

# Mindful Continuing Education

## Culturally Responsive Care in Mental Health

**1. A developmental process in which providers or organizations acquire increasing levels of awareness, knowledge, and skills along a cultural competence continuum.**

- A. Cultural Awareness
  - B. Cultural Competence
  - C. Cultural Humility
  - D. Cultural Safety
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**2. Which of the following acknowledges the barriers to clinical effectiveness due to the imbalance of power between the provider and the client?**

- A. Cultural Awareness
  - B. Cultural Competence
  - C. Cultural Humility
  - D. Cultural Safety
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**3. Culture can impact the perception and treatment of mental health in all the following ways EXCEPT**

- A. Cultural Stigma
  - B. Understanding Symptoms
  - C. Organizational Diversity
  - D. Family Support
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**4. All the following, except \_\_\_\_\_ sometimes prevents people from seeking mental health treatment.**

- A. A culturally sensitive provider
  - B. Fear
  - C. Shame
  - D. Embarrassment
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**5. Which of the following can cause avoidance of mental health care and delays can lead to decreased quality of life?**

- A. Microaggressions
  - B. Intersectionality
  - C. Stereotypes
  - D. Stigma
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**6. People who experience health differences and systemic barriers to health care based on their cultural identity.**

- A. Microaggressions
  - B. Intersectionality
  - C. Health Disparities
  - D. Stigma
- 

**7. Which of the following are biases, prejudices, stereotypes, or assumptions one is aware of having regarding a group of persons?**

- A. Explicit Bias
  - B. Implicit Bias
  - C. Cultural Bias
  - D. Gender Bias
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**8. Which of the following is unintentional prejudice attitudes based on group stereotypes a person unconsciously holds but impacts a person's decision-making process?**

- A. Explicit Bias
  - B. Implicit Bias
  - C. Cultural Bias
  - D. Gender Bias
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**9. One result of health disparities is**

- A. social isolation.
  - B. cultural awareness
  - C. worse health outcomes.
  - D. improved health outcomes.
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**10. The client and therapist are of different backgrounds, and the therapist is aware of the significance of their separate cultural stories, has knowledge of the client's culture, and uses culturally appropriate clinical skills while working with the client.**

- A. Cultural Awareness
  - B. Cultural Safety
  - C. Cultural humility
  - D. Culturally responsive therapy
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**11. The lowest level of cultural competence is**

- A. Cultural Destructiveness
- B. Cultural Incapacity

- C. Cultural Blindness
  - D. Cultural Pre-competence
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**12. Which of the following is a lifelong commitment to self-evaluation?**

- A. Intersectionality
  - B. Cultural self-awareness
  - C. Cultural proficiency
  - D. Cultural identification
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**13. The \_\_\_\_ Model can help clinicians remember and address aspects of culturally and linguistically competent care.**

- A. Explanatory
  - B. Integrative
  - C. RESPECT
  - D. Disease
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**14. Which of the following is a test that measures unconscious bias?**

- A. Explicit Association Test
  - B. Therapeutic Alliance Test
  - C. Explanatory Test
  - D. Implicit Association Test
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**15. Linguistic competence includes**

- A. having family members translate.
  - B. ensuring all written materials are grammatically correct.
  - C. have a list of trained medical translators.
  - D. providing services in English.
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**16. One meaningful way organizations can champion cultural competence is**

- A. having a clear, culturally sensitive mission statement.
  - B. hiring diverse staff and leadership.
  - C. training staff on different cultural beliefs.
  - D. completing an institutional climate survey.
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**17. Providing services that are respectful and responsive to the individual client's needs, values, and preferences and having the client guide clinical decisions is**

- A. Patient-centered care
- B. Cultural Competence

- C. Organizational Competence
  - D. Equitable
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**18. Multicultural ethical competence begins with**

- A. know one's personal blind spots.
  - B. knowing one's professional associations code of ethics regarding cultural competence.
  - C. taking inventory of a client's values and beliefs.
  - D. taking inventory of one's own values and beliefs.
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**19. If working with undocumented immigrants clinicians**

- A. must report them to the proper authorities.
  - B. implement safeguards to protect confidentiality regarding legal status.
  - C. refuse to work with person as it could jeopardize one's license.
  - D. encourage client to seek legal status.
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**20. Cultural competence is**

- A. a checklist to complete.
  - B. a static process.
  - C. a dynamic process.
  - D. an achievable end result.
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