of money.
 - c. It might be a good idea if it boosts your client's self-esteem.
 - d. If you are married, first check it out with your spouse.

8. If you self-disclose something to your client:
 - a. Make sure that it puts you in a good light.
 - b. Talk about your own feelings.
 - c. It is advisable to dwell on shortcomings you have tried but failed to overcome.
 - d. Make sure the client will learn and benefit from it.

Evaluation: (1-3 rating section) Please circle one

(1=Poor 2=Satisfactory 3= Excellent)

1. The author presented material clearly. 1 2 3
2. The stated learning objectives were met. 1 2 3
3. New knowledge or technique was gained. 1 2 3

Comment section:

4. What change(s) do you plan to make in your practice as a result of reading this article? _____

Statement of completion: I attest to having completed the CE activity myself.

Signature Date

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OR

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