

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