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39	A	B	C	D	E

PRACTICE QUESTIONS

ADD CD

PSMF

Marriage & Family Psychology

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for ADDCD PSMF, each with its answer key and an explanation.

Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, PSMF
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

MULTIPLE CHOICE

A couple presents for therapy reporting persistent conflict over parenting decisions. Using Bowen's Family Systems Theory, which two core concepts should the therapist primarily use to conceptualize the family's pattern? (Choose two.)

- ☒ **A** Differentiation of self, which refers to a person's ability to maintain a sense of self while remaining emotionally connected to the family
- ☒ **B** Triangulation, in which a third person is drawn into a two-person emotional system to reduce anxiety and stabilize the dyad
- ☐ **C** Free association, in which the client verbalizes whatever thoughts arise without censorship
- ☐ **D** Classical conditioning, in which a neutral stimulus becomes associated with an unconditioned response
- ☐ **E** Token economy, in which reinforcers are exchanged for desired behaviors

ANSWER A - B

WHY Bowen's Family Systems Theory centers on differentiation of self (the capacity to be an autonomous individual within an emotional system) and on triangles/triangulation (the way tension between two people is discharged by involving a third). Free association is a psychoanalytic technique, classical conditioning is a behavioral learning concept, and token economy is a behavior-modification procedure — none belong to Bowen's model.

QUESTION 2

MULTIPLE CHOICE

A therapist working from Emotionally Focused Therapy (EFT) for couples notices that each partner engages in critical, blaming behaviors that mask underlying primary emotions of fear and loneliness. According to EFT, which two interventions are most central to helping the couple restructure their bond? (Choose two.)

- ☒ **A** Tracking and expanding the underlying primary emotion that drives each partner's secondary reactive behavior
- ☒ **B** Reframing the cycle of interaction so each partner can see their part in maintaining the negative pattern
- ☐ **C** Administering the Beck Depression Inventory to determine symptom severity before session three
- ☐ **D** Assigning a token economy to reinforce non-critical statements during the week
- ☐ **E** Interpreting transference from each partner's family of origin using psychodynamic dream analysis

ANSWER A - B

WHY EFT's hallmark interventions include identifying and expanding the primary (often attachment-based) emotions beneath each partner's reactive behavior and reframing the couple's negative interaction cycle so each partner can own their contribution. The Beck Depression Inventory is an assessment tool, not an EFT intervention; token economies belong to behavioral therapy; and dream analysis/transference interpretation are psychodynamic, not EFT.

QUESTION 3

SINGLE CHOICE

According to Carter and McGoldrick's expanded family life cycle model, which stage is characterized by the central emotional process of 'accepting a multitude of exits from and entries into the family system' and realigning intergenerational relationships?

- ☒ **A** Launching children and moving on
- ☐ **B** Families with young children
- ☐ **C** Leaving home: single young adults
- ☐ **D** Families in later life

ANSWER A

WHY In Carter and McGoldrick's family life cycle, the 'Launching Children and Moving On' stage is defined by the central emotional process of accepting the exits and entries that reshape the family — children leaving, in-laws, and grandchildren entering — and renegotiating the marital and intergenerational system. 'Leaving home' focuses on the young adult, 'families with young children' focuses on parenting young children, and 'families in later life' deals with retirement, grandparenthood, and loss.

QUESTION 4

SINGLE CHOICE

A young mother reports feeling overwhelmed and emotionally distant from her infant and describes her own childhood caregivers as cold and unresponsive. According to attachment theory (Bowlby/Ainsworth), her child's most likely caregiving environment would benefit most from which therapeutic focus?

- ☒ **A** Helping the mother develop a coherent narrative about her attachment history and supporting sensitive, responsive caregiving
- ☐ **B** Administering intensive exposure therapy for the mother's fear of physical contact
- ☐ **C** Implementing a strict operant reinforcement schedule for infant-feeding compliance
- ☐ **D** Administering projective tests such as the Rorschach to diagnose unconscious hostility

ANSWER A

WHY Attachment-based interventions with parents focus on helping the caregiver build reflective functioning — a coherent narrative about their own attachment experiences — and on increasing sensitive responsiveness to the child. Exposure therapy for touch aversion, operant feeding schedules, and projective testing are not central attachment-based interventions and could be inappropriate or nonindicated for this dyad.

QUESTION 5

SINGLE CHOICE

During a family therapy session, a 9-year-old discloses that a parent has been physically hitting her with a belt and leaving bruises. The therapist is a licensed marriage and family therapist in the United States. What is the correct ethical and legal course of action?

- ☒ **A** Report the suspected child abuse to the appropriate child protective services agency as mandated by law, following agency reporting procedures
- ☐ **B** Keep the disclosure confidential to preserve the therapeutic alliance and reassess at the next session
- ☐ **C** Confront the parent in the next session and allow the family to decide whether to self-report
- ☐ **D** Refer the family to a support group and document the discussion without making a report

ANSWER A

WHY In the U.S., licensed mental health professionals are mandated reporters of suspected child abuse and neglect. Confidentiality is overridden by the duty to protect the child, and the therapist must make a report to the designated child protective services agency (and, in many jurisdictions, law enforcement) promptly. Waiting, deferring to the family, or merely documenting without reporting breaches both statute and the AAMFT Code of Ethics.

QUESTION 6

SINGLE CHOICE

An MFT has been seeing a husband and wife for couples therapy. The husband asks the therapist out for coffee and hints he would like private sessions to address 'personal issues.' Which ethical principle from the AAMFT Code of Ethics is most directly violated by the therapist accepting this invitation?

- ☒ **A** Non-fraternization / professional boundaries that protect clients from exploitation
- ☐ **B** Confidentiality, because anything discussed would be shielded from the spouse
- ☐ **C** Competence, because the therapist is not trained in individual therapy
- ☐ **D** Informed consent, because intake forms were not re-signed

ANSWER A

WHY Socializing with a current client and entering a dual role breaches the AAMFT Code of Ethics' boundary/non-fraternization standards, which prohibit exploiting the professional relationship for personal gain. While confidentiality, competence, and informed consent are also important ethical domains, the most direct violation here is the boundary issue. Additionally, seeing one partner individually without a clear clinical rationale and informed-consent protocols can fracture the couple's therapeutic frame.

QUESTION 7 SINGLE CHOICE

In Minuchin's Structural Family Therapy, what is the meaning of the term 'boundary' as applied to a family system?

- ☒ **A** An invisible barrier that regulates the amount and type of contact between members and subsystems of the family
- ☐ **B** A documented rule signed by each family member that defines acceptable topics for discussion
- ☐ **C** A legal contract that determines custody and financial arrangements after divorce
- ☐ **D** A geographic distance, such as separate residences, that guarantees family members do not interact

ANSWER A

WHY In Structural Family Therapy, a boundary is the invisible line that regulates contact, information flow, and influence between individuals and subsystems (such as the parental, sibling, or extended-family subsystem). Boundaries can be rigid, diffuse/enmeshed, or clear. The other options describe legal documents, signed rules, or physical separation — none of which capture the structural concept.

QUESTION 8 SINGLE CHOICE

A clinician wants a brief, well-validated self-report measure of relationship satisfaction that can be administered repeatedly to track treatment progress in couples therapy. Which instrument is most appropriate?

- ☒ **A** The Dyadic Adjustment Scale (DAS)
- ☐ **B** The Minnesota Multiphasic Personality Inventory-3 (MMPI-3)
- ☐ **C** The Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)
- ☐ **D** The Rorschach Inkblot Test

ANSWER A

WHY The Dyadic Adjustment Scale (DAS) is a widely used, validated self-report measure of relationship satisfaction and is sensitive to change across therapy, making it appropriate for repeated administration. The MMPI-3 is a personality/psychopathology inventory, the WAIS-IV is an intelligence test, and the Rorschach is a projective personality assessment — none measure couple satisfaction.

QUESTION 9

SINGLE CHOICE

An MFT is working with a recently immigrated extended family who hold collectivist values and consult elders about major decisions. Using a culturally competent lens, the therapist should MOST appropriately:

- ☒ **A** Recognize and respect the family's cultural frame, incorporate culturally relevant figures such as elders when appropriate, and adapt interventions to fit the family's values rather than imposing the therapist's individualist assumptions
- ☐ **B** Insist on seeing the identified patient alone first to follow standard Western clinical protocol
- ☐ **C** Avoid discussing cultural values to remain neutral and treat every family the same way
- ☐ **D** Refer the family to a culturally different therapist because the cultural gap is too large to bridge

ANSWER A

WHY Cultural competence requires the clinician to recognize cultural differences, respect the family's worldview, and adapt evidence-informed interventions to fit the family's values, including involving elders or other culturally significant members when appropriate. Insisting on the individualist protocol, avoiding cultural discussion, or simply referring away violates the principles of culturally responsive care.