

**Dr. Diane R. Gehart, PhD, LMFT | The Future of Doing Psychotherapy: Beyond Our Footloose Past and Our Manualized Present (1 CE hour)**

Quiz Questions:

1. Compared to therapists in the past, today's clinicians have
  - a. More theories and more research
  - b. Fewer theories and less research
  - c. More theories but less research
  - d. Fewer theories but more research
  
2. There are approximately \_\_\_\_\_ recognized psychotherapy theories:
  - a. 20
  - b. 200
  - c. 500
  - d. 1,000
  
3. Being an evidence-informed practitioner is increasingly
  - a. Considered the wave of the future
  - b. Becoming too expensive
  - c. Unpopular and out of favor
  - d. Considered standard practice
  
4. The future of psychotherapy is likely to include
  - a. Fewer theoretical options
  - b. Greater consistency across clinicians
  - c. Less reliance on evidence-based treatment
  - d. Greater freedom for clinician's theory of choice
  
5. If mental health moves in the direction of medicine, we are likely to see
  - a. Fewer distinct theories and more synthesis of theories
  - b. Increased integration of research into practice
  - c. Emphasis on practical skills in training
  - d. All of the above
  
6. Both common factors research and research on individual clinician effectiveness identify \_\_\_\_\_ as one of the best predictors of clinical outcomes?
  - a. Therapeutic relationship
  - b. Specific therapeutic theory
  - c. Years of clinical experience
  - d. Hope/placebo