



Continuing Education (CE) Test

Directions: After reading the journal articles, complete 4 steps to earn 2 CE credits. First, complete the test with a score of at least 8/10. Second, complete the feedback form. Third, complete your demographic information, and finally e-mail all information to the PCA professional development chair, Kenya Johan at PCA.profdev@gmail.com. Please allow 2-4 weeks for processing. You will receive your CE certificate via e-mail.

The Experiences of Spiritual and Religious Asian American Emerging Adults in Counseling: A Qualitative Exploration

1. Participants in the study were required to have attended at least one individual counseling session to be eligible.
- a. True
 b. False

2. The study identified three major themes related to counseling experiences.
- a. True
 b. False

You Belong Here: Supervising Underrepresented Counselors-in-Training

3. How can clinical supervisors incorporate cultural humility in their supervision practice?
- a. By being open to learning from their supervisees about their cultural identities and experiences.
 b. By using broaching
 c. By addressing power dynamics and parallel processes
 d. All of the above

4. Which statement is not true about the importance of culturally responsive clinical supervision with underrepresented supervisees?

- a. It can foster an open and trusting supervisory relationship
 b. It directly impacts client outcomes
 c. It indirectly impacts client outcomes
 d. It fosters a stronger sense of belonging

School Counselor Suicide Intervention Needs: A National Survey

5. Suicide is a leading cause of death for youth ages 10-24. True or False: Male youth are more likely than female youth to consider suicide by creating a suicide plan or attempting suicide?

- a. True
 b. False

6. According to the school counselors in this study, discomfort regarding suicide led to difficulty in all but which of the following areas?

- a. How to refer families to therapists
 b. How to provide proper assessment materials to teachers
 c. How to gain clearance for previously hospitalized students
 d. Postvention methods

Labor Unionization: Counseling and Pedagogical Innovation for Counselor Education

7. Labor unions are an underrepresented but potentially vital social determinant for understanding health and mental health outcomes.

- a. True
- b. False

8. The decline of union density is associated with rising income inequality, which in turn contributes to poorer health outcomes, including lower self-rated health.

- a. True
- b. False

Narrative Therapy: A Culturally Responsive Tool for Counseling International Students

9. Which counseling approach is most consistent with a culturally responsive, non-pathologizing framework for international students experiencing acculturative stress, family pressure, and discrimination?

- a. A model that prioritizes diagnostic labeling and symptom categorization
 - b. A directive approach that minimizes cultural and systemic influences
 - c. A narrative approach that explores meaning, context, and preferred identity stories
 - d. A behavioral approach focused only on observable academic performance
-

10. A counselor invites a student to rename self-doubt and perfectionism as “the Pressure Monster.” What therapeutic goal does this intervention best reflect?

- a. Increasing the student’s dependence on the counselor for interpretation
- b. Separating the student’s identity from the problem so the problem can be examined more clearly
- c. Encouraging avoidance of emotional experiences
- d. Reducing the need to discuss cultural background

Feedback

Directions: Please rate the following items.

	Superior	Above Average	Average	Below Average	Poor
The authors were knowledgeable on their subject matters.					
The material that I received was beneficial.					
The content was relevant to my practice.					
The journal edition met my expectations as a mental health professional.					
How would you rate the overall quality of the test?					

Please provide any comments or suggestions for the journal below:

I certify that I have completed this test without receiving any help choosing the answers.

Signature:

Date:

Name:

PCA Number:

E-mail address:

Phone Number:
