

Mindful Continuing Education

Integrative Psychotherapy

1. Integration refers to what where integrative psychotherapy is concerned?

- A. how parts of the system are related to the whole
 - B. the flexibility in this treatment method
 - C. the willingness to think differently about therapy
 - D. asking patients to think differently about therapy
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2. Integrative psychotherapy has how many main approaches that it uses?

- A. 2
 - B. 3
 - C. 4
 - D. 5
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3. All of the following but one is a main approach in integrative psychotherapy. Which does not belong?

- A. Motivational interviewing
 - B. Common factors
 - C. Theoretical integration
 - D. Technical eclecticism
-

4. What percentage of therapists identify as only using one therapeutic modality?

- A. 5%
 - B. 10%
 - C. 15%
 - D. 20%
-

5. All of the following but one is a common factor. Which does not belong?

- A. Therapeutic relationship
 - B. Patients have struggles they bring to therapy
 - C. Therapists have positive regard for patients
 - D. Therapists use regular supervision to enhance clinical skills
-

6. What percentage of patient outcomes are based on the therapeutic modality being used?

- A. 3%
 - B. 7%
 - C. 12%
 - D. 30%
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7. What percentage of patient outcomes are based on the common factors in therapy?

- A. 20%
 - B. 40%
 - C. 60%
 - D. 80%
-

8. Integrative psychotherapy was largely born from the schools of Humanism, Psychoanalysis, and:

- A. Gestalt Psychology
 - B. Cognitive Psychology
 - C. Structuralism
 - D. Behaviorism
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9. What is the definition of self-actualization?

- A. a set of ideas and beliefs about the self
 - B. moments of pure joy and elation
 - C. the belief that humans can choose how they act through self-determination
 - D. when a person reaches their full potential
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10. All of the following but one is a weakness of behaviorism. Which does not belong?

- A. It does not explain biological influences
 - B. It can be confusing for people who struggle to think for themselves and self-lead
 - C. It does not explain all types of learning
 - D. It does not explain mood, thoughts, or feelings
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11. Psychoanalysis was built on all of the following concepts but one. Which does not belong?

- A. Self-actualization
 - B. The model of the mind
 - C. Psychosexual model
 - D. Dream interpretation
-

12. All of the following but one is a wellness domain in SAMHSA's 8 wellness domain model. Which does not belong?

- A. Physical health

- B. Social health
 - C. Environmental health
 - D. Relationship health
-

13. How can eclectic therapy be defined?

- A. Eclectic therapists generally subscribe to one set of theoretical explanations for human behavior and therefore there are a variety of types of eclecticism
 - B. Eclectic therapists do not generally subscribe to one set of theoretical explanations for human behavior and therefore there are a variety of types of eclecticism
 - C. A type of Syncreticism that blends schools of thoughts and concepts
 - D. A form of therapy that relies on many different types of modalities. Some are evidence-based and some are not.
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14. Eclectic therapists can identify their thoughts and beliefs about therapy and how to administer it by answering certain questions. Which does not belong?

- A. What is your spiritual practice and how does it influence your work?
 - B. What ethical practices do you follow and how?
 - C. What are your cultural beliefs and views?
 - D. How secure do you feel in your therapeutic relationships?
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15. All of the following but one is a benefit of eclectic therapy. What does not belong?

- A. Personalized therapy
 - B. Different methods for different issues
 - C. Engagement is increased
 - D. It requires a strong skill level by the therapist
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16. All of the following but one is a benefit to integrative psychotherapy. Which does not belong?

- A. Flexibility
 - B. Fewer limitations
 - C. Improved relationship with therapist
 - D. It is able to focus on one specific domain
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17. Which of the following is a good question to learn about the whole client?

- A. Tell me about your mental health?
 - B. Tell me about your physical health?
 - C. Tell me about what makes you you?
 - D. Tell me about your education?
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18. All of the following but one is a pro to a psychoanalytic approach. Which does not belong?

- A. The focus on a specific diagnosis
 - B. Encouragement for clients to talk
 - C. Mitigate human suffering is a focus
 - D. Acceptance is given to the patient
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19. Who listed did not influence Humanism?

- A. Carl Rogers
 - B. Abraham Maslow
 - C. Carl Jung
 - D. Rollo May
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20. Who listed began Behaviorism?

- A. John Watson
 - B. Rene Descartes
 - C. John Locke
 - D. B.F. Skinner
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