

NOTE: You can send me your quiz answers anyway you want. Honestly it doesn't matter. I just need to know what your answers are and how to get in touch with you. Thanks!

Quiz Questions for Spirituality and Psychotherapy: An Integration

1. There are five major dimensions that are thought to constitute a whole person. These dimensions we were taught were the intellectual side, the emotional side, the physical side, the social side, and the occupational side. Many believe there should be a sixth dimension. It is
 - A. Sexual
 - B. Financial
 - C. Creative
 - D. Spiritual

2. The actual word psychology, literally means the study of the soul.
 - A. True
 - B. False

3. Is the following statement true or false, as presented in this course: Spirituality is the individual search for meaning and value in life and for a relationship with a transcendent power. Spirituality may or may not be experienced through religion.
 - A. True
 - B. False

4. In this course, six definitions of spirituality were discussed. Which one is NOT one of the 6:
 - A. A personal inclination or desire for a relationship with however one views God.
 - B. The search for meaning and purpose is not a spiritual issue and wouldn't come up in therapy
 - C. An innate inclination towards transcendence that involves increased knowledge and love
 - D. A commitment to learning, following, and never questioning rules regarding a higher power

5. Which psychotherapist is thought to have the heaviest leaning toward spiritual issues as related to mental health?

- A. Freud
- B. Jung
- C. Corey
- D. James

6. Psychological problems, according to Jung, are essentially _____ problems.

- A. Financial
- B. Sexual
- C. Spiritual
- D. None of the above

7. This is the definition of the approach typically available when we talk about integrating spiritual issues into psychotherapy: Recognizes the existence of an absolute reality but it's going to allow for multiple interpretations and multiple paths toward that reality. Which approach is this reflecting?

- A. Rejectionism
- B. Constructivist
- C. Pluralist
- D. Exclusivist

8. The research does NOT support that encouraging clients to discuss their spiritual beliefs can have a very positive effect on the counseling that goes on between the client and the therapist.

- A. True
- B. False

9. According to the research, if the therapist is well—trained and very experienced, there are never any blocks to the ethical and helpful connection of spiritual issues in a psychotherapeutic setting.

- A. True
- B. False

10. This course discussed 11 techniques to foster spiritual development. Which is NOT one of the 11 discussed in the course?

- A. Initiation into a tribe or group of some kind
- B. Meditation
- C. Going on retreats
- D. Prayer

11. When and where should spiritual issues be addressed?

- A. The client simply initiates it
- B. The therapist initiates it
- C. As a therapeutic intervention
- D. All are appropriate

12. Discernment must occur in order to ascertain if the client's spiritual/religious beliefs are healthy or unhealthy.

- A. True
- B. False

13. If we're going to consider the inclusion of spirituality into therapy, there would be a need for some goals to be set. This course presented 5 possible goals. Which of the following is one of those goals?

- A. To know the differences and the similarities between spirituality and religion.
- B. To know how to use spiritual assessment instruments
- C. To develop an understanding of how to discern the quality of a client's spiritual path
- D. Trick question: all are goals to consider when examining the inclusion of spirituality into therapy