

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: **“Racial Disparities in Health and Health Care: Implications for African American Women Psychotherapy Clients”**

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

1. Apply the concepts of cultural countertransference in their work with African American women clients.
2. Identify three national initiatives that seek to address health care disparities for minorities.
3. Describe the role of skin color differences in the African American community and specify how it might affect the presenting problem of an African American woman.
4. Explain the benefits of the therapeutic alliance for discussing the issue of racial discrimination with African American female clients.

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. An African American woman client presents with the complaint that she can no longer trust her supervisor at work (and now white people in general) because the supervisor has sided with her white colleagues and seemingly against her. She is extremely tense, fearful of returning to work, feels ineffective in her job performance of late and has insomnia. The clinician should:
 - a. Reassure the client that the clinician is not racially prejudiced
 - b. Disbelieve the client because African Americans are too quick to assume a victim perspective.
 - c. Convince the client that she misunderstands the motives of her supervisor and co-workers.
 - d. Ask the client to discuss the racial discrimination she believes she is experiencing.
2. The Former Surgeon General, David Satcher, asserts which of the following is the leading cause of death in African American women between the ages of 25-44?
 - a. HIV/AIDS
 - b. Cardiovascular disease
 - c. Homicide
 - d. Cancer
3. Early health deterioration as a consequence of repeated social, economic or political exclusion is called by one author cited in the article:
 - a. Decelerated aging
 - b. Racial disparity
 - c. High effort coping
 - d. Weathering
4. The article discusses which issue to demonstrate how psychosocial factors may contribute to emotional problems in African American women?
 - a. Tokenism
 - b. Skin color
 - c. Negative stereotypes
 - d. Interpersonal sensitivity

5. Clinicians should discuss racial issues with their African American clients for all of the following reasons except:
 - a. To let clients know that clinicians are free of stereotypes and biases.
 - b. To enhance the therapeutic alliance.
 - c. To show clients that racial issues are culturally relevant.
 - d. Clients may bring wounds to therapy that are related to the legacy of racial discriminations.

6. All are true of cultural countertransference except:
 - a. It refers to clinicians' emotional reactions to the physical characteristics of their clients.
 - b. It is influenced by clinician bias and stereotypes about African American women.
 - c. It assists the clinician to objectively determine how important racial issues should be in the therapy process.
 - d. It may influence descriptions of clients given in mental status exam reports.

7. The author attempts to persuade the reader that stressors affecting African American women are:
 - a. Personal issues.
 - b. Public health issues.
 - c. Irrelevant precursors to chronic physical and emotional diseases.
 - d. Racial issues.

8. According to the American Psychological Association, what number of the 10 leading causes of death are behaviorally-based?
 - a. Two
 - b. Four
 - c. Six
 - d. Eight

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

Name: _____

Fax number: _____ Phone number: _____

Address: _____

Email: _____

Method of Payment:

Each completed course is \$25 for APA members and \$35 for non-members.

Credit Card (select one) American Express MasterCard Visa

Card Number: _____ Expiration Date: _____

Signature(same as name on card): _____

Check enclosed Make checks payable to APA

American Psychotherapy Association

Attn: CE Department

2750 East Sunshine

Springfield, MO 65804

OR

Fax (417) 823-9959