



# The Family Therapy Institute of Santa Barbara

## Post-Test for: Psychotherapy During the Pandemic

Date Recorded: **Saturday, November 7, 2020**

Taught by: **Debra Manchester, LCSW**

Participant Name & License Number: \_\_\_\_\_

Date Completed: \_\_\_\_\_

Please read below and bubble in the correct answer for each question. In order to pass and receive CEU credit, you may not answer more than 4 incorrect answers.

1. According to the California Telemedicine Act, you need a specific kind of consent form if you are providing psychotherapy by telephone or through the computer.
  - True
  - False
2. Right now (November of 2020), you must be providing telehealth on a HIPPA compliant platform.
  - True
  - False
3. Some of the core competencies expected of you if you are providing telehealth are:
  - Ability to use technology effectively
  - Ability to assess whether or not telehealth is appropriate for any given client
  - Ability to design a safety plan with resources local to your client
  - All of the above
4. If you live in California and your client moves from California to another state, you can continue to provide services to them due to continuity of care.
  - True
  - False
5. Although the APA set out new guidelines for telehealth, the CA Board of Behavioral Science Examiners has not instituted new rules for MFT's.
  - True
  - False
6. According the World Health Organization, what percent of mental health services were disrupted due to COVID?
  - 25%
  - 50%
  - 75%
  - 93%
7. What specific population groups are at particular risk of COVID-related mental health issues?
  - The elderly and others who are isolated
  - Health care workers dealing with life and death issues
  - The unemployed and those in poverty
  - People with pre-existing mental health or substance abuse issues
  - All of the above

8. In a study by Mental Health in America between January and September of 2020, there was an increase in callers to be screened for mood disorders. Which disorder saw the largest increase?
  - Depression
  - Anxiety
  - Binge drinking
9. In the same study, what percent of people reported having thoughts of suicide every day or nearly every day?
  - 10%
  - 25%
  - 37%
  - 60%
10. In the same study, it was found that young people are struggling most with their mental health.
  - True
  - False
11. In the same study, what group had the highest level of suicidality?
  - African Americans
  - Asian Americans
  - Native American
12. The Georgetown Paradigm described in *Principles of Biomedical Ethics* is the most widely read textbook on the subject in the world.
  - True
  - False
13. The Four Principles are also part of the CAMFT and NASW Code of Ethics.
  - True
  - False
14. The Four Principles (Autonomy, Beneficence, Non-Maleficence and Justice) are described in the order of their importance when considering an ethical dilemma.
  - True
  - False
15. If your client is making a decision that you think is wrong clinically or ethically, and you try to push them to do what you believe, what principle are you violating?
  - Justice
  - Beneficence
  - Non-Maleficence
  - Autonomy
16. When you provide a consent to treatment for telehealth explaining risks and benefits, what two ethical principles are you using?
  - An ethical dilemma
  - An example of religious prejudice
  - About legal precedents
17. The Jehovah's Witness case is a classic example used to teach what?
  - An ethical dilemma
  - An example of religious prejudice
  - About legal precedents
18. In order to live up to the ethical codes of our profession, it is our responsibility to remain up to date on the mandates from our local and state departments of public health.
  - True
  - False