

MID TERM STUDY GUIDE

1. The advanced practice psychiatric nurse realizes which of the following regarding workbook exercises in therapy?
 - a. **Relapse prevention plan include identifying to the patient's gambling and a variety of coping strategies to avoid or successfully manage triggers without reverting to gambling.**
 - b. a relapse prevention plan should be completed during the initial stage of treatment
 - c. the main focus of a relapse prevention plan is on changing behaviors
 - d. the main focus of relapse prevention plan is on cognitive or thought processes to decrease the desire to gamble.

2. Which of the following is consistent with the psychotherapeutic approach used by existential psychotherapists?
 - a. The existential approach has a specific set of techniques used.
 - b. The existential relies on the patient to drive the therapeutic direction,
 - c. The existential therapist present broad existential themes but avoids in-depth questioning.
 - d. **The existential psychotherapist is free to draw on techniques from other psychotherapeutic models. – PAGE 307**

3. According to Dearing, Stuewig, and Tangney (2005), understanding the difference between guilt and shame and its impact on an individual's motivation is critical to hope and the recovery process. Which of the following is true regarding guilt and shame?
 - a. **Shame drive a person to engage in treatment while guilt drives a person to avoid treatment.**

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responding to these challenges means creating a built environment that provides accommodation and infrastructure with better whole life performance using lower volumes of primary materials less non renewable energy wasting less and causing fewer disturbances to the natural environment Concrete is ubiquitous in the built environment It is therefore essential that it is used in the most sustainable way so practitioners must become aware of the range of sustainable concrete solutions available for construction While sustainable development has been embedded into engineering curricula it can be difficult for students and academics to be fully aware of the innovations in sustainable construction that are developed by the industry Sustainable Concrete Solutions serves as an introduction to and an overview of the latest developments in sustainable concrete construction It provides useful guidance with further references to students researchers academics and practitioners of all construction disciplines who are faced with the challenge of designing specifying and constructing with concrete

, **Teaching Race and Anti-Racism in Contemporary America** Kristin Haltinner, 2013-10-16 This book presents thoughtful reflections and in depth critical analyses of the new challenges and opportunities instructors face in teaching race during what has been called the post racial era It examines the racial dimensions of the current political economic and cultural climate The book features renowned scholars and experienced teachers from a range of disciplines and offers successful strategies for teaching important concepts through case studies and active learning exercises It provides innovative strategies novel lesson plans and classroom activities for college and university professors who seek effective methods and materials for teaching about race and racism to today s students A valuable handbook for educators this book should be required reading for all graduate students and college instructors

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