1. The PMHNP is working with a patient who experiences abreaction when discussing repressed feelings of his sexual abuse as a child. What can the PMHNP do to manage the patient’s intense emotional reactions?

- A. Sit closer to the patient so the patient does not feel isolated
- B. Embrace the patient to provide physical comfort
- C. Suggest a relaxation technique, such as yoga or meditation
- D. All of the above

1 points

**Question 25**

1. During cognitive behavioral therapy (CBT), a 64-year-old male patient states, “I get so frustrated sometimes and I just blow up at everybody!” Which response by the PMHNP demonstrates translation of Socratic dialogue (SD)?

- A. “Please explain how this affects the relationship with your wife.”
- B. “When you say blow up, what exactly does blow up mean and how does it feel to you?”
- C. “What coping methods have you used in the past during times of frustration?”
- D. “So you blow up when you become frustrated?”

1 points

**Question 26**

1. The PMHNP is mentoring a student. After working with a patient during a session, the student laments about all the things she should have, or could have, said to the patient. “I feel guilty that I didn’t speak up more about the patient’s concern toward her son,” says the student. The PMHNP understands that the student is exhibiting signs of which therapeutic concept?

- A. Countertransference
- B. Therapeutic communication
- C. Empathy
- D. Boundaries

1 points
Question 33

1. During a therapy session the patient is asked how she currently deals with stress, and she says, “Well, I don’t. I just let it build and build.” The PMHNP responds by asking how well this has been working out for her. The patient states, “Well, to be honest, it just feels like I’m drowning, you know what I mean.” Illustrating idiosyncratic meaning, the PMHNP responds with:

   A. “Would you say you feel like you are suffocating?”
   B. “No, I am not sure what you are saying. Can you please explain?”
   C. “Sort of like a fish out of water?”
   D. “When you say, ‘I just can’t breathe,’ you do understand, that is a form of anxiety?”

Question 34

1. The PMHNP is having a therapy session with Charlotte, a 20-year-old victim of date rape. The patient states, “I shouldn’t have been there; I should have just gone home. This was all my fault; how could I have been so stupid?” Using the Socratic method, what is the PMHNP’s best response?

   A. “If this had happened to someone else with the exact same circumstances, would you say this was her fault?”
   B. “Can you recall exactly what stopped you from going home when you originally wanted to go home?”
   C. ”Have you shared these thoughts about what you should have done with anybody other than me?”
   D. “Do you understand that there is absolutely nothing that you could ever do to deserve to be treated the way you were treated?”

Question 35

1. At the initial interview with a patient, the PMHNP reviews the condition of receiving services, including limits that will be imposed on confidentiality. During the discussion, the patient shares information that the PMHNP is legally required to report. True or false: If the PMHNP does not report information that s/he is legally required to report.
A. “I was able to eat in public yesterday despite how loudly I chew.”
B. “I confessed all of my infidelities to my ex-spouse yesterday.”
C. “I calmly sat through a conversation with my spouse in which she confessed all of her infidelities to me.”
D. “I journaled the shame and guilt that I’ve been feeling from my past that has been holding me back.”

1 points

**Question 48**

1. A 35-year-old patient seeks treatment for depression and anxiety after an abusive relationship. To help empower the patient, the PMHNP wants to teach the safe-place exercise to create a feeling of calm. In order to walk the patient through the exercise, the PMHNP first says:

   - A. “Identify an image of a safe place that makes you feel calm.”
   - B. “Think about the things that cause you anxiety and let them go.”
   - C. “Take a deep breath and start to relax with each new breath.”
   - D. “Picture a beautiful beach and describe to me what you see.”

1 point

**Question 49**

1. When conducting an initial assessment, a PMHNP has finished conducting a mental status examination with 10 minutes left in the session. The patient is distressed and would like to continue sharing her personal history.
True or false: An appropriate response that the PMHNP might tell the patient is, “I understand that you are upset. [Summarizes diagnosis, treatment recommendations, and follow-up plan.] We can continue the conversation next week. How does this time next Monday work for you?”

   - True
   - False

1 point

**Question 50**
1 points

**Question 60**

1. The PMHNP is working with a patient who has insomnia and battles going to sleep. The patient reports consistent self-defeating behaviors, and hates trying to go to sleep. Which action made by the PMHNP demonstrates the use of a paradoxical intervention?

- A. Telling the patient to start trying to go to sleep earlier, since it takes long to fall asleep
- B. Telling the patient to resist sleep and stay awake
- C. Having the patient perform a relaxing ritual before bedtime
- D. Instructing the patient to avoid stimulants and sugars for 3 hours before falling asleep

1 points

**Question 61**

1. The PMHNP is working with a patient who is not satisfied with the therapeutic relationship. The PMHNP invites the patient to discuss her feelings regarding the PMHNP openly and honestly. It becomes clear to the PMHNP that they are experiencing an alliance rupture. How does the PMHNP repair the therapeutic alliance?

- A. Responding to the issue in a nondefensive manner and accepting responsibility for the PMHNP’s part in the tension
- B. Emphasizing with the patient’s experiences and validating the patient for bringing it up
- C. Considering changing the goals of the patient’s treatment
- D. All of the above

1 points

**Question 62**

1. The patient attempts the PMHNP’s sleep hygiene recommendations for 2 weeks, but does not make any progress mitigating nightmares and hyperarousal. Which behavioral strategy does the PMHNP suggest next?

- A. Progressive muscle relaxation exercises
- B. Paradoxical interventions