

Cognitive Behavioral Therapy TRAINING

Initial-Level Test

Name: _____

Date: _____

Part I: CBT Knowledge

1. According to Samenow, this thinking error is characterized by the client blaming others for their actions, and a belief that they are being unfairly treated; for example, "I wouldn't be here if my partner hadn't given me up."
 - a. The Closed Channel
 - b. Suggestibility
 - c. Lack of Trust
 - d. The Victim Stance

2. Cognitive Behavioral Therapy includes the concept that:
 - a. You can control external events to make a positive outcome
 - b. An adaptive response means solving the problem with no conflict
 - c. How you see the neutral event depends on your perspective
 - d. People have no choices about how they act or behave in response to an event

3. Which of the following is NOT considered a cognitive skill?
 - a. The ability to remain emotionally calm when confronted by an angry person
 - b. The ability to consider alternative solutions when solving a problem
 - c. The ability to calmly communicate your needs to others without becoming hostile
 - d. The ability to get your needs met through intimidation and threats

4. Which of the following best illustrates the concept: 4 Steps of Cognitive Self Change:
 - a. Pay attention to your thoughts and feelings
 - b. Realize that thoughts/feelings have no connection to outcomes
 - c. Practice until interventions become an automatic and routine response
 - d. Both a and c

5. Which of the following beliefs is a self-centered belief:
 - a. Poor Me
 - b. The world revolves around me/ It's all about me
 - c. Nobody tells me what to do/No one disrespects me
 - d. People should do things the way I do/People should be more like me
 - e. I have to be perfect/ I'm not good enough
 - f. All of the above

6. What is NOT a Reward of Criminal Thinking?
 - a. Client feels empowered in the short-term
 - b. Client continues to deny responsibility for the behavior
 - c. Client escapes punishment and “gets away with it”
 - d. Client gains insight into maladaptive patterns

7. Cognitive Restructuring _____, while Cognitive Skills are the method of creating behavioral change:
 - a. Justifies the client’s behavior
 - b. Identifies common self-centered and irrational beliefs
 - c. Teaches the client to problem solve the issue
 - d. Takes ownership away from the client

8. One CBT intervention method is to encourage the client to acknowledge one part of the situation that he/she is responsible for.
 - a. True
 - b. False

9. What term best describes the healthiest way to handle conflict?
 - a. Passive
 - b. Aggressive
 - c. Passive-Aggressive
 - d. Assertive

10. Expressing anger calmly and constructively using “I” messages is one of the many ways a client can manage anger.
 - a. True
 - b. False

11. Which of the following is NOT a step to problem solving?
 - a. Identify the problem
 - b. Identify the Goal
 - c. Create a solution for the client/offender
 - d. Identify consequences
 - e. Make the best choice and implement
 - f. Evaluate the Outcome

12. A Thinking Report is a tool that enables the client to “connect the dots” between the event; the thoughts, feelings, and beliefs; and the outcome.
 - a. True
 - b. False

Part II: CBT Self-Rating

1. Rate yourself as to your acquired knowledge about cognitive behavioral therapy (CBT):
 - a. Not knowledgeable at all
 - b. Somewhat knowledgeable
 - c. Very knowledgeable
 - d. Highly knowledgeable and at the expert level

2. Rate yourself as to your skills and expertise in using CBT approaches:
 - a. Not skilled at all
 - b. Somewhat skilled
 - c. Very skilled
 - d. Highly skilled at the expert level

3. How extensive do you believe CBT will be a part of your work with offenders:
 - a. Will only be a small part of my work with offenders
 - b. Will use CBT partially in my work with offenders
 - c. Will use CBT as an integral part of my work with offenders
 - d. Most or all of my work with offenders is based on the CBT approach

4. How well do you believe the CBT principles and concepts can be incorporated into your work with offenders?
 - a. It can be incorporated immediately and without difficulty
 - b. Most of the CBT concepts and principles can be incorporated over time
 - c. Only some CBT concepts and principles can be incorporated into practice
 - d. Few if any CBT concepts and principles can be incorporated into practice

5. Rate yourself on your belief that CBT approaches are useful and helpful in reducing offender criminogenic risks.
 - a. Not very useful or helpful
 - b. Somewhat useful or helpful
 - c. Very useful or helpful
 - d. Extremely useful or helpful

COUNTIES:

____City and County of Honolulu ____Maui ____Hawaii ____Kauai

PLEASE SELECT THAT APPLIES:

_____ACSB _____PSD _____PAROLE _____OTHER (specify):_____

THANK YOU!