

## Chapter 1

### Clinical Psychology: An Introduction

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#### MULTIPLE CHOICE

1. According to the definition of clinical psychology offered by the Society of Clinical Psychology (Division 12 of the American Psychological Association), clinical psychology focuses on the \_\_\_\_\_ aspect of human functioning.
- social
  - intellectual
  - emotional
  - all of the above

ANS: D                      REF: What is Clinical Psychology?                      DIF: Factual

2. According to the definition of clinical psychology offered by the Society of Clinical Psychology (Division 12 of the American Psychological Association), the field of clinical psychology
- understands and alleviates maladjustment, disability and discomfort.
  - promotes and supports the use of prescription medications.
  - both of the above
  - neither of the above

ANS: A                      REF: What is Clinical Psychology?                      DIF: Factual                      MSC: WWW

3. Compared to other degrees in the mental health field, the doctoral degree in clinical psychology
- equips one to work with a narrower range of patient types.
  - equips one to work with a similar range of patient types.
  - equips one for a wider array of job opportunities.
  - equips one for a similar array of job opportunities.

ANS: C                      REF: What is Clinical Psychology?                      DIF: Conceptual

4. \_\_\_\_\_ are physicians.
- Rehabilitation psychologists
  - Clinical psychologists
  - Occupational therapists
  - Psychiatrists

ANS: D                      REF: Closely Related Mental Health Professions                      DIF: Factual

5. Which of the following clinical psychologists may currently prescribe medication to people under their care?
- all clinical psychologists
  - only clinical psychologists earning their degrees from 2005 onward
  - only clinical psychologists in some states
  - no clinical psychologists

ANS: C                      REF: Closely Related Mental Health Professions                      DIF: Factual

6. Dr. Green is a clinical psychologist. Her neighbor, Dr. Brown, is a psychiatrist. In which area below would we expect to find that Dr. Green has received more training than Dr. Brown?
- assessment
  - psychotherapy techniques
  - principles of human behavior
  - all of the above

ANS: D                      REF: Closely Related Mental Health Professions                      DIF: Applied

7. In contrast to psychiatrists, clinical psychologists typically receive little training in
- formal assessment of psychological functioning.
  - scientific research methods.
  - medicine.
  - human behavior.

ANS: C                      REF: Closely Related Mental Health Professions                      DIF: Factual

8. Which of the following is true regarding psychiatric residencies?
- They take place after the medical degree and general medical internship are completed, and typically last 1 year.
  - They take place after the medical degree and general medical internship are completed, and typically last 4 years.
  - They take place between the completion of the medical degree and the general medical internship, and typically last 1 year.
  - They take place between the completion of the medical degree and the general medical internship, and typically last 4 years.

ANS: B                      REF: Closely Related Mental Health Professions                      DIF: Factual

9. Over the last four decades, the popularity of the psychiatric specialization among medical school graduates
- has increased dramatically.
  - has generally declined.
  - first declined and then experienced a resurgence.
  - has remained relatively stable.

ANS: B                      REF: Closely Related Mental Health Professions                      DIF: Factual

10. Aidan, a college freshman who is interested in the mental health field, visits a vocational guidance counselor to talk about the various training and degree options. About one field, his counselor tells him, "This area is currently in the middle of an identity crisis. The field has shrunk over time, the prestige has dropped, the emphasis of the work has changed, and people with this degree rarely get the chance to offer intensive talk therapy to their patients." Based on what you read about the various mental health professions, which field is the counselor most likely referring to?
- clinical psychology
  - psychiatry
  - clinical social work
  - counseling psychology

ANS: B                      REF: Closely Related Mental Health Professions                      DIF: Conceptual

11. Traditionally, counseling psychologists work primarily with
- normal or moderately maladjusted individuals.
  - children or the elderly.
  - psychiatric inpatients.
  - individuals with alcohol dependency.

ANS: A                      REF: Closely Related Mental Health Professions                      DIF: Factual  
MSC: WWW

12. Dr. Stevens feels competent seeing clients who are having difficulty adjusting to stressors in their lives but who generally function at a high level. If she was to determine that a client had schizophrenia or needed medication, she would refer to another type of mental health professional. Dr. Stevens is probably a
- psychiatrist.
  - clinical psychologist.
  - school psychologist.
  - counseling psychologist.

ANS: D                      REF: Closely Related Mental Health Professions                      DIF: Applied

13. Traditionally, the most common employment arenas for counseling psychologists have been
- educational settings such as colleges and universities.
  - psychiatric hospitals.
  - general hospitals.
  - private corporations.

ANS: A                      REF: Closely Related Mental Health Professions                      DIF: Factual

14. Which of the following activities are consistent with the work of counseling psychologists?
- development of outreach programs
  - vocational counseling and short-term counseling/therapy
  - both of the above
  - neither of the above

ANS: C                      REF: Closely Related Mental Health Professions                      DIF: Factual

15. Dr. Young earned a doctoral degree in counseling psychology 5 years ago, and Dr. Experienced earned a doctoral degree in counseling psychology 25 years ago. Which of the following is most likely, considering recent trends in the field?
- Dr. Young is more interested in vocational and career counseling than Dr. Experienced.
  - Dr. Young is more interested in private practice than Dr. Experienced.
  - Dr. Young was trained in medicine, but Dr. Experienced was not.
  - Dr. Young is less interested in traditionally clinical activities than Dr. Experienced.

ANS: B                      REF: Closely Related Mental Health Professions                      DIF: Applied

16. What trend has been observed over the years regarding the theoretical orientation of counseling psychologists?
- Counseling psychologists have shifted from a predominantly psychodynamic orientation to more diverse orientations.
  - Counseling psychologists have shifted from a predominantly humanistic (person-centered) orientation to more diverse orientations.
  - Counseling psychologists have shifted from a predominantly psychodynamic orientation to a predominantly cognitive one.
  - Counseling psychologists have shifted from a predominantly humanistic orientation to a predominantly psychodynamic one.

ANS: B                      REF: Closely Related Mental Health Professions                      DIF: Factual

17. Which of the following is true?
- There are more doctoral-level counseling psychologists than doctoral-level clinical psychologists.
  - There are more accredited doctoral programs in counseling psychology than in clinical psychology.
  - It is more likely for a clinical program, as opposed to a counseling program, to be housed in a psychology department.
  - All of the above are true.

ANS: C                      REF: Closely Related Mental Health Professions                      DIF: Factual

18. Which of the following types of clients would typically be seen by a clinical, rather than counseling, psychologist?
- A man who wants vocational testing and counseling to help him make career choices.
  - A woman with a 20-year history of borderline personality disorder who has been hospitalized several times.
  - A high-functioning professional woman seeking short-term treatment for mild depressive symptoms following a death in the family.
  - A college student who visits the college counseling center to discuss problems with a romantic relationship.

ANS: B                      REF: Closely Related Mental Health Professions                      DIF: Applied

19. Which of the following statements about clinical and counseling psychology doctoral programs is INACCURATE?
- Applicants to clinical programs have higher GRE scores.
  - Counseling programs accept a higher percentage of ethnic minority students.
  - Counseling programs more commonly feature research focusing on minority or cross-cultural issues.
  - Research focusing on psychological disorders is more common in counseling programs than in clinical psychology programs.

ANS: D                      REF: Closely Related Mental Health Professions                      DIF: Factual

20. Which mental health profession below is most likely to emphasize social forces and external agents that may contribute to patients' difficulties?
- psychiatry
  - clinical social work
  - clinical psychology
  - counseling psychology

ANS: B                      REF: Closely Related Mental Health Professions                      DIF: Factual

21. Which of the following is generally true regarding the various mental health professions?
- Over the years, the professional roles have tended to blur, such that the activities of various types of mental health professionals now overlap.
  - Over the years, the ability to prescribe medicine, which once belonged exclusively to psychiatrists, has spread to most mental health professions.
  - Although some overlap may occur in other areas, clinical psychologists are still the only mental health professionals who can ethically conduct psychotherapy.
  - Although some overlap may occur in other areas, clinical psychologists are still the only mental health professionals who can ethically conduct psychological testing.

ANS: A                      REF: Closely Related Mental Health Professions                      DIF: Conceptual

22. A therapist regularly visits the homes and workplaces of his/her clients in an attempt to actively understand the clients' daily stresses. It is most likely that this therapist is a
- clinical social worker.
  - clinical psychologist.
  - counseling psychologist.
  - psychiatric nurse.

ANS: A                      REF: Closely Related Mental Health Professions                      DIF: Applied

23. Which of the following statements about clinical social workers is INACCURATE?
- They provide only a small fraction of the nation's mental health services.
  - They typically have training programs that are shorter in length than those of clinical psychologists.
  - Fieldwork constitutes an important part of their training.
  - All of the above statements are true.

ANS: A                      REF: Closely Related Mental Health Professions                      DIF: Factual

24. Which of the following is an accurate statement about the relative size of the fields of clinical psychology and clinical social work?
- Clinical psychologists currently outnumber clinical social workers, and this trend is likely to continue in the future.
  - Clinical psychologists currently outnumber clinical social workers, but this trend is likely to reverse over time.
  - Clinical social workers currently outnumber clinical psychologists, and this trend is likely to continue in the future.
  - Clinical social workers currently outnumber clinical psychologists, and this trend is likely to reverse over time.

ANS: C                      REF: Closely Related Mental Health Professions                      DIF: Conceptual

25. Which of the following activities is typical of a school psychologist?
- a. generating programs to assist the development of children with special needs
  - b. testing and evaluating school-age children
  - c. consulting with school officials and teachers regarding educational policy
  - d. all of the above

ANS: D                      REF: Closely Related Mental Health Professions                      DIF: Factual

26. Kendra, who is interested in the mental health field, visits a career counselor to talk about the various training and degree options. About one field, her counselor tells her, "There's a real need for people to enter this area; it's one of the smaller training areas, and the individuals who need service often must wait months or years to meet with a professional for evaluation." Based on what you have read about the various mental health professions, which field is the counselor most likely referring to?
- a. school psychology
  - b. clinical psychology
  - c. clinical social work
  - d. any of the above

ANS: A                      REF: Closely Related Mental Health Professions                      DIF: Conceptual

27. Dr. Phillips is a mental health professional who works in a general hospital with physically or cognitively disabled clients and attempts to help them adjust to the barriers they face. Dr. Phillips is most likely a
- a. school psychologist.
  - b. rehabilitation psychologist.
  - c. psychiatrist.
  - d. counseling psychologist.

ANS: B                      REF: Closely Related Mental Health Professions                      DIF: Applied  
MSC: WWW

28. Dr. Herman is a mental health professional who spends part of his time working in a medical center designing and running weight control programs for people with Type II diabetes, and the rest of the time consulting with local businesses about how to reduce employee stress. Dr. Herman is most likely a
- a. health psychologist.
  - b. psychiatrist.
  - c. rehabilitation psychologist.
  - d. clinical social worker.

ANS: A                      REF: Closely Related Mental Health Professions                      DIF: Applied

29. People who are trained to assist professional mental health workers
- a. are called paraprofessionals.
  - b. rarely have direct access to clients, especially in crisis centers.
  - c. generally have not been found to effectively supplement the work of professionals.
  - d. all of the above

ANS: A                      REF: Closely Related Mental Health Professions                      DIF: Factual

30. Which of the individuals below would be legally prohibited from using the title “psychotherapist”?
- a. someone receiving a Ph.D. in counseling psychology
  - b. someone receiving a master’s degree in social work
  - c. someone who has no formal training in mental health interventions, but gives advice to people after reading their palms
  - d. none of the above

ANS: D                      REF: Professions and Titles Not Regulated...                      DIF: Conceptual

31. Which activity typically occupies the largest portion of clinical psychologists’ time?
- a. research
  - b. diagnosis
  - c. intellectual testing
  - d. psychotherapy

ANS: D                      REF: The Clinical Psychologist                      DIF: Factual  
MSC: WWW

32. According to recent research on the topic, which two activities are most commonly engaged in by clinical psychologists?
- a. psychotherapy and teaching
  - b. teaching and research
  - c. research and assessment/diagnosis
  - d. assessment/diagnosis and psychotherapy

ANS: D                      REF: The Clinical Psychologist                      DIF: Factual

33. Which of the activities below are performed by significant numbers of clinical psychologists?
- a. diagnosis/assessment
  - b. teaching/supervision
  - c. research and consultation
  - d. all of the above

ANS: D                      REF: The Clinical Psychologist                      DIF: Factual

34. The mental health professionals most likely to have been trained as both scientists and practitioners are
- a. clinical social workers.
  - b. clinical psychologists.
  - c. psychiatrists.
  - d. psychiatric nurses.

ANS: B                      REF: The Clinical Psychologist                      DIF: Factual

35. Research on the employment of clinical psychologists demonstrates
- a. a significant diversity of both work activities and work settings.
  - b. that very few clinical psychologists work in private practice settings anymore.
  - c. that research is the most common work activity among clinical psychologists.
  - d. that at least a quarter of clinical psychologists feel dissatisfied with their careers.

ANS: A                      REF: The Clinical Psychologist                      DIF: Factual

36. According to recent demographic data, \_\_\_\_\_ of current clinical psychologists are women.
- a small minority (fewer than 10%)
  - about a third
  - about half
  - a large majority

ANS: B                      REF: The Clinical Psychologist                      DIF: Factual

37. The percentage of clinical psychologists who identify as racial or ethnic minorities is currently \_\_\_\_\_ and this number is likely to \_\_\_\_\_ in the future.
- less than 10% increase
  - less than 10%; remain stable
  - about 25%; increase
  - about 25%; remain stable

ANS: A                      REF: The Clinical Psychologist                      DIF: Factual

38. Which of the following is an accurate statement regarding the theoretical orientations of clinical psychologists?
- The proportion who consider themselves primarily psychodynamic in orientation has increased in recent decades.
  - The proportion who consider themselves primarily cognitive in orientation has decreased in recent decades.
  - Eclectic remains the most commonly endorsed theoretical orientation.
  - All of the above statements are true.

ANS: C                      REF: The Clinical Psychologist                      DIF: Factual

39. Kai is a typical clinical psychologist. Most likely, he has completed
- only a bachelor's degree.
  - a bachelor's degree and two years of graduate work.
  - a bachelor's degree and five years of graduate work.
  - a bachelor's degree, a medical degree, and a three-year residency.

ANS: C                      REF: Training: Toward a Clinical Identity                      DIF: Applied

40. Which of the following is true of people with master's degrees in clinical psychology?
- They can be licensed as psychologists in most states.
  - They typically achieve as much professional independence as people with doctoral degrees in clinical psychology.
  - They are typically paid less and perceived as less competent than people with doctoral degrees in clinical psychology.
  - Research has suggested that they are less effective than doctoral-level clinicians.

ANS: C                      REF: Training: Toward a Clinical Identity                      DIF: Factual



41. The predominant training philosophy in clinical psychology today is the
- clinical science model.
  - scientist-practitioner model.
  - research specialization model.
  - ethical practitioner model.

ANS: B

REF: Training: Toward a Clinical Identity

DIF: Factual

42. Each of the following factors may vary from one clinical psychology training program to another, with the exception of
- the specific course requirements.
  - the inclusion of clinical practica.
  - the form of the qualifying exam.
  - Any of the above factors may vary from one program to another.

ANS: B

REF: Training: Toward a Clinical Identity

DIF: Conceptual

43. Given the description provided in the text, each of the following would constitute a clinical practicum experience EXCEPT
- providing therapy to mildly depressed outpatients through a clinic operated by the psychology department.
  - performing cognitive assessments on individuals coming through an Alzheimer's clinic at the local hospital.
  - teaching an undergraduate research methods laboratory for the department.
  - running a weekly group at the library to teach relaxation techniques to people in the community.

ANS: C

REF: Training: Toward a Clinical Identity

DIF: Applied

44. A typical contemporary clinical psychology doctoral training program includes
- coursework in basic and applied psychology.
  - practicum work.
  - coursework in research methods and the completion of theses/dissertations.
  - all of the above

ANS: D

REF: Training: Toward a Clinical Identity

DIF: Factual

MSC: WWW

45. Javier is a 4<sup>th</sup> year clinical psychology graduate student. For the last two months, he has been busy writing up an original study that he conducted in the lab last term. Based on this information alone, one might guess that the document Javier has been working on is his
- preliminary exam.
  - thesis.
  - dissertation.
  - post-doc application.

ANS: C

REF: Training: Toward a Clinical Identity

DIF: Applied

46. Which component of the doctoral program in clinical psychology is specifically intended to develop a student's competence with regard to clinical work?
- practicum experiences
  - internship
  - both of the above
  - neither of the above

ANS: C                      REF: Training: Toward a Clinical Identity                      DIF: Conceptual

47. During their third years, students at some clinical psychology training programs are required to take a qualifying exam (also called a preliminary or comprehensive exam) before proceeding to their dissertations. At other programs, students may fulfill the exam requirement by instead
- completing a comprehensive literature review on some topic.
  - reading several "classic" works in the field and discussing them with their advisor.
  - assembling a portfolio of their best clinical work.
  - none of the above; all doctoral degree candidates must take a qualifying exam

ANS: A                      REF: Training: Toward a Clinical Identity                      DIF: Factual

48. If a clinical psychology doctoral program is accredited by the American Psychological Association,
- students must complete a 2-year internship.
  - students must complete an internship that has not been completed by any other students from that graduate program within the last 5 years.
  - students must complete internships in medical, rather than educational, settings.
  - none of the above

ANS: D                      REF: Training: Toward a Clinical Identity                      DIF: Conceptual

49. The clinical science training model
- has been decreasing in popularity in recent years.
  - focuses on evidence-based approaches to assessment and intervention.
  - emphasizes the "art" of clinical practice.
  - has been embraced by the majority of clinical psychology training programs.

ANS: B                      REF: A Profession in Movement                      DIF: Conceptual

50. APA accredits \_\_\_\_\_ programs in clinical psychology.
- only Psy.D.
  - only Ph.D.
  - both Psy.D. and Ph.D.
  - The APA doesn't accredit training programs in clinical psychology

ANS: C                      REF: A Profession in Movement                      DIF: Factual

## ESSAY

1. Compare and contrast the training and activities of clinical psychologists and psychiatrists.  
ANS: Not provided. REF: Closely Related Mental Health Professions
2. Describe trends in the popularity of the psychiatric profession over the last few decades. Provide at least three reasons for these trends, relative to other medical specialties.  
ANS: Not provided. REF: Closely Related Mental Health Professions
3. Compare and contrast the training and activities of clinical psychologists and counseling psychologists.  
ANS: Not provided. REF: Closely Related Mental Health Professions
4. In what professional activities do clinical psychologists participate? How have the activities of clinical psychologists evolved over the last few decades?  
ANS: Not provided. REF: The Clinical Psychologist
5. Where do clinical psychologists work? How has this evolved over the last few decades?  
ANS: Not provided. REF: The Clinical Psychologist
6. Outline the advantages and disadvantages of holding a doctoral degree, rather than a master's degree, in clinical psychology. What might we predict about the popularity of master's levels programs in the future, and why?  
ANS: Not provided. REF: Training: Toward a Clinical Identity
7. Briefly describe the major components of a typical doctoral program in clinical psychology.  
ANS: Not provided. REF: Training: Toward a Clinical Identity
8. Explain the value of the clinical internship for doctoral students in clinical psychology, making sure to identify several distinct benefits of the experience.  
ANS: Not provided. REF: Training: Toward a Clinical Identity
9. Briefly compare and contrast the scientist-practitioner and clinical science training models.  
ANS: Not provided. REF: A Profession in Movement
10. Why is tolerance for ambiguity important for the contemporary clinical psychologist?  
ANS: Not provided. REF: A Tolerance For Ambiguity and a Thirst For New Knowledge