

# NRNP 6645 FINAL EXAM 2023 WITH 100 QUESTIONS AND ANSWERS GRADED A+.

The advanced practice psychiatric nurse encourages a patient with gambling addiction to develop a relapse prevention plan. Which of the following is true about a relapse prevention plan?

- A A relapse prevention plan includes identifying triggers to the patient's gambling and a variety of coping strategies to avoid or successfully manage triggers without reverting to gambling.
- B A relapse prevention plan should be completed during the initial stage of treatment.
- C The main focus of a relapse prevention plan is on changing behaviors.
- D The main focus of a relapse prevention plan is on cognitive or thought processes to decrease the desire to gamble

Which of the following is consistent with the psychotherapeutic approach used by existential psychotherapists?

- A The existential approach has a specific set of techniques used.
- B The existential relies on the patient to drive the therapeutic direction.

C The existential therapist presents broad existential themes but avoids in-depth questioning.

D The existential psychotherapist is free to draw on techniques from other psychotherapeutic models .

According to Dearing, Stuewig, and Tangney (2005), understanding the difference between guilt and shame and its impact on an individual's motivation is critical to hope and the recovery process. Which of the following is true regarding guilt and shame?

A Shame drives a person to engage in treatment while guilt drives a person to avoid treatment.

B Shame causes a person to perceive self as a failure and guilt causes avoidance of treatment.

C Guilt causes a person to perceive himself as a loser and shame drives a person to avoid treatment.

D Shame drives avoidance from treatment, Guilt often motivates a person to seek treatment.

Which of the following is not consistent with what is known about relapse?

A Relapse indicates treatment failure.

B Relapse is a persistent risk in addiction.

C Relapse is a characteristic of all chronic medical diseases.

D Relapse is the return to substance use or addictive behaviors after periods of abstinence.

The advanced practice psychiatric nurse proficient in Interpersonal Psychotherapy (IPT) is working with an older adult who does not realize she has depression. Which of the following is true?

A IPT is not an appropriate model for treating depression in older adults.

B This is a common IPT issue with older adults during the initial sessions.

C The advanced practice psychiatric nurse should consider using a standardized scale to quantify the depression and use this to educate the patient and the family.

D B and C

The patient in Dialectical Behavior Therapy (DBT) complains the skills being taught in DBT don't work, struggles with keeping diary cards, and doing assigned homework. This is consistent with which stage of treatment within the DBT model?

A Stage 1

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B Stage 2

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C Stage 3

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D Stage 4

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The existential concept of an openness, readiness, and flexibility to grow and change, which necessitates a capacity to choose alternatives, and shape one's own destiny as authors of creating their own world is which of the following?

A Freedom

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B Responsibility

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C Authenticity

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D Meaning

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Which of the following is not consistent with a family-centered approach in child therapy?

A In family-centered treatment, the family is the focus of treatment.

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B Family-centered treatment is appropriate to improve family interactions.

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C Family-centered treatment is appropriate to keep families engaged in services

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D Family-centered treatment is appropriate to increase family knowledge about mental health.

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The Gestalt therapist notices the patient is fidgeting with fingers, legs are shaking and asks the patient "What are you experiencing right now in your body?" This is a type of creative experimentation known as which of the following?

A Focusing

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B Body awareness

.

C Language of responsibility

.

D Empty-chair dialogue

The advanced practice psychiatric nurse is working with a group of patients in an outpatient substance abuse treatment program. One patient comes to the advanced practice psychiatric nurse after the group session and asks if the advanced practice psychiatric nurse would meet at a nearby Starbucks to clarify a couple of questions that came up at the end of the session and fears relapse. Which of the following would be consistent with the traditional therapeutic frame?

A Given concerns about relapse it would be important to meet with the patient just this one time and just for 10 minutes but meet in your office.

B Remind the patient that one of the rules is not having contact outside of therapy sessions.

C Agree to meet with patient alone in the group room to resolve any outstanding concerns from the group.

D Agree to meet with the patient at Starbucks briefly to discuss the unresolved issues, but only this once and only for 10 minutes.

Which of the following statements would not be consistent with the humanistic-existential concept of “holism” ?

A People are unique.

B The whole is greater than the sum of its parts.

C Mind, body, spirit work in a unified synergistic fashion.

D Dysfunctions such as a chemical imbalance must be

Which of the following statements would not be consistent with the humanistic-existential concept of “holism” ?

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D Dysfunctions such as a chemical imbalance must be identified.

Stigma of mental illness in the elderly:

- A Has contributed to psychiatric symptoms being expressed with physical symptoms.
- B Is much more severe in baby boomers than in other elderly cohorts.
- C Is much less an issue in baby boomers than in other elderly cohorts
- D Leads to more discussion of emotions in primary care settings.

The advanced practice psychiatric nurse encourages the older adult to recall long forgotten experiences, events which are memorable to the person. This is known as

- A Life Review Therapy (LRT)
- B Reminiscence Therapy (RT)
- C A Mindfulness Strategy
- D Interpersonal Psychotherapy (IPT)

The advanced practice psychiatric nurse is working with a patient who states she believes her boss hates her. After some discussion, it is clear the patient has strong negative feelings towards her boss. The advanced practice psychiatric nurse working within a Gestalt framework, recognizes this as an interruption consistent with which of the following?

- A Projection
- B Retroflection
- C Confluence
- D Deflection

The most effective treatment for SUD with or without co-morbid psychiatric disorders is:

- A Multidimensional addressing medical, psychosocial and mental health issues
- B Trauma-informed care.
- C 12-Step Peer Support Groups

D Cognitive Behavioral Therapy

Positive substance use disorder treatment out-comes unique to women can be strengthened by which of the following.

A Valuing the significance of relationships

B Recognizing generalized psychobiological attributes and healthcare needs.

C Minimizing focus on societal roles and gender expectations.

D All of the above

A specific type of CBT therapies aimed to reduce distress as a person experiences sensation with danger is known as which of the following?

A Shame-Attacking

B Exposure Therapy

C Cognitive Rehearsal

D Guided relaxation and meditation

Which of the following are “Help Now!” skills? Select all that apply.

A Drink a glass of water, tea, or juice.

B Name 6 colors you see wherever you are.

C Open and close your eyes.

D A and B on

Practice guidelines for complex trauma and dissociative identity disorder caution that which of the following may limit one’s ability to heal.

A Somatic approaches

B Talk therapies focused on cognitive understanding

C EMDR

D A and C

· « < Question 20 of 101 > »

· ⚠ Moving to another question will save this response.

### Question 20

In following the rules for the Dialectical Behavior Therapy (DBT) therapist, the therapist would not do which of the following?

A Recognize the therapist is human and fallible.

B Make every reasonable effort to provide competent treatment for the patient.

C Share the rules for the DBT therapist with the patient during orientation to the therapy.

D The therapist agrees to use consultation and allow the patient to view this directly if desired.

Research suggests that psychodynamic therapeutic approaches are effective for some children, particularly those with which of the following disorders?

A Conduct Disorders

B Anxiety and Depression

C Depression and Psychosis

D Attention Deficit-Hyperactivity Disorders

When using a Dialectical Behavior Therapy (DBT) approach with a patient with Borderline Personality Disorder the advanced practice psychiatric nurse knows which of the following is inconsistent DBT assumptions about patients?

A Patients can fail in therapy.

B Patients are doing the best they can.

C Patients need to do better, try harder and be more motivated to change.

D Patients may not have caused all their problems, but they need to solve them anyway.

The patient in Dialectical Behavior Therapy with a history of self-harming through cutting, has shown progress in effectively using skills to manage urges integrating skills to manage emotions and behaviors with increased awareness of self. The advanced practice psychiatric nurse recognizes the patient is ready for which of the following?

A The patient is ready to focus on self-fulfillment

B The patient is ready to focus on self-efficacy

C The patient is ready to begin exposure therapy.

D The patient is ready to begin termination from therapy.

Strategies for terminating a therapy relationship with an older adult includes:

A The advanced practice psychiatric nurse needs to develop a checklist to determine goals have been made and it is time to terminate.

B The advanced practice psychiatric nurse determines therapy goals attained, terminate the therapeutic relationship, and schedule to meet the patient for coffee to ease the transition out of therapy.

C The advanced practice psychiatric nurse should set clear therapy goals, commend patient on goal attainment and terminate the therapy.

D Termination should occur by mutual decision between advanced practice psychiatric nurse and patient based on the therapy goals attained.

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D Termination should occur by mutual decision between advanced practice psychiatric nurse and patient based on the therapy goals attained.

The person-centered therapist is expected to exhibit which of the following characteristics?

A Congruence

B Unconditional positive regard

C Accurate empathic understanding

D All of the above

The patient demonstrates the ability to regulate his emotions in such a way he can think through them. The advanced practice psychiatric nurse using a Dialectical Behavior Therapy approach recognizes this ability is consistent with which stage of treatment?

A Stage 1

B Stage 2

C Stage 3

D Stage 4

Which of the following is not consistent with the Principles of Effective Treatment for Addiction according to the NIH?

A Treatment needs to be readily accessible.

B Psychotropic medication should be stopped prior to treatment.

C Treatment does not need to be voluntary to be effective.

D Drug use during treatment must be monitored continuously as lapses may occur during treatment.

The advanced practice psychiatric nurse using a Dialectical Behavior Therapy approach with a patient with Borderline Personality Disorder explains the four essential elements which includes all but which of the following?

A Bi-weekly individual therapy sessions for the patient of about 1 hour each.

- B Weekly group skills training sessions for the patient of 2.5 hours each.
- C Skills coaching via telephone or other electronic means as needed by the patient to manage I vivo situations
- D Team consultation to the therapist to maintain treatment fidelity and adherence

Evidence supports which of the following statements about women and addictions treatment?

- A Women seeking treatment for substance use disorder are more likely than men to have experienced traumatic events.
- B Women are more apt to drop out of treatment than men.
- C Women are less likely than men to seek mental health services.
- D W

Which of the following statements would be consistent with Trauma-Informed Care when treating patients with comorbid PTSD and Substance Use Disorder?

- A Evidence suggests the substance use issues be addressed first as substances can mask the issues and symptoms of PTSD.
- B Evidence suggests symptoms of PTSD be addressed before initiating any substance abuse issues as PTSD symptoms are what typically trigger substance abuse.
- C Clinicians need to learn evidence-based treatment approaches to simultaneously treat the underlying PTSA while addressing substance use.
- D Evidence suggests a low dose antipsychotic medication is most effective in treating PTSD symptoms and can also minimize alcohol and other drug abuse.

he advanced practice psychiatric nurse using Dialectical Behavior Therapy with a patient with borderline personality disorder uses persuasive dialogue to do which of the following?

- A Invite the patient to new ways of viewing a situation
- B Guiding patient to develop more skills to achieve a greater quality of life.
- C Engage the patient in change talk
- D A and B

A patient whose husband had recently died suddenly expresses remorse regarding an argument they had shortly before his death. The Gestalt Therapist would likely use which of the following techniques to complete unfinished business?

- A Focusing
- B Dreamwork
- C Empty-chair dialogue
- D Language of responsibility

Evidence supports use of Dialectical Behavior Therapy patients with which of the following diagnoses?

- A Schizophrenia
- B New onset depression
- C Bipolar Affective Disorder
- D Borderline Personality Disorder

Problems in the preschool child's self-regulation has been tied to subsequent issues with which of the following?

- A Aggression
- B Conduct Problems
- C Social Withdrawal
- D All of the above.

Which of the following would not be a first-line intervention for an individual with PTSD?

- A CPT
- B CPT-PE
- C EMDR therapy
- D Pharmacological interventions.

The advanced practice psychiatric nurse working with children/adolescents in psychotherapy is aware of which of the following?

- A The basic structure of psychotherapy with children aligns with principles of psychotherapy for adults.
- B The basic structure of psychotherapy with children for the most part is not aligned with principles of psychotherapy for adults.
- C Engaging with the family precedes engagement with the child or adolescent in the first family meeting.
- D Typically children are excited to engage in psychotherapy to improve the home situation.

Using a psychodynamic psychotherapy stage oriented model for the treatment of trauma, the advanced practice psychiatric nurse would do which of the following in Stage 1?

- A Address safety issues
- B Promote symptoms stabilization
- C Process painful memories
- D A and C

When doing psychotherapy with older adult's accommodations which target cognitive symptoms and functional deficits include:

- A Shorter, more frequent sessions
- B Summarizing previous sessions
- C Quizzing patient on previous sessions
- D Insist the patient bring a notebook and take notes

Humanistic-existential therapies focus more on process and this process is best described by which of the following?

- A The content of the therapy
- B The flow of action and reaction within the session.
- C The pacing, timing, and tracking in the session.
- D B and C

Dysfunctional processes, developed early in life that people employ in an attempt to meet their Needs, are referred to by the Gestalt therapist as which of the following?

- A Interruptions
- B Figure and ground
- C Layers of personality
- D Organismic self-regulation

According to the Trauma Resiliency Model which of the following occurs?

- A Emotions precede and underlie physical sensations of trauma,
- B Physical sensations precede and underlie emotions of trauma.
- C Physical sensations and emotional sensations occur simultaneously.
- D None of the above have anything to do with TRM.

Which of the following is not consistent with what is currently known about debriefing?

- A Debriefing involves talking about the trauma immediately after the event.
- B APA practice guidelines support use of debriefing due to efficacy.
- C Debriefing may increase post trauma symptoms.
- D Debriefing does not prevent PTSD.

Stress inoculation therapy (SIT) can be helpful for patients with phobic avoidance due to trauma. The advanced practice psychiatric nurse using SIT would do which of the following?

- A Artistic endeavors such as sculpting, drawing painting.
- B Movement therapies such as dance.
- C Tapping on acupuncture points
- D Cognitive skills such as thought stopping and guided self-dialogue

The person-centered therapist who is genuine and authentic during the therapy session is exhibiting which psychological condition?

- A Congruence
- B Actualizing tendency
- C Belief of human nature
- D Accurate empathic understanding

The patient in Dialectical Behavior Therapy (DBT) expresses frustration that the skills taught don't work, the process is taking too long, and is struggling to complete homework. The advanced practice psychiatric nurse using a DBT model would do which of the following?

- A Validate the patient 's frustration while encouraging and reinforcing use of skills.
- B Analyze the behaviors and consequences of the behaviors with the patient.
- C Focus on behavioral control and management with emotions as a contextual element.
- D All of the above

The therapeutic frame supports the clinician in which of the following ways? Select all that apply.

- A Maintaining a therapeutic stance of neutrality.
- B Maintaining a therapeutic stance of anonymity.
- C Maintaining a therapeutic stance of non-intrusiveness.
- D A and C

One of the problems when meeting with children individually is that it can create secrets. Which of the following responses would the advanced practice psychiatric nurse do to address this concern?

- A Do nothing, maintaining the child's privacy protects the therapeutic relationship.
- B Decide what the parents need to know and give them a summary of the individual

session in with the child in the room.

- C Decide what the parents need to know and give them a summary privately to avoid any awkwardness for the child.
- D Discuss with the child what he or she wants to share with the parents and facilitate the process as needed.

## Others PPLs papers

### The therapeutic frame supports the clinician in which...

1. The therapeutic frame supports the clinician in which of the following ways? Select all that apply.
  - A . Maintaining a therapeutic stance of neutrality.
  - B . Maintaining a therapeutic stance of anonymity.
  - C . Maintaining a therapeutic stance of nonintrusiveness.
  - D . A and C
2. The advanced practice psychiatric nurse is working with a patient with who is chronically suicidal. The advanced practice psychiatric nurse using a Dialectical Behavior Therapy (DBT) approach realizes which of the following?
  - A . Every time the patient has suicidal ideations hospitalization is recommended.
  - B . To the chronically suicidal patient, hospitalization reinforces the status quo and abdicating the hard work of change.
  - C . To the chronically suicidal patient hospitalization frequent hospitalizations allow a safe place to learn new coping behaviors and promote change.
  - D . The Advanced practice psychiatric nurse should not be using DBT with a chronically suicidal patient.
3. The concept of resiliency in child therapies is in direct contrast to which traditional approach for treating children?
  - A . Family inclusion
  - B . The concept of recovery
  - C . Problem-based therapy
  - D . Interacting systems consideration
4. Stigma of mental illness in the elderly:
  - A . Has contributed to psychiatric symptoms being expressed with physical symptoms.
  - B . Is much more severe in baby boomers than in other elderly cohorts.
  - C . Is much less an issue in baby boomers than in other elderly cohorts
  - D . Leads to more discussion of emotions in primary care settings.
5. Which of the following is not consistent with the Psychoanalyst's perspective when treating and individual with a personality disorder?
  - A . It is important to identify and then modify "core" problems when treating individuals with personality disorders.
  - B . Personality structures are unconscious and thus mostly unavailable to the individual.

C . Personality products and processes are within the realm of awareness, accessible to the individual.

D . Psychoanalytic therapy is an effective treatment for Borderline personality disorder

6. Which of the following statements would not be consistent with the humanistic-existential concept of "holism" ?

A People are unique.

. B . The whole is greater than the sum of its parts.

C . Mind, body, spirit work in a unified synergistic fashion.

D . Dysfunctions such as a chemical imbalance must be identified.

7. Which of the following is true about dream work from a Gestalt perspective?

A . The individual tells the dream in past tense

B . Elements of the dream are viewed using standardized dream symbol meaning.

C . A dream diary is required to capture all elements of the team.

D . The characters and objects in the dream are projections of the individual whose dream it is.

8. When the advanced practice psychiatric nurse builds a formulation when working with a child in therapy the advanced practice psychiatric nurse is doing which of the following?

A . Formulation is a type of play therapy.

B . Formulation is the child's diagnosis.

C . The formulation explains the contexts of the child and family situation, the child's unique presentation, responses and narratives of the events that shaped the interpretation.

D . The formulation is the treatment plan.

9. In providing psychoeducation to patient's in recovery, the advanced practice psychiatric nurse would not include which of the following?

A . Recovery is a lifelong process of change

B . A patient is considered recovered after 5 years free of substance use.

C . Recovery encompasses dimensions of health, home, purpose and community.

D . Recovery applies to recovery from mental disorder, substance use disorders and behavioral addictions.

10. Which best describes gerotranscendence? A Erik Erikson's ninth stage of development .

B . Emphasizes ongoing growth over decrements

C . Focuses on the transition to old-old (80 years and older).

D . Focuses on letting go and coming to terms with end of one's life

11. The advanced practice psychiatric nurse is working with a group of patients in an outpatient substance abuse treatment program. One patient comes to the advanced practice psychiatric nurse after the group session and asks if the advanced practice psychiatric nurse would meet at a nearby Starbucks to clarify a couple of questions that came up at the end of the session and fears relapse. Which of the following would be consistent with the traditional therapeutic frame?

A . Given concerns about relapse it would be important to meet with the patient just this one time and just for 10 minutes but meet in your office.

B . Remind the patient that one of the rules is not having contact outside of therapy sessions.

C . Agree to meet with patient alone in the group room to resolve any outstanding concerns from the group.

D . Agree to meet with the patient at Starbucks briefly to discuss the unresolved issues, but only this once and only for 10 minutes.

12. The situation in which increasing amounts of a substance is needed to achieve the same desired effect is known as which of the following?



- A . Addiction
- B . Tolerance
- C . Withdraw al
- D . Dependen ce

13. Which of the following describes the basic neurobiological pathways of the reward system in the brain? A . Projections from the ventral tegmental area, through the median forebrain and terminate in the nucleus accumbens where there is a proliferation of dopamine neurons.

B . Projections through the median forebrain, to the ventral tegmental area where there is a proliferation of dopamine neurons, to the nucleus accumbens.

C . Projections from the nucleus accumbens to the median forebrains where there is a proliferation of dopamine neurons to the ventral tegmental area.

D . Projections from the median forebrain through the ventral tegmental area to the nucleus accumbens where there is a proliferation of dopamine neurons.

14. Evidence supports use of Dialectical Behavior Therapy patients with which of the following diagnoses?

A . Schizophrenia

B . New onset depression

C . Bipolar Affective Disorder

D . Borderline Personality Disorder

15. The existential concept of an openness, readiness, and flexibility to grow and change, which necessitates a capacity to choose alternatives, and shape one's own destiny as authors of creating their own world is which of the following?

A . Freedom

B . Responsibili ty

C . Authenticity D . Meaning

16. Using a psychodynamic psychotherapy stage oriented model for the treatment of trauma, the advanced practice psychiatric nurse would do which of the following in Stage 1?

A . Address safety issues

B . Promote symptoms stabilization

C . Process painful memories

D . A and C

17. The advanced practice psychiatric nurse is working with a patient who states she believes her boss hates her. After some discussion, it is clear the patient has strong negative feelings towards her boss. The advanced practice psychiatric nurse working within a Gestalt framework, recognizes this as an interruption consistent with which of the following?

A Projection .

B . Retroflecti on

C . Confluenc e

D . Deflection

18. The patient in Dialectical Behavior Therapy (DBT) expresses frustration that the skills taught don't work, the process is taking too long, and is struggling to complete homework. The advanced practice psychiatric nurse using a DBT model would do which of the following?

A . Validate the patient 's frustration while encouraging and reinforcing use of skills.

B . Analyze the behaviors and consequences of the behaviors with the patient.

C . Focus on behavioral control and management with emotions as a contextual element.

D . All of the above

19. An organized, consistent set of perceptions about the self, continually influenced by experience and its interpretation which includes self-worth, self-image and ideal self, is which key concept of person-centered therapy?

- A . Belief of human nature
- B . Self-concept
- C . Actualizing tendency
- D . Fully functioning person

20. The advanced practice psychiatric nurse using a Dialectical Behavior Therapy approach with a patient with Borderline Personality Disorder explains the four essential elements which includes all but which of the following?

- A . Bi-weekly individual therapy sessions for the patient of about 1 hour each.
- B . Weekly group skills training sessions for the patient of 2.5 hours each.
- C . Skills coaching via telephone or other electronic means as needed by the patient to manage I vivo situations
- D . Team consultation to the therapist to maintain treatment fidelity and adherence

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### Answer & Explanation

Solved by verified expert

1. The therapeutic frame supports the clinician in which of the following ways? Select all that apply.

**D . A and C**

*Rationale: B is wrong because it should not be anonymous. Information should be disclosed.*

2. The advanced practice psychiatric nurse is working with a patient with who is chronically suicidal. The advanced practice psychiatric nurse using a Dialectical Behavior Therapy (DBT) approach realizes which of the following?

**B . To the chronically suicidal patient, hospitalization reinforces the status quo and abdicating the hard work of change.**

*Rationale: Dialectical behavior therapy (DBT) is a type of cognitive behavioral therapy that combines strategies like mindfulness, acceptance, and emotion regulation.*

3. The concept of resiliency in child therapies is in direct contrast to which traditional approach for treating children?

**C . Problem-based therapy**

*Rationale: Compared with the traditional study of child development, which has tended to portray 'normal' and 'abnormal' patterns, a resilience approach offers a more differentiated account. In professional practice, resilience means looking for strengths and opportunities to build on, rather than (or alongside) problems, deficits or psychopathology to be remedied or treated*

4. Stigma of mental illness in the elderly:

**A . Has contributed to psychiatric symptoms being expressed with physical symptoms.**

*Rationale: According to Sartorius, stigma leads to discrimination in the provision of services for physical health problems in older people with mental disorders.*

5. Which of the following is not consistent with the Psychoanalyst's perspective when treating and individual with a personality disorder?

**C . Personality products and processes are within the realm of awareness, accessible to the individual.**

*Rationale: Each level of awareness has a role to play in shaping human behavior and thought.*

6. Which of the following statements would not be consistent with the humanistic-existential concept of "holism" ?

**D . Dysfunctions such as a chemical imbalance must be identified.**

*Rationale: Holism is the idea that various systems (e.g. physical, biological, social) should be viewed as wholes, not merely as a collection of parts.*

7. Which of the following is true about dream work from a Gestalt perspective?

**D . The characters and objects in the dream are projections of the individual whose dream it is.**

*Rationale: In Gestalt Therapy, the client is asked to play component parts of the dream. .It helps the client to feel the part of him/herself that he/she has disowned and has projected onto objects of the dream. Disowned parts of the self are in the unconscious, and integration is the work of therapy.*

8. When the advanced practice psychiatric nurse builds a formulation when working with a child in therapy the advanced practice psychiatric nurse is doing which of the following?

**C . The formulation explains the contexts of the child and family situation, the child's unique presentation, responses and narratives of the events that shaped the interpretation.**

*Rationale: Formulation is a concise statement of the case. Unlike summary, it is a discussion about alternative ideas about diagnosis, aetiology, treatment and prognosis and of the arguments for and against each alternative.*

9. In providing psychoeducation to patient's in recovery, the advanced practice psychiatric nurse would not include which of the following?

**B . A patient is considered recovered after 5 years free of substance use.**

*Rationale: Recovery is a lifelong process that can take years to achieve.*

10. Which best describes gerotranscendence? A Erik Erikson's ninth stage of development .

**B . Emphasizes ongoing growth over decrements**

*Rationale: The theory that older people transcend the limited opinions and views of life they once held or wisdom comes with age*

11. The advanced practice psychiatric nurse is working with a group of patients in an outpatient substance abuse treatment program. One patient comes to the advanced practice psychiatric nurse after the group session and asks if the advanced practice psychiatric nurse would meet at a nearby Starbucks to clarify a couple of questions that came up at the end of the session and fears relapse. Which of the following would be consistent with the traditional therapeutic frame?

**C . Agree to meet with patient alone in the group room to resolve any outstanding concerns from the group.**

*Rationale: This will prevent harm for the nurse and allows help from other patient from the group*

12. The situation in which increasing amounts of a substance is needed to achieve the same desired effect is known as which of the following?

**B . Tolerance**

*Rationale: A person may develop tolerance to a drug when the drug is used repeatedly.*

13. Which of the following describes the basic neurobiological pathways of the reward system in the brain?

**A . Projections from the ventral tegmental area, through the median forebrain and terminate in the nucleus accumbens where there is a proliferation of dopamine neurons.**

*Rationale: The reward pathway of the brain is connected to areas of the brain that control behavior and memory. It begins in the ventral tegmental area, where neurons release dopamine to make you feel pleasure. The brain begins to make connections between the activity and the pleasure, ensuring that we will repeat the behavior.*

14. Evidence supports use of Dialectical Behavior Therapy patients with which of the following diagnoses?

**D . Borderline Personality Disorder**

*Rationale: DBT may be used to treat suicidal and other self-destructive behaviors.*

15. The existential concept of an openness, readiness, and flexibility to grow and change, which necessitates a capacity to choose alternatives, and shape one's own destiny as authors of creating their own world is which of the following?

**A . Freedom**

*Rationale: Freedom allows person to choose alternatives.*

16. Using a psychodynamic psychotherapy stage oriented model for the treatment of trauma, the advanced practice psychiatric nurse would do which of the following in Stage 1?

**C . Process painful memories**

*Rationale: The first few sessions of psychotherapy typically focus on understanding and taking a good relationship history, from childhood up to adulthood.*

17. The advanced practice psychiatric nurse is working with a patient who states she believes her boss hates her. After some discussion, it is clear the patient has strong negative feelings towards her boss. The advanced practice psychiatric nurse working within a Gestalt framework, recognizes this as an interruption consistent with which of the following?

**D . Deflection**

*Rationale: Deflection is attempting to draw attention away from oneself and put that attention onto another person. All ages may engage in deflection. Children try to deflect blame when they are in trouble for negative actions by pointing out a different negative action that a sibling did.*

18. The patient in Dialectical Behavior Therapy (DBT) expresses frustration that the skills taught don't work, the process is taking too long, and is struggling to complete homework. The advanced practice psychiatric nurse using a DBT model would do which of the following?