

Jacob Martinez, MA, LPC | Setting Yourself up for Success from your First Session (1 CE hour)

Quiz Questions:

1. What are the three types of clients you will encounter?
 - a. First time clients; Second time clients; Third time clients
 - b. Clients who don't know what to expect; Clients who do know what to expect; Clients who have some idea of what to expect
 - c. Clients who have not been in therapy before; Clients who have not been in therapy before and have only movies and TV as reference points; Clients who have been in therapy before with someone else
 - d. None of the above

2. Ideally, therapeutic contact should begin when?
 - a. Around session three
 - b. After a thorough history taking
 - c. Once a diagnosis is confirmed
 - d. From the very first interaction with the client

3. The function of the first session should serve to. . .
 - a. Orient the client to the context of therapy, set workable treatment goals, leave the client feeling hopeful and wanting to return
 - b. Diagnose the client correctly, take client history, discuss what therapy is
 - c. Allow client space to vent, let the client take the lead, agree with what the client says
 - d. All of the above

4. A workable treatment goal is one that:
 - a. Is realistic, achievable, and consistent with your therapeutic modality (theory of how people change)
 - b. Is a specific goal, emotion focused, and generated by the client
 - c. Is generated by the therapist, relies on changing thoughts and emotions, and is focused on the short-term
 - d. All of the above

5. The ACT Matrix is a. . .
 - a. Tool that can only be used if you practice ACT
 - b. Introspective intervention
 - c. Way to kill time in session
 - d. Collaborative treatment planning tool

6. The horizontal line of the ACT Matrix is labeled. . .
 - a. Forward & Backward

- b. Inner & Outer
- c. Toward & Away
- d. Toward & Against