



On-Demand Study Guide

Which of the following is not relevant to psychological wellness?

- Self-Care
- Burnout
- Self-Evidence
- Distress

Burnout is described as the:

- Initial phase of therapist distress
- Terminal phase of therapist distress
- Central phase of therapist distress
- Sequential phase of therapist distress

Which of the following is not a component of burnout?

- Emotional desire
- Depersonalization
- Emotional exhaustion
- Decreased sense of accomplishment

Vicarious traumatization in not also known as:

- Secondary traumatic stress
- Compassion fatigue
- Co-victimization
- Traumatic fatigue

Competence includes all of the following except:

- Knowledge
- Strength
- Skills
- Attitudes

Competence is:

- All or nothing
- Either present or absent
- Vulnerable to distress
- Never at risk

Which of the following is not helpful to self-care?

- Your work being your whole world
- Maintaining a work/family balance
- Nurturing a support network
- Continuing to grow and learn professionally

One of the most commonly used positive coping strategies is:

- Drinking alcohol
- Relaxing activities
- Being sedentary
- Working more hours

In the Competence Constellation, the inner core includes

- Acquaintances
- Primary mentors
- Distant relatives
- Professional culture

With regard to self-assessments of competence, most mental health professionals:

- Are above average
- Are below average
- See themselves as being above average
- See themselves as being below average