

# Mindful Continuing Education

## Ensuring Cultural Competence with Racial and Ethnic Groups

### Introduction

1. Culture is a primary force in the creation of a person's identity, and professionals who are culturally competent are better able to understand and respect their clients' identities and related cultural ways of life.

- A. True
  - B. False
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### Counseling for African and Black Americans-Beliefs About and Traditions Involving Substance Use

2. In most African-American communities, significant alcohol or drug use may be socially unacceptable or seen as a:

- A. Selfish and cowardly choice
  - B. Moral transgression
  - C. Sign of weakness
  - D. Betrayal to the community
- 

3. When comparing African Americans with other racial and ethnic groups, recent data suggest that they have an incidence of alcohol and drug use disorders that is very different to that seen in White Americans.

- A. True
  - B. False
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### Mental and Co-Occurring Disorders

4. Each of the following is an accurate statement about mental health diagnosis among African-Americans EXCEPT:

- A. African Americans are more likely to be diagnosed with schizophrenia and less likely

to be diagnosed with affective disorders than White Americans, even though multiple studies have found that rates of both disorders among these populations are comparable

B. Black immigrants are more likely to be diagnosed with mental disorders than are Blacks born in the United States

C. Differences in diagnosis with this population are likely the result of clinical bias in evaluating symptoms

D. African Americans are about twice as likely to be diagnosed with a psychotic disorder as White Americans and more than three times as likely to be hospitalized for such disorders.

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## **Treatment Patterns**

5. Although most major studies have found that race is not a significant factor in receiving treatment, African Americans report lengthier waiting periods, less initiation of treatment, shorter lengths of stay in treatment, and \_\_\_\_\_ than do White Americans.

A. More barriers to treatment participation

B. Inaccurate or incomplete diagnosis

C. Poor education and communication about treatment

D. Greater dissatisfaction with services

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## **Beliefs and Attitudes about Treatment**

6. African Americans are significantly more likely than other groups to perceive the healthcare system as poor or fair, and significantly more likely to believe that they have been discriminated against in healthcare settings.

A. True

B. False

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## **Theoretical Approaches and Treatment Interventions**

7. Supportive expressive psychotherapy may be particularly effective in treating African Americans because it prioritizes fostering a collaborative relationship and recognizes that clients are experts on their problems.

A. True

B. False

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**8. Which of the following are NOT individual strengths of African American family life that the authors suggest may benefit clients during the treatment process?**

- A. Strong bonds, extensive kinship and adaptability of family roles**
  - B. A strong family hierarchy and strong work orientation**
  - C. A high achievement orientation and strong religious orientation**
  - D. An emphasis on personal independence, self-reliance, and problem-solving within the family**
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## **Relapse Prevention and Recovery**

**9. In general, African Americans clients who leave substance abuse treatment seem to be able to anticipate the difficulties they will face after treatment, and as a result are willing to participate in sober leisure activities and avoid exposure to substance use more than other groups.**

- A. True**
  - B. False**
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## **Counseling for Asian Americans, Native Hawaiians, and Other Pacific Islanders-Beliefs About and Traditions Involving Substance Use**

**10. In some Asian cultural groups, alcohol is believed to have curative, ceremonial, or beneficial value, and other substances such as marijuana have been used medically by some Asians for many years.**

- A. True**
  - B. False**
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## **Substance Use and Substance Disorders**

**11. Data suggests that the longer Asian Americans reside in the United States, the more their substance use resembles that of other Americans.**

- A. True**
  - B. False**
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## **Mental and Co-Occurring Disorders**

**12. Asian Americans are more likely to present with somatic complaints and less likely to disclose psychological distress and impairment, probably because of the \_\_\_\_\_ they often associate with mental disorders.**

- A. Skepticism**
  - B. Negativity**
  - C. Shame**
  - D. Rejection**
- 

## **Treatment Patterns**

**13. While Asian Americans tend to enter treatment with more severe substance abuse problems than members of other ethnic/racial groups, for those involved in the criminal justice system, there seems to be a less pronounced relationship between crime and drug abuse than for other groups.**

- A. True**
  - B. False**
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## **Treatment Issues and Considerations**

**14. Since Asian American clients tend to have better treatment outcomes when given information, they should receive education about the role of the counselor/therapist, the purpose of therapeutic interventions, and:**

- A. What their rights and responsibilities are**
  - B. How particular aspects of the treatment process can help with the presenting problem**
  - C. Expectations of the process and outcome**
  - D. How individual and family patterns contribute to maladaptive behavior**
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## **Family Therapy**

**15. Although some Asian American clients prefer individual therapy because of the privacy, professionals can assure clients that discussing problems with loved ones is a step toward resuming their full share of responsibility in their families and removing some of the stress their families have been feeling.**

- A. True**
  - B. False**
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## **Traditional Healing and Complementary Methods**

**16. Asian Americans are twice as likely as other Americans to report making use of acupuncture and traditional healers, and highly regard such culturally specific interventions as a means of restoring:**

- A. Harmony and balance**
  - B. Well-being and emotional regulation**
  - C. Health and sense of identity**
  - D. Character and responsibility**
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## **Counseling for Hispanics and Latinos-Beliefs About and Traditions Involving Substance Use**

**17. Each of the following is an accurate statement about substance abuse among Latina Women EXCEPT:**

- A. Social norms for Latinas are often quite different than for Latino men, and those who have substance abuse problems are judged much more harshly than men**
  - B. Women can be perceived as promiscuous or delinquent in meeting their family duties because of their substance use**
  - C. Women who use injection drugs feel the need to maintain their roles as daughters, mothers, partners, and community members by separating their drug use from the rest of their lives**
  - D. Heavy emphasis on the idealization of motherhood and the need to be a healthy caretaker tends to contribute to the early identification and intervention of substance abuse among Latinas**
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## **Substance Use and Substance Use Disorders**

**18. Although Latino youth appear to start using illicit drugs at a later age than do members of other major ethnic/racial groups, by grade 12, use rates tend to become more similar.**

- A. True**
  - B. False**
- 

## **Mental and Co-Occurring Disorders**

**19. Among Latinos with co-occurring disorders, substance abuse disorders tend to precede the development of a mental health disorder in the majority of cases.**

- A. True**
  - B. False**
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## **Beliefs and Attitudes About Treatment**

**20. In general, Latino attitudes toward health care are shaped by:**

- A. Previous unsatisfactory experiences with the health-care system**
  - B. Lack of ability to appropriately communicate with healthcare providers, which creates an atmosphere of distrust**
  - C. Lack of access to regular quality care, including inability to afford it**
  - D. Belief that health care is overused and unnecessary, and should be reserved for serious health conditions**
- 

**21. Which of the following is NOT one of the major themes that experts highlight when providing health treatment to Latinos?**

- A. Socializing the client to treatment**
  - B. Focusing on the client's perception of issues and solutions**
  - C. Reassurance of confidentiality and client-counselor matchup based on gender**
  - D. Client-program matching**
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## **Theoretical Approaches and Treatment Interventions**

**22. In addition to CBT, which is recommended for Latinos with mental health or substance use disorders because of its action-oriented, problem-focused, and didactic approaches, contingency management and motivational interviewing are effective interventions for this population.**

- A. True**
  - B. False**
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## **Family Therapy Guidelines for Latino Families**

**23. When working with Latino families, suggested strategies include:**

- A. Providing bilingual services and assessing cultural identity and acculturation
  - B. Determining the family's level of belief in traditional and complementary healing practices and integrating these as appropriate
  - C. Discussing the family's beliefs history, experiences with standard American behavioral health services, and exploring migration and immigration experiences, if appropriate
  - D. All of the above
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## **Counseling for Native Americans-Beliefs About and Traditions Involving Substance Use**

**24. Native American recovery movements have often viewed substance abuse as a result of cultural conflict between Native and Western cultures, seeing substances of abuse as weapons that have caused further loss of traditions.**

- A. True
  - B. False
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**25. In addition to alcohol, methamphetamine and inhalant abuse are major concerns for a number of Native American communities, although among those entering treatment in 2010, alcohol use disorders alone or in conjunction with \_\_\_\_\_ use were the most common primary substances of abuse.**

- A. Cannabis and opioids other than heroin
  - B. Prescription medications
  - C. Cocaine
  - D. Hallucinogens and ecstasy
- 

## **Treatment Patterns**

**26. Research has found that Native Americans were somewhat more likely than the general treatment-seeking population to enter residential programs, and were more likely to enter treatment as a result of criminal justice referrals than were White Americans or African Americans.**

- A. True
  - B. False
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## **Advice to Counselors: Counseling Native Americans**

**27. When working with Native Americans clients, clinicians should be careful not to create extended periods of silence during sessions, as this is perceived as showing a lack of interest and an unwillingness to direct the client.**

- A. True**
  - B. False**
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## **Group Therapy**

**28. Although researchers and providers once viewed group therapy as effective for American Indian clients because of their involvement in communities, opinion has shifted to recognize that most members of the population find group therapy invasive and unproductive.**

- A. True**
  - B. False**
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**29. Many Native Americans believe that culture is the primary avenue of healing, and that connecting with one's culture is not only a means of prevention but also a healing treatment, although not all healing practices are necessarily appropriate to adapt to behavioral health treatment settings.**

- A. True**
  - B. False**
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## **Counseling for White Americans-Beliefs About and Traditions Involving Substance Use**

**30. Despite illicit drug use now being as common among White Americans as people of color, White Americans still tend to perceive drug use as an activity that occurs outside their families and communities.**

- A. True**
  - B. False**
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## **Substance Use and Substance Use Disorders**

**31. According to 2012 NSDUH past-year data, substance use disorders were higher for White Americans than for Native Hawaiians, other Pacific Islanders, and Asian**



Americans, and rates of current alcohol use were higher than for every other major ethnic/racial group.

- A. True
  - B. False
- 

## **Beliefs and Attitudes About Treatment**

32. White Americans have better access to health care and are more likely to use services than people of color, but this varies widely based on socioeconomic status and:

- A. Previous experiences
  - B. Level of education
  - C. Cultural affiliation
  - D. Perceived seriousness of treatment issues
- 

## **Theoretical Approaches and Treatment Interventions**

33. Overall, the optimum treatment approach with White Americans is \_\_\_\_\_ one, which will offer the greatest chance of success.

- A. A consolidated
  - B. An adaptable
  - C. A congruent
  - D. A comprehensive
- 

## **Family Therapy**

34. In White American families, individuals are generally expected to be independent and self-reliant, and as a result, families in therapy can have trouble adjusting to work that focuses more on \_\_\_\_\_ than specific problems or content.

- A. Family structure and organization
  - B. Communication processes
  - C. Interactions and beliefs
  - D. Reframing habits and engagement
- 

## **Relapse Prevention and Recovery**

**35. Some research suggests that since White Americans are more likely to use coping skills and have higher levels of self-efficacy than other ethnic groups upon leaving treatment, emphasis should be placed on practicing the use of one specific skill during treatment that will provide the greatest benefit to recovery.**

- A. True**
  - B. False**
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