

## Acceptance And Commitment CE Questions

- 1. What is the primary goal of Acceptance and Commitment Therapy?**
  - a. To eliminate negative thoughts and feelings
  - b. To increase cognitive restructuring and control over thoughts
  - c. To help individuals accept their thoughts and feelings while committing to value-based actions
  - d. To teach relaxation techniques for managing stress
  
- 2. According to Functional Contextualism, behavior is best understood in terms of:**
  - a. The individual's internal drives and unconscious conflicts.
  - b. The historical and contextual factors that shape how behavior functions in a given environment.
  - c. The structure and organization of cognitive processes.
  - d. The avoidance of negative reinforcement in controlled environments.
  
- 3. What is the central premise of Relational Frame Theory (RFT) in understanding human language and cognition**
  - a. Humans acquire language through reinforcement of correct verbal behavior
  - b. Language is learned through conditioning of verbal responses to stimuli
  - c. Human cognition is based on the ability to relate stimuli to each other in flexible, arbitrary ways
  - d. The primary function of language is to mediate emotional response
  
- 4. What is the role of psychological flexibility in ACT?**
  - a. Psychological flexibility refers to avoiding painful emotions, leading to greater well-being.
  - b. It involves the ability to stay rigid and committed to one's goals.
  - c. It's the ability to respond to life in a workable way, a way that enables one to live vital, meaningful lives.
  - d. Psychological flexibility means ignoring difficult thoughts and focusing only on positive experiences.
  
- 5. How can ACT help clients with chronic pain or illness, and what are some key interventions used in this context?**
  - a. By teaching clients to avoid pain through distraction techniques.
  - b. Through acceptance of the pain and learning to live a meaningful life despite it.
  - c. By encouraging the use of medication to reduce pain levels.
  - d. By eliminating all sources of pain in a client's life.
  
- 6. What techniques can be used to reduce a patient's level of cognitive fusion in therapy?**
  - a. By asking the client to focus solely on positive thoughts.

- b. By encouraging the client to challenge every negative thought they have.
- c. Through practices that encourage observation rather than engagement with thoughts.
- d. By directing the client to ignore their thoughts entirely.

**7. In ACT, how does values clarification influence behavior change?**

- a. It helps clients develop a clear sense of right and wrong.
- b. It enables clients to set specific, measurable goals.
- c. It allows clients to act in ways that are consistent with their core values, fostering meaningful actions.
- d. It forces clients to confront their fears and anxieties directly.

**8. How does one engage in Present Moment Awareness?**

- a. By focusing on the past to understand present challenges.
- b. By being aware of and accepting the current moment, rather than avoiding or controlling it.
- c. By concentrating only on future goals to avoid current discomfort.
- d. By ignoring emotions and focusing entirely on the physical environment.

**9. How do you integrate self-as-context in clients' therapy?**

- a. By focusing solely on self-esteem and boosting the client's sense of worth.
- b. By helping clients view themselves as the observer of their thoughts and feelings, rather than being defined by them.
- c. By encouraging clients to conform to societal standards of identity.
- d. By guiding clients to discard their personal identity entirely in favor of a new one.

**10. In the ACT Matrix, which of the following is the main focus of the "away moves" quadrant**

- a. Taking committed action toward personal values
- b. Increasing psychological flexibility through mindfulness
- c. Listing behaviors that move the person away from discomfort or pain
- d. Identifying core values and long-term goals

## ANSWERS To ACT CE Questions

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