

Quiz: **Why is therapy taking forever? The causes and solutions for therapeutic drift**

1. What is therapeutic drift?
  - a. When clinical theories evolve over time
  - b. When clinicians fail to deliver the optimum evidence-based treatment despite having the necessary tools
  - c. When clients avoid talking about their treatment goals
  - d. When therapists don't get positive outcomes with clients
  
2. What is a client factor that leads to therapeutic drift?
  - a. Asking for a treatment that they heard about online
  - b. Avoiding discussing their treatment goals
  - c. Being forced into therapy
  - d. Not having clear goals
  
3. Which of the following is an example of a therapist's beliefs affecting therapeutic drift for anxiety?
  - a. Positive ideas about exposure hierarchies making a therapist more likely to implement exposure methods
  - b. Positive ideas about the evidence base of information leading to a choice of directive therapies
  - c. Negative ideas about exposure hierarchies making a therapist less likely to implement exposure methods
  - d. Negative ideas about the evidence base of information leading to a choice of non-directive therapies
  
4. Therapeutic drift is only a factor for cognitive behavioral therapy.
  - a. True
  - b. False
  
5. According to Waller & Turner (2016), therapists who hold mixed beliefs about the effectiveness of an evidence-based treatment should:
  - a. Make a pros and cons list of the the usefulness of the treatment
  - b. Pick an approach that is more comfortable for the therapist
  - c. State their misgivings to the client about the potential ineffective parts of treatment
  - d. Utilize the approach that is prescribed
  
6. Which of the following is not a component of the therapeutic alliance?
  - a. The client and therapist agree on the goal
  - b. The client and therapist agree on the pathway to achieve the goal
  - c. The client and therapist agree on how well the path to achieve the goal is going
  - d. The client and therapist get along
  
7. Anxious therapists are less likely to:
  - a. Have low opinions about manualized treatment
  - b. Have low opinions about the ability to achieve client outcomes
  - c. Use evidence-based interventions for depression
  - d. Use evidence-based interventions for hallucinations
  
8. Which of the following is a therapist personality factor that contributes to being more likely to adhere to protocols?
  - a. Confidence
  - b. Conscientiousness
  - c. Open to experience
  - d. Resilience
  
9. Therapeutic drift is an issue that is only caused by individual clinicians.
  - a. True
  - b. False
  
10. A component of education that contributes to therapist drift is:
  - a. Attempting to teach too many theories without teaching mastery
  - b. Programs where faculty do not adhere to a similar practice of theories
  - c. Poor measurements of student adherence to treatment
  - d. Poor teaching of research methods and applications