

**Hillary Bolter, MSW, LCSW, LCAS | YOU Are The Cake: How You Show Up as a Therapist (1 CE hour)**

Quiz Questions:

1. The following are all evidence-based relational therapeutic factors **except**:
  - a. Genuineness
  - b. Accurate empathy
  - c. Positive Regard
  - d. Being cheerful
  
2. According to research, all of the following are true **except**:
  - a. Our primary job as therapists is to give clients insight
  - b. Our primary job as therapists is to develop empathetic relationships
  - c. Our primary job as therapists is to give clients knowledge
  - d. Our primary job as therapists is to give clients skills
  
3. Empathy is best defined as
  - a. Ability to recognize emotion in others & take the perspective of another without judgement
  - b. Having had the same experiences as clients so we can relate
  - c. Feeling pity or sorrow for another's situation
  - d. Knowing clients so well that we can give good advice
  
4. Positive regard is best defined as
  - a. Cheerleading clients through tough times
  - b. Always thinking highly of your clients
  - c. Respect that must be earned by client
  - d. Deep respect for clients worth as a person
  
5. Acceptance is best defined as all of the following **except**:
  - a. Unconditional
  - b. Belief that all humans have inherent worth
  - c. Agreeing with everything a client chooses to do
  - d. The natural predisposition of people is collaborative, constructive and trustworthy, and at least when given supportive conditions for change, people will typically move in a positive and prosocial direction
  
6. Three communication styles covered include all of the following **except**:
  - a. Confrontation: *"You must face the facts and make the right decision!"*
  - b. Directing: *"I know how you can solve this problem, I know what you should do."*
  - c. Guiding: *"I can help you follow this for yourself."*

- d. Following: *"I won't change or push you. I trust your wisdom about yourself, and I'll let you work this out at your own time and pace."*