



PASTORAL COUNSELING EXAMINATION

Each question is multiple choice or true and false. Read each question carefully and choose the correct answer.

1. Pastors are often called upon to be an integral part of the healing process after a traumatic event or disaster. Besides their love of others, what is necessary to becoming the spiritual backbone to recovery?
 - a. Experience on the front lines during a disaster or terrorist event
 - b. A degree in Pastoral Counseling and Psychology
 - c. The desire to do God's work
 - d. To be a post 911 survivor
2. How would you describe a crisis?
 - a. Cognitive distortion
 - b. Cortical inhibition syndrome
 - c. Numbing down
 - d. All the above
3. A crisis may vary in nature and severity and the impact on a person's physical, mental and spiritual well-being depends on:
 - a. The nature of the incident
 - b. The mental maturity of the person
 - c. The amount and type of intervention received
 - d. All of the above
4. What are the percentages of people who are likely to seek pastoral counseling after a crisis?
 - a. 35%
 - b. 95%
 - c. 59%
 - d. 10%

5. Assessment functions pertain to physical needs and:
 - a. Spiritual concerns
 - b. Psychological needs
 - c. Monetary needs
 - d. Emotional needs
6. What is another definition of urgent and acute psychological support?
 - a. Crisis Intervention
 - b. Early intervention
 - c. Generic intervention
 - d. Emotional first aid
7. While Assessment, Spiritual intervention, Religious intervention and psychological intervention are part of the crisis intervention element, what is another part of the element that depends on pastoral care intervention?
 - a. Liaison/Advocacy intervention
 - b. Critical Incident Stress Management
 - c. Psychological Counselor
 - d. The Observation process
8. Depending on the level of emotional trauma a person may experience setbacks. What key issue may become paramount in the mental thinking of the person during a trauma?
 - a. Family and Friends
 - b. Self -belief and self- worth
 - c. Individual material needs
 - d. Peer support
9. What must you provide to a person in a crisis to help them react calm and to be able to carry on after a crisis?
 - a. A schedule
 - b. Support
 - c. Structure
10. There are many forms of dependencies that a person may experience after a crisis situation. However, when a person has experienced vicious cycles of trauma early in life, what particular behavior is one of the hardest to treat?
 - a. Physical abuse
 - b. Mental abuse
 - c. Violence
 - d. The victim role

11. A crisis may occur as an unexpected sudden disaster but it can be a predictable part of life's cycle brought about by what?
- a. Aging
 - b. Maturity
 - c. Progressive changes
 - d. Possessive actions
12. There is a difference between a disaster and a crisis and the two can be used interchangeably as they can be caused by difference circumstances, one can be caused by terrorism, nature or accidents, what is another cause?
- a. Persons and organizations
 - b. Politics
 - c. Economics
 - d. Bio-chemical studies
13. What is the aim in crisis intervention for an individual?
- a. To establish dimensions of the problem
 - b. To encourage expression of emotions
 - c. Assist in recovering from the crisis and prevent long term problems
 - d. All of the above
14. There are the two historic roots of a crisis? The first is medical-natural-science tradition what is the second root?
- a. Acute homeostasis
 - b. Unresolved belief
 - c. Potential deterioration
 - d. Dramaturgical
15. Disrupted homeostasis is the constant state of external environment?
- a. True
 - b. False
16. The public perception of a technical crisis is that of man-made human manipulation.
- a. True
 - b. False

17. Each type of crisis starts with one thing, what is it?
- a. Reaction
 - b. The call to 911
 - c. The precipitating event
 - d. A medical situation
18. Between 1984 and 1986 three momentous technical crises occurred that challenged the perception between the public and the government. What was the event that caused the greatest harm?
- a. Bhopal Disaster
 - b. Spaceship Challenger Explosion
 - c. Chernobyl Nuclear Plant Explosion
 - d. World trade Center Explosion
19. Individuals use criminal means to destroy persons and property. What is this type of criminal behavior called?
- a. Malfeasance
 - b. Malevolence
 - c. Malafeese
20. The trauma's impact on a person is determined by:
- a. It's cause and extent
 - b. The caused reaction
 - c. The precipitating event
 - d. The current mental psyche of the victim
21. One common reaction to someone in a crisis is that it was caused by a natural disaster.
- a. True
 - b. False
22. When a person re-experiences symptoms associated with a trauma it is a sign that the body and mind are actively struggling to cope with the traumatic experience.
- a. True
 - b. False

23. When individuals experience feelings of insecurity, lack of personal control and alienation from others they are more likely to experience higher levels of:

- a. Anger
- b. Hostility
- c. Depression
- d. Guilt

24. Withdrawal is a classic symptom of:

- a. Emotional Crisis
- b. Physical Crisis
- c. Behavioral Crisis
- d. Mental Crisis

25. Loss of meaning and purpose is a classic symptom of:

- a. Mental Crisis
- b. Cognitive Crisis
- c. Behavioral Crisis
- d. Spiritual Crisis

26. Reactions and responses to stress are:

- a. Normal
- b. Individual
- c. Abnormal
- d. Environmental

27. It is abnormal for a person suffering from crisis related stress to take out his/her anger on perfect strangers.

- a. True
- b. False

28. The most common form of stress is:

- a. Episodic Stress
- b. Psychological Stress
- c. Mental Stress
- d. Acute Stress

29. According to the American Psychological Association What personality type is more prone to Episodic Acute stress?

- a. Type B b. Type A c. Type F d. Type D

30. What type of stress is more often the cause of physical disabilities?

- a. Episodic Stress
- b. Mental Stress
- c. General Stress

31. When faced with a threat, the body's defenses kick into high gear in a process known as:

- a. Life or death response
- b. Fight or flight response
- c. Escape response
- d. Denial response

32. Some stresses that include anxiety and depression can be considered as good stress.

- a. True
- b. False

33. Psychological trauma is a type of damage to the psyche that occurs as a result of a traumatic event.

- a. True
- b. False

34. Rapists own action can be traumatic in itself if the person feels helpless to commit the crime.

- a. True
- b. False

35. Depending on the level of emotional trauma the individual may experience one or more setbacks. What begins to be an issue during these setbacks?

- a. Faith and Spirituality
- b. Self- belief and self -worth
- c. Compassion and empathy
- d. Confidence and integrity
- e.

36. An individual's sense of being overwhelmed is:
- a. Stressful
 - b. Subjective
 - c. Objective
 - d. Imaginative
37. The definition of proactive response is emotional numbness or ignorance of a stressor.
- a. True
 - b. False
38. There are different types of therapy used when considering a client's needs, what is the type of therapy used when meeting once or twice a week?
- a. Cognitive therapy
 - b. Psychoanalysis therapy
 - c. Conscientious therapy
 - d. Psychodynamic therapy
39. What type of therapy is used in relieving a wide range of fears, limiting beliefs, suffering due to losses, and depression?
- a. Cognitive Psychotherapy
 - b. Brief therapy
 - c. Traumatic Incident Reduction (TIR)
 - d. Desensitization therapy
40. A borderline personality disorder is commonly treated by what type of therapy?
- a. Dialectical therapy
 - b. Cognitive therapy
 - c. Psychodynamic therapy
 - d. Psychoanalysis therapy
41. When a person is uncertain about what they believe as a result of a crisis is called what?
- a. Bewilderment
 - b. Crisis of faith
 - c. Crisis of denial
 - d. Crisis of self

42. When our beliefs have been challenged the relational dimension of our convictions and ideologies should include a relationship with who?
- a. Jesus
 - b. God
 - c. Our pastor
 - d. Our family
43. When dealing with situations where interpretations of belief are substantiated during a crisis experience by interpretations of unbelief, we call this what?
- a. Fundamental Belief
 - b. Negative conversion
 - c. Positive conversion
 - d. Stable unbelief
44. What crisis intervention is to counseling and psychotherapy so pastoral crisis intervention is to pastoral counseling and pastoral psychotherapy.
- a. True
 - b. False
45. Before crisis intervention can begin, you must first establish rapport
- a. True
 - b. False
46. What is the third phase of assessment?
- a. Development phase
 - b. Recovery intervention phase
 - c. Victimization phase
 - d. Resolve phase
47. What is the most important thing a pastoral counselor can do when assessing a person?
- a. Remain calm
 - b. Listen
 - c. Talk
 - d. Paraphrase

48. Once assessment has been done, the next step is to develop what?

- a. Directive for pastors
- b. Action plan
- c. Calendar of events
- d. Appointment schedule
- e.

49. During the development of an action plan it must be kept simple and:

- a. Short
- b. Understandable
- c. Manageable
- d. Focused

50. During an assessment you must determine not only the impairment but the degree of impairment to the victim.

- a. True
- b. False

51. When evaluating the crisis oriented elements of a person, acute anxiety would be considered what type of mental status?

- a. Behavioral
- b. Cognitive
- c. Emotional
- d. Spiritual

52. Would compulsive acts be considered a spiritual/religious element?

- a. Yes
- b. No

53. Religious elements of Pastoral Crisis Intervention is based upon specific religious doctrine, beliefs and scripture.

- a. True
- b. False

54. Another definition for liaison/advocacy during crisis intervention would be that of:

- a. Good listener
- b. Spiritual leader
- c. Buffer or insulation
- d. Ventilator

55. Caution should be taken when attempting crisis intervention. Why?

- a. Permanent damage can result
- b. Severe repercussions can occur
- c. Liability reasons
- d. All the above

56. One of the biggest problems that counselors have today is what?

- a. Lack of training
- b. No training in the field of a particular crisis situation
- c. Counselors feel that they can handle any type of problem
- d. Hesitate due to the lack of knowledge

57. Critical incident stress management is what type of intervention?

- a. Long term
- b. Short term
- c. Informal
- d. Formal

58. What is the primary purpose of CISM?

- a. To determine the type of traumatic incident
- b. To determine the mental status of the person
- c. To determine the severity of the traumatic event
- d. To determine necessary treatment

59. CISM defusing's are offered to people who:

- a. Have been involved with the event
- b. Have family who have been involved
- c. Who work for a police department only
- d. Who witnessed the incident

60. How soon should a debriefing be offered to the victim?
- a. Within 2 hours
 - b. Within 12 hours
 - c. Within 30 minutes
 - d. Within 8 hours
61. During a defusing, the initial introduction would be an attempt to:
- a. Get a reaction
 - b. Establish guidelines
 - c. Establish a rapport
 - d. Gain trust
62. A licensed mental health counselor must be present during a defusing.
- a. True
 - b. False
63. During a CISD, emotional responses should be given:
- a. Objectively
 - b. Subjectively
 - c. Actively
 - d. Rapidly
64. A critical incident stress debriefing is a group meeting or process using both intervention and education to mitigate or resolve psychological distress associated with a critical incident.
- a. True
 - b. False
65. A pastor is the only person who can lead a debriefing.
- a. True
 - b. False
66. The goal for CISM interventions is to return the affected person or group to a normal functioning level.
- a. True
 - b. False

67. Peers should always be present during a debriefing or defusing.

- a. True
- b. False

68. All interventions are strictly confidential unless:

- a. The person or persons are extremely upset
- b. You feel the person or someone else is in danger
- c. The person is suicidal
- d. The person is unwilling to talk

69. What is the primary role of a Pastor during CISM?

- a. To make sure no one gets angry
- b. To bear a moral or spiritual perspective
- c. To be a source for referrals
- d. To enhance wholeness for victims

70. People who are volunteers, who have experience in CISM activities are known as:

- a. Friends
- b. Advocates
- c. Peers
- d. Mental health workers

71. All CISM teams must develop a contingency plan. What are the elements this plan must include?

- a. Risk assessment
- b. A survey of CISM resources
- c. Resource plan
- d. All the above

72. CISM officers in charge are responsible for training and support.

- a. True
- b. False

73. A report should always be kept on file for all CISM activities.

- a. True
- b. False

74. A response report should be kept on file to measure the on scene time.

- a. True
- b. False

75. A CISM defusing can be performed on scene.

- a. True
- b. False

76. One of the objectives for on-scene support is to stabilize the situation and protect from additional stress.

- a. True
- b. False

77. Demobilization is generally used during a disaster or in a large scale catastrophic critical incident.

- a. True
- b. False

78. Demobilization should be applied immediately after personnel are released from the scene and before they return to normal duties.

- a. True
- b. False

79. Follow up services are extremely important to crisis counseling and should be mandatory.

- a. True
- b. False

80. What is another word for compassion fatigue?

- a. Exhaustion
- b. Mental anguish
- c. Vicarious trauma
- d. Psychological implosion

81. Teachers, nurses and volunteers are never affected by compassion fatigue.

- a. True
- b. False

82. Compassion fatigue can affect a person mentally, physically, and spiritually.

- a. True
- b. False

83. People who are properly trained in crisis counseling should never be considered high risk for compassion fatigue.

- a. True
- b. False

84. The definition of vicarious trauma is the state of tension and preoccupation with the individual or cumulative trauma of clients as manifested in one or more ways including re-experiencing the traumatic event, avoidance/numbing of reminders of the event and persistent arousal.

- a. True
- b. False

85. When a crisis care giver begins to feel apathetic about their work or patients and becomes preoccupied with the disease process, illness or trauma, it is considered to be:

- a. Cognitive compassion fatigue
- b. Emotional compassion fatigue
- c. Physical compassion fatigue
- d. Professional compassion fatigue

86. When a care giver becomes intolerant to others, it is considered to be:

- a. Spiritual compassion fatigue
- b. Cognitive compassion fatigue
- c. Personal compassion fatigue
- d. Spiritual compassion fatigue

87. A care giver can be considered high risk.
- a. True
 - b. False
88. A care giver must develop a:
- a. Self -evaluation plan
 - b. Journal
 - c. Self- care plan
 - d. Compassion test
89. It is extremely important to have a support system consisting only of your family or friends.
- a. True
 - b. False
90. Once a care giver has taken a case he/she can never turn that case over to someone else.
- a. True
 - b. False
91. A person's response to a crisis depends on:
- a. The individuals perception of the event
 - b. The support and willingness by family and friends
 - c. The availability of counsel
 - d. All of the above
92. A situational crisis occurs in response to a sudden unexpected event.
- a. True
 - b. False
93. Making poor decisions is a symptom of an emotional crisis.
- a. True
 - b. False
94. One common cause of chronic stress is bullying and harassment.
- a. True
 - b. False

95. Trauma is most always thought of in negative terms but it can have positive aspects when someone has overcome traumas and moved on to become inspirational figures. This type of growth is called posttraumatic growth.
- a. True
 - b. False
96. Belief and unbelief are central story lines that express an interpretation of the facts of life and give an answer to the questions concerning the relationship between God and our lives.
- a. True
 - b. False
97. A pastoral crisis interventionist should avoid the temptation to enter into a theological dialogue in the defense of God.
- a. True
 - b. False
98. It is acceptable to tell a person in crisis that you understand what they are going through.
- a. True
 - b. False
99. Prejudging the relevancy of a problem is an obstacle to effective listening.
- a. True
 - b. False
100. One of the most important procedures that a care giver can perform is follow- up.
- a. True
 - b. False