

## Quiz: Liability Hot Potato: Defensive Therapy practices that give clients inadequate care

1. What is defensive therapy?
  - a. When clients employ defense mechanisms in therapy
  - b. When clients engage in therapy to prevent future problems from occurring
  - c. When clinicians take actions to minimize their legal liability that provide no therapeutic benefit
  - d. When therapists don't take responsibility for their actions
2. What is avoidant defensive therapy?
  - a. When clients use defense mechanisms to avoid talking about trauma
  - b. When clients strategize to avoid triggering situations
  - c. When therapists do not take an action as a way of minimizing their legal liability
  - d. When therapists don't provide clients with all of their treatment options
3. Which of the following is an example of avoidant defensive therapy?
  - a. A therapist gives a client a lower fee in exchange for waiving their right to sue
  - b. A therapist initiates hospitalization for a client with suicidal thoughts
  - c. A therapist refers a high risk client to another therapist
  - d. A therapist refuses to give a pregnant client EMDR
4. What is assurant defensive therapy?
  - a. When therapists take an overprotective action that may not be therapeutically needed in order to reduce the therapist's liability
  - b. When therapists give clients all available treatment options even if all of the options cannot be provided by the therapist
  - c. When clients agree to the course of treatment
  - d. When clients request their records and therapists deny access because the content may be triggering to the client
5. Which of the following is an example of assurant defensive therapy?
  - a. Assuring a client that treatment outcomes are based in clinical research
  - b. Having solid documentation in case the client sues the therapist
  - c. Practicing within the therapists scope of competence
  - d. Referring a client with nonsuicidal self-injury for a temporary hold
6. The "Duty to Warn and Protect" aspects of the *Tarasoff* judgment in California are an example of which of the following types of defensive therapy practices?
  - a. Non-Prescribed Assurant
  - b. Non-Prescribed Avoidant
  - c. Prescribed Assurant
  - d. Prescribed Avoidant
7. Initiating hospitalizations for clients with suicidal ideation but not suicidal intent is an example of which of the following types of defensive therapy practices?
  - a. Non-Prescribed Assurant
  - b. Non-Prescribed Avoidant
  - c. Prescribed Assurant
  - d. Prescribed Avoidant
8. Clients having a negative outcome as a result of therapists' actions can be defensible even if the therapist took an action that led to the negative outcome.
  - a. True
  - b. False
9. Therapists can minimize their liability in defensive therapy cases by documenting their thought processes for the course of action that they took.
  - a. True
  - b. False
10. A therapist who uses defensive therapy practices is always absolved of liability.
  - a. True
  - b. False