

FULL-LENGTH PRACTICE TESTS

PRACTICE TEST 7 — 100 Questions - Comprehensive Coverage Across All Domains

1. A therapist treating a couple learns during an individual session that one partner has a secret child from a previous relationship. Under a "no secrets" policy, the therapist should:

- A. Keep the information confidential indefinitely
- B. Disclose to the other partner immediately
- C. Require disclosure or work toward it as part of therapy
- D. Terminate couples therapy without explanation

2. Under California law, which professional may diagnose mental disorders?

- A. Licensed Marriage and Family Therapist
- B. Life coach with certification
- C. Registered nurse
- D. School guidance counselor

3. A client reveals they have been accessing their roommate's prescription painkillers without permission. The therapist should:

- A. Report to law enforcement
- B. Report to the roommate
- C. Terminate therapy

D. Address it clinically as a treatment issue

4. An AMFT is seeing clients in a community mental health setting. Who holds ultimate responsibility for the AMFT's clinical work?

A. The agency director

B. The designated supervisor

C. The AMFT themselves

D. The Board of Behavioral Sciences

5. A therapist working with a family learns that the 14-year-old has been vaping marijuana. The therapist should:

A. Report to law enforcement

B. Report to CPS for substance abuse

C. Address it clinically and involve parents as appropriate

D. Maintain strict confidentiality from parents

6. The primary purpose of maintaining clinical documentation is to:

A. Support continuity of care and treatment planning

B. Protect the therapist from lawsuits

C. Satisfy insurance company requirements

D. Meet BBS audit requirements

7. A client who is a police officer describes using excessive force during an arrest. The therapist should:

- A. Report to the police department
- B. Address it clinically while maintaining confidentiality
- C. Refuse to treat law enforcement officers
- D. Report to the district attorney

8. Which is TRUE about the Good Faith Estimate requirement under the No Surprises Act?

- A. It applies only to clients with insurance
- B. It must be provided after the first session
- C. It applies only to medical doctors
- D. Uninsured or self-pay clients must receive cost estimates

9. A therapist's former client dies and the executor of the estate requests treatment records. The therapist should:

- A. Refuse all requests since the client is deceased
- B. Provide records to any family member who asks
- C. Verify legal authority and release records to the authorized representative
- D. Destroy records immediately upon client death

10. A client mentions their spouse has been "a little rough" during arguments. The therapist should:

- A. Assess for domestic violence with appropriate follow-up
- B. Report to law enforcement immediately
- C. Ignore it unless injuries are visible

D. Advise immediate separation

11. An LMFT providing telehealth to a client who is traveling notices the client is now in another state. The therapist should:

- A. Continue the session without concern
- B. Address jurisdictional issues and verify licensing requirements
- C. Terminate the client immediately
- D. Report to the BBS

12. A therapist learns that a client's 16-year-old daughter is dating a 22-year-old man. The therapist should:

- A. Report to law enforcement immediately
- B. Advise the client to end the relationship
- C. Ignore it as outside the scope of treatment
- D. Assess the situation for potential statutory issues and reporting obligations

13. Under California law, a 5150 hold can be initiated by:

- A. Any licensed therapist
- B. Only psychiatrists
- C. Designated personnel including some LMFTs with proper authorization
- D. Only law enforcement officers

14. A therapist's client asks for a referral to a psychiatrist. The therapist should:

- A. Provide referrals to qualified psychiatrists
- B. Refuse since this is outside scope of practice
- C. Only refer to psychiatrists who will share full notes
- D. Require the client to find their own psychiatrist

15. A therapist receives a subpoena for deposition in a client's civil case. The therapist should:

- A. Appear and answer all questions fully
- B. Assert privilege on the client's behalf and seek legal guidance
- C. Ignore the subpoena until a court order arrives
- D. Immediately release all records

16. A client reveals they cheated on a professional licensing examination. The therapist should:

- A. Report to the licensing board
- B. Advise the client to confess
- C. Terminate for dishonesty
- D. Address it clinically while maintaining confidentiality

17. Which statement about record retention for minor clients is TRUE?

- A. Records must be kept for 7 years after termination
- B. Records may be destroyed when the minor turns 18
- C. Records must be kept until the minor turns 18, plus 7 years or until age 25
- D. The same retention period applies as for adults

18. A therapist discovers they went to high school with a new client's parent. The therapist should:

- A. Assess for potential conflicts and discuss with the client
- B. Terminate immediately without explanation
- C. Continue without disclosure
- D. Refuse to treat children of anyone they know

19. A client gives the therapist a \$200 gift card to a restaurant. The therapist should:

- A. Accept it graciously without discussion
- B. Explore the meaning and likely decline or establish clear boundaries
- C. Accept only if it's for a chain restaurant
- D. Report the client for attempted bribery

20. Under HIPAA, which is considered protected health information (PHI)?

- A. Only the client's diagnosis
- B. Only billing information
- C. Only treatment notes
- D. Any individually identifiable health information

21. A therapist notices that their supervisee frequently cancels supervision sessions. The supervisor should:

- A. Ignore occasional cancellations
- B. Terminate supervision immediately
- C. Address the pattern and explore reasons

D. Report to the BBS

22. A client asks the therapist to write a letter stating the client should have full custody of their children. The therapist should:

- A. Decline and explain role limitations of treating therapists
- B. Write the letter to support the client
- C. Write the letter only if the therapist agrees
- D. Refer to a custody evaluator and write a supporting letter

23. An LMFT treating a client with severe depression learns the client has purchased a firearm. The therapist should:

- A. Report to law enforcement
- B. Assess suicide risk and address safety planning including lethal means
- C. Confiscate the firearm
- D. Terminate for safety reasons

24. The ethical principle of justice requires therapists to:

- A. Always side with clients in legal matters
- B. Provide free services to all who need them
- C. Report all illegal activities
- D. Provide fair and equitable treatment to all clients

25. A client reports that their elderly parent's caregiver has been taking money from the parent's wallet. The therapist should:

- A. Advise the client to fire the caregiver
- B. Report to law enforcement
- C. Assess for elder financial abuse and file a report if warranted
- D. Ignore it as the client's family matter

26. A therapist working in a school setting is asked by a teacher to share information about a student client. The therapist should:

- A. Verify authorization before disclosing any information
- B. Share information freely with school staff
- C. Refuse all requests from teachers
- D. Only share if the teacher promises confidentiality

27. A client mentions they are planning to move money offshore to avoid paying taxes. The therapist should:

- A. Report to the IRS
- B. Address it clinically without reporting
- C. Advise against it and terminate if they proceed
- D. Refuse to discuss financial matters

28. Which is TRUE about therapists and court testimony?

- A. Therapists can never be compelled to testify
- B. Therapists must testify about everything they know

- C. Therapists should advocate for their clients in court
- D. Therapists should provide objective testimony based on their role

29. A therapist receives a request from a client's new therapist for treatment records. The therapist should:

- A. Provide records without authorization to facilitate care
- B. Refuse to release records to other therapists
- C. Verify client authorization and provide appropriate records
- D. Only provide a verbal summary

30. An LMFT notices a colleague making culturally insensitive comments about clients. The therapist should:

- A. Address the concern with the colleague directly
- B. Report to the BBS immediately
- C. Ignore it as a matter of personal opinion
- D. Discuss with other colleagues first

31. A client who is a nurse describes taking medication samples from work for personal use. The therapist should:

- A. Report to the nursing board
- B. Address it clinically as a treatment issue
- C. Report to the employer
- D. Terminate for illegal behavior

32. Under California law, which is NOT required in informed consent for treatment?

- A. Explanation of treatment approach
- B. Discussion of confidentiality limits
- C. Therapist's fee structure
- D. Guarantee of treatment outcomes

33. A client's adult child calls requesting information about the client's mental status. The therapist should:

- A. Provide general information about the client's progress
- B. Confirm the client is in treatment
- C. Decline to confirm or deny the person is a client without authorization
- D. Only speak with family members on a list

34. A therapist who specializes in trauma realizes they are feeling overwhelmed by the cumulative exposure to traumatic material. The therapist should:

- A. Seek consultation, support, or personal therapy
- B. Continue practicing without acknowledging the impact
- C. Immediately stop seeing all trauma clients
- D. Only see less severe cases

35. An AMFT receives a romantic text message from a current client. The AMFT should:

- A. Report the client to law enforcement
- B. Address the boundary issue clinically and in supervision
- C. Respond politely but decline

D. Terminate immediately without discussion

36. A therapist treating a child receives conflicting instructions from divorced parents with joint legal custody. The therapist should:

- A. Follow the instructions of whoever brought the child
- B. Stop treatment until parents agree
- C. Follow only the mother's instructions
- D. Encourage parental communication and seek agreement

37. The Tarasoff duty requires therapists to protect third parties when:

- A. A client makes a serious threat of violence against an identifiable person
- B. A client has any history of violence
- C. A client expresses anger at another person
- D. A client owns weapons

38. A client asks the therapist if they can meet at a coffee shop instead of the office for their session. The therapist should:

- A. Agree to accommodate the client
- B. Report the request to the BBS
- C. Discuss concerns about confidentiality and therapeutic frame
- D. Agree only for termination sessions

39. A therapist discovers their client is the landlord of a building where the therapist is considering renting space. The therapist should:

- A. Sign the lease to strengthen the therapeutic relationship
- B. Assess the conflict and likely avoid the business relationship
- C. Proceed without informing the client
- D. Terminate therapy to pursue the lease

40. Which is TRUE about HIPAA's minimum necessary standard?

- A. It only applies to electronic records
- B. It requires sharing complete records for any request
- C. It does not apply to treatment communications
- D. It requires disclosing only the minimum information needed for the purpose

41. A client mentions they haven't filed taxes in several years. The therapist should:

- A. Address it clinically if relevant to treatment
- B. Report to the IRS
- C. Advise the client to hire an accountant
- D. Refuse to continue therapy

42. A therapist conducting a group learns that two members have begun a business relationship outside the group. The therapist should:

- A. Terminate both members
- B. Ignore relationships outside the group
- C. Address boundary implications in the group

D. Report to the BBS

43. Under California law, which situation would require a mandated report?

- A. An adult client discloses childhood abuse with a deceased perpetrator
- B. A client reports suspected current child abuse by a neighbor
- C. A client describes past drug use
- D. A client mentions their adult child is in an unhealthy relationship

44. A therapist providing services through an Employee Assistance Program (EAP) should:

- A. Share detailed session notes with the employer
- B. Bill the employee directly
- C. Provide unlimited sessions
- D. Clarify confidentiality limitations with the client

45. A client asks the therapist for a hug at the end of an emotionally difficult session. The therapist should:

- A. Make a clinically informed decision considering the client and context
- B. Always refuse physical contact
- C. Always provide comfort through physical contact
- D. Refer the client for hugging to another provider

46. A therapist recognizes a new client as someone who wrote negative online reviews about a colleague. The therapist should:

- A. Refuse to treat the client
- B. Inform the colleague
- C. Assess for any conflicts and proceed professionally
- D. Confront the client about the reviews

47. Under California law, for how long must an LMFT retain records after a client's death?

- A. Records may be destroyed immediately
- B. The same retention requirements apply as for living clients
- C. Only five years
- D. Indefinitely

48. A therapist learns that a client has been lying to their spouse about their whereabouts during therapy sessions. The therapist should:

- A. Contact the spouse to clarify
- B. Report to law enforcement
- C. Terminate for dishonesty
- D. Explore the behavior clinically

49. Which describes proper handling of a dual relationship in a small community?

- A. Acknowledge the situation, assess risks, and manage boundaries carefully
- B. Refuse to treat anyone in the community
- C. Ignore the dual relationship

D. Always refer to therapists in other communities

50. A therapist is subpoenaed to testify in a client's criminal case. Before testifying, the therapist should:

- A. Prepare to share everything to help the legal process
- B. Destroy sensitive records
- C. Consult with an attorney and assert privilege as appropriate
- D. Refuse to appear

51. An LMFT learns that a former client from three years ago is now employed at the same agency. The therapist should:

- A. Immediately resign
- B. Assess the situation and take appropriate steps to manage the relationship
- C. Report to the BBS
- D. Pretend not to recognize the former client

52. A client wants the therapist to advocate with their landlord about housing conditions. The therapist should:

- A. Contact the landlord directly
- B. Write a letter demanding repairs
- C. Accompany the client to a meeting
- D. Clarify therapeutic role and discuss appropriate ways to support the client

53. Under California law, therapists must report suspected abuse of:

- A. Children, elders, and dependent adults
- B. Only children under 12
- C. Only elders over 70
- D. Anyone who appears vulnerable

54. A therapist realizes mid-session that they forgot to have a new client sign informed consent documents. The therapist should:

- A. Continue without mentioning it
- B. Stop the session and require signing before continuing
- C. Address informed consent at this session and have documents signed
- D. Backdate the documents

55. A client describes being followed and monitored by government agents, but provides no credible evidence. The therapist should:

- A. Report to the FBI
- B. Assess for paranoid symptoms while taking the concerns seriously
- C. Accept the client's account without question
- D. Immediately refer for psychiatric evaluation

56. A therapist who is also a licensed attorney should:

- A. Provide both legal and therapeutic services to the same client
- B. Choose one role and maintain clear boundaries
- C. Only practice law

D. Provide legal advice during therapy sessions

57. A client asks to record sessions on their phone for personal review. Under California law:

A. Recording requires consent of all parties

B. Clients have automatic right to record

C. Only therapists may record sessions

D. Recording is always prohibited

58. A therapist working with a mandated client should:

A. Report every session detail to the court

B. Refuse to treat mandated clients

C. Clarify reporting requirements and confidentiality limits at the outset

D. Keep no records of mandated treatment

59. A colleague tells the therapist they are struggling with alcohol use but are still seeing clients. The therapist should:

A. Ignore it as a personal matter

B. Express concern and encourage the colleague to seek help, taking further action if needed

C. Immediately report to the BBS

D. Take over the colleague's clients

60. Under California law, when does privilege NOT apply?

- A. When the therapist believes disclosure would help treatment
- B. When family members request information
- C. In routine consultations with colleagues
- D. When the client is a danger to themselves or others

61. An LMFT providing supervision should:

- A. Document supervision sessions and maintain appropriate records
- B. Never document supervision to protect supervisee privacy
- C. Only document problems
- D. Let supervisees maintain all supervision records

62. A client asks the therapist to testify that another person is mentally unstable. The therapist should:

- A. Testify to support the client
- B. Provide testimony based on hearsay from the client
- C. Decline as they cannot evaluate someone they haven't assessed
- D. Agree if the client signs a waiver

63. A therapist discovers their client has been posting about therapy sessions on social media, including quotes from the therapist. The therapist should:

- A. Report to law enforcement
- B. Address boundary and privacy implications with the client
- C. Post a response clarifying the therapist's position

D. Terminate immediately

64. Which is TRUE about treating clients with whom the therapist has had a prior social relationship?

A. It is always acceptable with disclosure

B. It is never acceptable

C. It requires BBS approval

D. The potential impact on treatment should be carefully evaluated

65. A client in a residential treatment facility asks about confidentiality. The therapist should explain that:

A. Confidentiality has specific limitations in residential settings that should be disclosed

B. Full confidentiality applies regardless of setting

C. Nothing discussed is confidential in residential treatment

D. Confidentiality depends on the client's diagnosis

66. A therapist learns that a client has been doctor shopping to obtain multiple opioid prescriptions. The therapist should:

A. Report to law enforcement

B. Report to the pharmacies involved

C. Address it clinically and assess for substance use disorder

D. Terminate for illegal activity

67. An LMFT is asked to provide an evaluation for immigration purposes. The therapist should:

- A. Provide the evaluation regardless of experience
- B. Only agree if competent in forensic and immigration evaluations
- C. Refuse all immigration-related work
- D. Charge higher fees for immigration cases

68. A client mentions they found the therapist's home address online and drove by to see where they live. The therapist should:

- A. Report to law enforcement immediately
- B. Terminate without discussion
- C. Ignore it as client curiosity
- D. Address the boundary violation and assess for safety concerns

69. Under California law, a therapist who discloses confidential information without authorization may face:

- A. Civil liability, disciplinary action, and possible criminal charges
- B. Only civil liability
- C. Only BBS discipline
- D. No consequences if done in good faith

70. A therapist treating an adolescent receives a call from the teen's attorney asking for information. The therapist should:

- A. Provide information freely to help the legal case
- B. Refuse to speak with attorneys

- C. Verify authorization and the attorney's identity before disclosing
- D. Only speak with the attorney if a parent is present

71. A client who works as a teacher describes having romantic feelings toward a student. The therapist should:

- A. Report to the school immediately
- B. Address it clinically while monitoring for any reportable conduct
- C. Ignore it as normal feelings
- D. Report to CPS

72. The purpose of clinical supervision for AMFTs is to:

- A. Provide free therapy for supervisees
- B. Ensure supervisees complete paperwork correctly
- C. Generate income for supervisors
- D. Develop clinical competence and protect client welfare

73. A therapist is treating a client who discloses involvement in gang activity. The therapist should:

- A. Address it clinically as part of treatment
- B. Report to law enforcement
- C. Refuse to treat gang members
- D. Notify the client's family

74. Which is TRUE about dual relationships?

- A. They are always unethical

- B. They never affect treatment
- C. They require careful assessment and management
- D. They only matter with clients, not former clients

75. A client asks for extra sessions during a personal crisis, which would require the therapist to work outside normal hours. The therapist should:

- A. Always refuse requests outside normal hours
- B. Consider the request while maintaining appropriate boundaries
- C. Agree to unlimited availability
- D. Refer the client to another provider

76. A therapist receives a letter from an attorney threatening a lawsuit for malpractice. The therapist should:

- A. Contact the client to apologize
- B. Destroy records that might be damaging
- C. Respond directly to the attorney with explanations
- D. Contact their professional liability insurance carrier immediately

77. Under California law, the statute of limitations for filing a complaint with the BBS is:

- A. Generally three years from the date the complainant knew or should have known of the violation
- B. One year from the violation
- C. Five years from termination
- D. There is no time limit

78. A therapist providing telehealth notices the client appears to be under the influence during the session. The therapist should:

- A. Ignore it and continue the session
- B. Terminate the session immediately without comment
- C. Address the observation, assess the situation, and determine if the session can continue productively
- D. Report to law enforcement

79. A client's employer calls asking to verify the client is in treatment for anger management. The therapist should:

- A. Verify to help the client keep their job
- B. Decline to confirm or deny without client authorization
- C. Provide general treatment updates
- D. Only verify if the employer sounds concerned

80. An LMFT treating a couple learns one partner is having an affair and doesn't want the other to know. If the therapist has a "no secrets" policy, they should:

- A. Tell the other partner immediately
- B. Keep the secret indefinitely
- C. Terminate the affair-having partner
- D. Follow the established policy, which likely requires disclosure or addressing it in treatment

81. Which is TRUE about providing therapy to friends or family members?

- A. It should generally be avoided due to compromised objectivity
- B. It is preferred because of existing trust

- C. It is required if they cannot afford other therapy
- D. It is only prohibited for immediate family

82. A client asks the therapist to connect with them on a professional networking site like LinkedIn. The therapist should:

- A. Accept to support the client's career
- B. Accept only after termination
- C. Consider the implications and likely decline during treatment
- D. Report the request to the BBS

83. A therapist realizes they have been providing treatment for a condition outside their competence. The therapist should:

- A. Continue since the relationship is established
- B. Consult, seek additional training, or refer appropriately
- C. Terminate abruptly
- D. Pretend competence to avoid embarrassment

84. Under California law, failing to report suspected child abuse is:

- A. A misdemeanor
- B. An ethical violation only
- C. Only punishable if abuse is later confirmed
- D. A misdemeanor punishable by fine, imprisonment, or both

85. A therapist's client mentions that a coworker has been making unwanted sexual advances. The therapist should:

- A. Support the client in exploring options and coping strategies
- B. Report to the coworker's employer
- C. Report to law enforcement
- D. Advise the client to quit their job

86. When a therapist and client have a chance encounter in public, the therapist should:

- A. Loudly greet the client to be friendly
- B. Introduce the client to companions
- C. Take cues from the client to protect confidentiality
- D. Ignore the client completely

87. A client who recently lost their job asks if they can pay for sessions by doing yard work at the therapist's home. The therapist should:

- A. Accept to help the client
- B. Decline due to dual relationship and boundary concerns
- C. Accept only for one session
- D. Accept if documented in the chart

88. Under California's mandatory reporting laws, the report must go to:

- A. The therapist's supervisor
- B. The police only
- C. CAMFT

D. A designated agency such as CPS, APS, or law enforcement

89. A therapist learns that a former supervisee is now falsely claiming specialty certifications they don't have. The therapist should:

A. Consider addressing this with the former supervisee or reporting to the BBS

B. Ignore it since supervision has ended

C. Post about it on social media

D. Contact the supervisee's clients

90. A client asks the therapist to fill out FMLA paperwork. The therapist should:

A. Refuse as this is outside scope of practice

B. Fill it out without clinical basis

C. Complete it honestly based on clinical findings

D. Refer to a physician for all FMLA paperwork

91. An LMFT providing couples therapy should:

A. Always meet individually with each partner

B. Establish clear policies about individual sessions and confidentiality from the start

C. Never meet individually with partners

D. Only see the partner who is "the problem"

92. A therapist is offered a lucrative consulting contract with a company owned by a current client. The therapist should:

- A. Accept to enhance the therapeutic relationship
- B. Accept only if the fee is below market rate
- C. Accept after terminating therapy
- D. Decline due to conflict of interest during the therapeutic relationship

93. Under California law, psychotherapy notes under HIPAA:

- A. Have additional protections beyond standard medical records
- B. Must be released upon any patient request
- C. Have no special protections
- D. Cannot be created by LMFTs

94. A client reveals plans to shoplift from a specific store to "teach them a lesson." The therapist should:

- A. Warn the store
- B. Report to law enforcement
- C. Address it clinically without warning or reporting
- D. Terminate for planned illegal activity

95. A therapist working with a minor client suspects the child may be a victim of human trafficking. The therapist should:

- A. Investigate further before taking action
- B. Report to appropriate authorities as suspected child abuse
- C. Only report if certain

D. Confront the suspected trafficker

96. A client's insurance company requests complete session notes for a utilization review. The therapist should:

- A. Provide complete notes as requested
- B. Refuse to provide any information
- C. Provide notes after removing all identifying information
- D. Provide only the minimum necessary information with appropriate authorization

97. An LMFT learns that a client has been diagnosed with a terminal illness and is considering ending their life before symptoms worsen. The therapist should:

- A. Explore the client's feelings, values, and options while assessing for depression and safety
- B. Report to law enforcement
- C. Immediately hospitalize the client
- D. Refuse to discuss end-of-life issues

98. A therapist notices their own judgment may be affected by strong attraction to a client. The therapist should:

- A. Express their feelings to the client
- B. Continue without acknowledgment
- C. Seek consultation and consider referral if appropriate
- D. Pursue a relationship after termination

99. Under California law, an LMFT may:

- A. Prescribe psychiatric medication
- B. Provide psychotherapy within their scope of practice
- C. Conduct neuropsychological testing
- D. Prescribe emotional support animals independently

100. A client terminates abruptly by text message and does not respond to follow-up attempts. The therapist should:

- A. Continue attempting contact indefinitely
- B. Show up at the client's home
- C. Report to the BBS
- D. Document the termination and leave the door open for future contact

PRACTICE TEST 7 — ANSWER KEY AND EXPLANATIONS

- 1. C. Require disclosure or work toward it as part of therapy** Under a "no secrets" policy, the therapist cannot hold significant secrets from the other partner indefinitely. The policy typically requires that secrets be disclosed in session or that therapy work toward disclosure. If the client refuses, the therapist may need to terminate couples therapy as the secret undermines the treatment.
- 2. A. Licensed Marriage and Family Therapist** Under California Business and Professions Code, LMFTs are authorized to diagnose mental disorders within their scope of practice. Life coaches, registered nurses, and school counselors do not have independent diagnostic authority for mental health conditions.
- 3. D. Address it clinically as a treatment issue** Taking someone else's prescription medication is illegal but not a mandated reporting situation. The therapist should address this clinically, exploring underlying issues such as pain, addiction, or relationship dynamics with the roommate. This is an opportunity for therapeutic intervention.
- 4. B. The designated supervisor** While AMFTs have responsibility for their own conduct, the designated supervisor holds ultimate clinical responsibility for the supervisee's work. Supervisors are accountable for oversight, guidance, and ensuring quality of care provided by those they supervise.
- 5. C. Address it clinically and involve parents as appropriate** Adolescent marijuana use is a clinical issue, not a mandated reporting situation. The therapist should address it therapeutically, assess for substance use problems, and involve parents as clinically appropriate based on safety concerns and the established confidentiality framework with the family.
- 6. A. Support continuity of care and treatment planning** The primary purpose of clinical documentation is to support ongoing treatment and continuity of care. While documentation also provides legal protection and satisfies administrative requirements, its fundamental purpose is ensuring quality care through accurate treatment records.
- 7. B. Address it clinically while maintaining confidentiality** Excessive force during an arrest, while potentially illegal, is not a mandated reporting situation. The therapist should address it clinically, exploring the circumstances, the officer's reactions, and any underlying issues. Confidentiality protects this disclosure.
- 8. D. Uninsured or self-pay clients must receive cost estimates** The No Surprises Act requires healthcare providers, including therapists, to provide Good Faith Estimates of expected charges to uninsured or self-pay clients. This must be provided before or within specified timeframes of scheduled services.

9. C. Verify legal authority and release records to the authorized representative After a client's death, records may be released to the legally authorized representative of the estate, typically the executor. The therapist should verify the executor's legal authority before releasing records. Confidentiality continues after death but authorized representatives may access records.

10. A. Assess for domestic violence with appropriate follow-up Vague descriptions of a spouse being "rough" warrant careful assessment for domestic violence. The therapist should explore this further to understand the nature and severity of the behavior, assess safety, and provide appropriate resources if domestic violence is occurring.

11. B. Address jurisdictional issues and verify licensing requirements Telehealth across state lines raises jurisdictional concerns. Many states require therapists to be licensed in the state where the client is located. The therapist should verify requirements and address this with the client before continuing, potentially pausing until the client returns to California.

12. D. Assess the situation for potential statutory issues and reporting obligations A 22-year-old dating a 16-year-old may involve statutory rape depending on the nature of the relationship. The therapist should assess whether sexual activity is occurring, as this could trigger mandated reporting obligations for unlawful sexual intercourse with a minor.

13. C. Designated personnel including some LMFTs with proper authorization In California, 5150 holds can be initiated by designated personnel who have received proper training and authorization from their county. This includes some LMFTs working in authorized settings, not just psychiatrists or law enforcement.

14. A. Provide referrals to qualified psychiatrists Providing referrals to other qualified professionals is within the LMFT scope of practice and supports comprehensive client care. When clients need medication evaluation, the therapist should provide appropriate psychiatric referrals.

15. B. Assert privilege on the client's behalf and seek legal guidance A subpoena is an attorney's request, not a court order. The therapist should assert privilege on the client's behalf, notify the client, and seek legal guidance about proper response. Automatic compliance without asserting privilege fails to protect client rights.

16. D. Address it clinically while maintaining confidentiality Cheating on a licensing exam is unethical but not a mandated reporting situation. The therapist should address it clinically, exploring motivations, ethical implications, and potential consequences. Confidentiality protects this disclosure.

17. C. Records must be kept until the minor turns 18, plus 7 years or until age 25 California law requires that records for minor clients be retained for seven years after termination OR until the minor reaches age 25, whichever is longer. This extended retention period protects minors who may need records as adults.

18. A. Assess for potential conflicts and discuss with the client Prior social connections with a client's family require assessment of potential conflicts. The therapist should consider whether this connection

affects objectivity or creates complications, and discuss it transparently with the client to allow informed decision-making about treatment.

19. B. Explore the meaning and likely decline or establish clear boundaries A \$200 gift card is a substantial gift that warrants careful consideration. The therapist should explore the meaning behind the gift and likely decline or establish clear boundaries. Accepting significant gifts can create obligation and affect the therapeutic relationship.

20. D. Any individually identifiable health information Protected Health Information under HIPAA includes any individually identifiable health information, not just diagnoses or treatment notes. This encompasses demographic information, billing records, appointment history, and any information that could identify an individual in connection with their healthcare.

21. C. Address the pattern and explore reasons Repeated cancellation of supervision sessions is a pattern that warrants direct attention. The supervisor should address this professionally, exploring reasons such as scheduling conflicts, avoidance, or other issues that might be affecting the supervisee's engagement with supervision.

22. A. Decline and explain role limitations of treating therapists Treating therapists should not make custody recommendations. The therapeutic role involves treatment, not forensic evaluation. The therapist should explain this limitation and suggest the client seek an independent custody evaluator if needed.

23. B. Assess suicide risk and address safety planning including lethal means A depressed client purchasing a firearm requires immediate attention to suicide risk. The therapist should conduct a thorough assessment and address safety planning, including discussing lethal means restriction. Access to firearms significantly increases suicide completion risk.

24. D. Provide fair and equitable treatment to all clients Justice is the ethical principle requiring fair and equitable treatment of all people. Therapists should provide services without discrimination and work toward fair access to mental health care for all populations.

25. C. Assess for elder financial abuse and file a report if warranted A caregiver taking money from an elderly person's wallet may constitute elder financial abuse. The therapist should assess the situation and file a mandated report if the parent qualifies as an elder (65+) and abuse is suspected.

26. A. Verify authorization before disclosing any information School staff do not have automatic access to therapy records. The therapist must verify that proper authorization exists before disclosing any information, even to teachers or administrators who may have legitimate educational interests.

27. B. Address it clinically without reporting Tax avoidance through offshore accounts, while potentially illegal, is not a mandated reporting situation. The therapist should address it clinically, exploring motivations and implications, while maintaining confidentiality.

28. D. Therapists should provide objective testimony based on their role When therapists testify, they should provide objective testimony appropriate to their role. Treating therapists testify as fact witnesses

about treatment provided, while expert witnesses provide professional opinions. Neither role involves advocacy.

29. C. Verify client authorization and provide appropriate records Requests from new therapists require verification of client authorization before releasing records. Once proper authorization is confirmed, the therapist should provide appropriate records to facilitate continuity of care.

30. A. Address the concern with the colleague directly Culturally insensitive comments warrant direct collegial feedback. The therapist should address this with the colleague professionally, as direct communication often resolves issues without formal reporting. If the behavior continues or is egregious, further action may be needed.

31. B. Address it clinically as a treatment issue Taking medication samples without authorization is concerning but not a mandated reporting situation. The therapist should address it clinically, exploring underlying issues such as financial stress, health concerns, or substance use patterns.

32. D. Guarantee of treatment outcomes Therapists cannot guarantee treatment outcomes, and such guarantees would be unethical. Informed consent should include treatment approach, confidentiality limits, fees, and risks/benefits, but not promises of specific results.

33. C. Decline to confirm or deny the person is a client without authorization For adult clients, confidentiality is complete—the therapist cannot even confirm someone is a client without authorization. The therapist should politely decline to provide any information and suggest the caller speak directly with their family member.

34. A. Seek consultation, support, or personal therapy Vicarious traumatization from cumulative exposure to traumatic material requires professional attention. The therapist should seek consultation, peer support, personal therapy, or other self-care strategies to address the impact and prevent burnout or impairment.

35. B. Address the boundary issue clinically and in supervision A romantic text from a client is a boundary issue requiring clinical attention and supervisor guidance. The AMFT should address this in the next session, exploring its meaning, and discuss it thoroughly in supervision to determine appropriate next steps.

36. D. Encourage parental communication and seek agreement With joint legal custody, both parents typically have equal authority over treatment decisions. When parents give conflicting instructions, the therapist should encourage communication between them and work toward agreement rather than unilaterally following one parent.

37. A. A client makes a serious threat of violence against an identifiable person The Tarasoff duty is triggered when a client makes a serious threat of physical violence against a reasonably identifiable victim. History of violence, general anger, or weapon ownership alone do not trigger the duty without a specific serious threat.

38. C. Discuss concerns about confidentiality and therapeutic frame Meeting in public places compromises confidentiality and the therapeutic frame. The therapist should discuss these concerns with the client, explaining why the office setting supports effective treatment and protects privacy.

39. B. Assess the conflict and likely avoid the business relationship Entering a landlord-tenant relationship with a client creates a significant dual relationship with potential for conflict. The therapist should assess the situation carefully and likely avoid the business relationship to maintain treatment integrity.

40. D. It requires disclosing only the minimum information needed for the purpose HIPAA's minimum necessary standard requires that disclosures be limited to the minimum information needed to accomplish the intended purpose. This applies to most disclosures, though there are exceptions for treatment communications between providers.

41. A. Address it clinically if relevant to treatment Not filing taxes is illegal but not a reporting situation. If relevant to the client's presenting concerns (anxiety, avoidance, financial stress), the therapist should address it clinically as part of treatment.

42. C. Address boundary implications in the group Outside relationships between group members affect group dynamics and therapeutic process. The therapist should address this in the group, exploring implications for confidentiality, group relationships, and the therapeutic work.

43. B. A client reports suspected current child abuse by a neighbor Mandated reporting applies when a therapist learns of suspected current child abuse, regardless of the perpetrator's relationship to the client. A report of current suspected abuse by a neighbor triggers the reporting obligation.

44. D. Clarify confidentiality limitations with the client EAP services often have specific limitations on confidentiality, such as reporting utilization to employers. The therapist must clarify these limitations at the outset so clients can make informed decisions about what they share.

45. A. Make a clinically informed decision considering the client and context Requests for physical contact should be evaluated clinically rather than automatically granted or refused. Factors include the client's history, cultural context, clinical situation, and potential therapeutic implications.

46. C. Assess for any conflicts and proceed professionally A client's previous negative reviews of a colleague don't automatically disqualify them from treatment. The therapist should assess whether this creates any conflicts and proceed professionally, focusing on the client's treatment needs.

47. B. The same retention requirements apply as for living clients Record retention requirements continue to apply after a client's death. Records should be maintained for the standard retention period (seven years for adults) regardless of whether the client is living or deceased.

48. D. Explore the behavior clinically A client lying to their spouse about therapy attendance is clinical material to explore, not grounds for termination or reporting. The therapist should explore the meaning of the deception and its implications for the client's relationships.

49. A. Acknowledge the situation, assess risks, and manage boundaries carefully In small communities, some dual relationships may be unavoidable. The ethical approach is to acknowledge the situation openly, carefully assess potential risks, and implement strategies to manage boundaries and protect the therapeutic relationship.

50. C. Consult with an attorney and assert privilege as appropriate Before testifying in any legal proceeding, the therapist should consult with an attorney to understand their rights and obligations. The therapist should assert privilege appropriately while complying with valid legal requirements.

51. B. Assess the situation and take appropriate steps to manage the relationship A former client becoming a coworker creates a complex situation requiring careful management. The therapist should assess the nature of the prior relationship, potential for boundary issues, and take appropriate steps, which might include discussing with administration or adjusting work assignments.

52. D. Clarify therapeutic role and discuss appropriate ways to support the client Direct advocacy with a client's landlord goes beyond the therapeutic role. The therapist should clarify their role limitations while discussing ways to support the client's own advocacy efforts, such as exploring options, practicing communication, or providing referrals to appropriate services.

53. A. Children, elders, and dependent adults California mandated reporters must report suspected abuse of children (under 18), elders (65 and older), and dependent adults (18-64 with physical or mental limitations). Each category has specific definitions and reporting procedures.

54. C. Address informed consent at this session and have documents signed If informed consent documents weren't signed before treatment began, the therapist should address this at the current session. This includes reviewing the information verbally and having documents signed. Backdating documents would be dishonest and unethical.

55. B. Assess for paranoid symptoms while taking the concerns seriously Claims of government surveillance without credible evidence may indicate paranoid symptoms, but the therapist should take concerns seriously while assessing. A thorough evaluation helps determine whether symptoms reflect mental illness or have some basis in reality.

56. D. Choose one role and maintain clear boundaries When professionals hold multiple licenses, they should choose one role with each client and maintain clear boundaries. Providing both legal and therapeutic services to the same client creates significant dual relationship problems and should be avoided.

57. A. Recording requires consent of all parties California is a two-party consent state under Penal Code Section 632. Recording confidential communications requires consent of all parties. This applies to therapy sessions, so both therapist and client must consent to any recording.

58. C. Clarify reporting requirements and confidentiality limits at the outset Mandated clients must understand what will be reported to the court or referral source before treatment begins. Clear

communication about confidentiality limits is essential for informed consent in court-ordered treatment contexts.

59. B. Express concern and encourage the colleague to seek help, taking further action if needed

When aware of a colleague's impairment, the therapist should first express concern directly and encourage them to seek help. If the colleague continues practicing while impaired and doesn't take appropriate action, reporting to the BBS may become necessary.

60. D. When the client is a danger to themselves or others Danger to self or others is a recognized exception to privilege under California law. When clients pose serious danger, therapists may disclose information necessary to protect the client or potential victims.

61. A. Document supervision sessions and maintain appropriate records Supervisors should document supervision sessions, including topics discussed, guidance provided, and any concerns. Proper documentation protects both supervisor and supervisee and demonstrates appropriate oversight.

62. C. Decline as they cannot evaluate someone they haven't assessed Therapists cannot provide professional opinions about individuals they haven't evaluated. Testifying that someone is mentally unstable based only on a client's reports would be inappropriate and professionally irresponsible.

63. B. Address boundary and privacy implications with the client A client posting about therapy sessions on social media raises boundary and privacy concerns. The therapist should address this directly, exploring the client's motivations and discussing appropriate boundaries around sharing therapy content publicly.

64. D. The potential impact on treatment should be carefully evaluated Prior social relationships with clients aren't automatically prohibited but require careful evaluation. The therapist should consider how the prior relationship might affect objectivity, boundaries, and treatment effectiveness before proceeding.

65. A. Confidentiality has specific limitations in residential settings that should be disclosed Residential treatment settings often involve team-based care and specific confidentiality limitations. The therapist should explain these limitations clearly so clients understand how their information may be shared within the treatment team.

66. C. Address it clinically and assess for substance use disorder Doctor shopping for opioids indicates potential substance use disorder requiring clinical attention. The therapist should address this directly, assess the severity of the problem, and integrate substance use treatment into the care plan.

67. B. Only agree if competent in forensic and immigration evaluations Immigration evaluations require specific competencies in both forensic assessment and immigration-related psychological issues. Therapists should only provide such evaluations if they have appropriate training and experience.

68. D. Address the boundary violation and assess for safety concerns A client finding and visiting the therapist's home address is a boundary violation requiring direct attention. The therapist should address

this in session, explore the client's motivations, and assess whether this indicates concerning behavior that raises safety issues.

69. A. Civil liability, disciplinary action, and possible criminal charges Unauthorized disclosure of confidential information can result in multiple consequences: civil lawsuits for damages, disciplinary action by the BBS, and possible criminal charges under California law. The consequences reflect the seriousness of confidentiality breaches.

70. C. Verify authorization and the attorney's identity before disclosing Before providing information to an attorney, the therapist must verify both the attorney's identity and that proper authorization exists. For minor clients, authorization typically comes from parents, though mature minors who consented to treatment may have additional rights.

71. B. Address it clinically while monitoring for any reportable conduct Romantic feelings toward a student are clinical material to address in therapy. The therapist should explore these feelings, help the client maintain appropriate boundaries, and monitor for any indication of actual inappropriate conduct that would require reporting.

72. D. Develop clinical competence and protect client welfare The primary purposes of clinical supervision are developing the supervisee's clinical competence and protecting clients who receive services from practitioners still in training. Supervision ensures quality care while building professional skills.

73. A. Address it clinically as part of treatment Gang involvement is clinical material to be addressed in therapy, not a reporting situation. The therapist should explore the meaning and function of gang involvement, associated risks, and potential pathways toward change if the client desires.

74. C. They require careful assessment and management Dual relationships are not automatically unethical but require careful assessment of potential risks and benefits. Some dual relationships are unavoidable, particularly in small communities. The key is thoughtful management to protect the therapeutic relationship.

75. B. Consider the request while maintaining appropriate boundaries Flexibility during client crises can be therapeutic, but the therapist must maintain appropriate boundaries. The therapist should consider the request thoughtfully, balancing responsiveness to client needs with sustainable practice and clear boundaries.

76. D. Contact their professional liability insurance carrier immediately Upon receiving a malpractice threat, the therapist should immediately contact their professional liability insurance carrier. The insurer will provide guidance and legal representation. The therapist should not contact the client directly or destroy any records.

77. A. Generally three years from the date the complainant knew or should have known of the violation The BBS generally has three years from when the complainant discovered or should have

discovered the violation to take disciplinary action. However, there are exceptions for certain serious violations where longer or no time limits apply.

78. C. Address the observation, assess the situation, and determine if the session can continue productively When a telehealth client appears impaired, the therapist should address the observation directly and assess whether the client can participate meaningfully in the session. Continuing without addressing it would not serve therapeutic goals.

79. B. Decline to confirm or deny without client authorization The therapist cannot verify a client's treatment status to an employer without client authorization. Even well-intentioned disclosure without consent violates confidentiality. The therapist should explain they cannot confirm or deny anyone is a client without authorization.

80. D. Follow the established policy, which likely requires disclosure or addressing it in treatment A "no secrets" policy typically requires that significant secrets be addressed in therapy or disclosed to the other partner. The therapist should follow the established policy, working with the client toward disclosure or determining whether couples therapy can continue.

81. A. It should generally be avoided due to compromised objectivity Treating friends or family members is generally inadvisable because prior relationships compromise therapist objectivity and create dual relationship complications. The therapist cannot be both friend/family member and objective clinician.

82. C. Consider the implications and likely decline during treatment Professional networking connections with current clients create boundary complications. Even on professional platforms, such connections blur the therapeutic frame. The therapist should likely decline during active treatment and consider whether connection after termination would be appropriate.

83. B. Consult, seek additional training, or refer appropriately Practicing outside competence violates ethical standards. The therapist should acknowledge the limitation, seek consultation or additional training, and refer the client if they cannot provide competent care. Continuing without addressing the competence issue risks client harm.

84. D. A misdemeanor punishable by fine, imprisonment, or both Under California Penal Code Section 11166, failure to report suspected child abuse is a misdemeanor punishable by up to six months in jail and/or a fine up to \$1,000. The consequences emphasize the seriousness of mandated reporting obligations.

85. A. Support the client in exploring options and coping strategies Sexual harassment at work is distressing but not a situation for the therapist to report. The therapist should support the client in exploring options (reporting to HR, consulting an attorney, etc.) and developing coping strategies for managing the situation.

86. C. Take cues from the client to protect confidentiality In public encounters, the therapist should follow the client's lead to protect confidentiality. If the client doesn't acknowledge the therapist, the

therapist shouldn't approach. If acknowledged, keep interaction brief and avoid revealing the professional relationship to others.

87. B. Decline due to dual relationship and boundary concerns Bartering for services, especially at the therapist's home, creates problematic dual relationships and boundary violations. This arrangement would blur professional boundaries and create potential for exploitation or awkwardness that could harm the therapeutic relationship.

88. D. A designated agency such as CPS, APS, or law enforcement Mandated reports go to designated agencies: Child Protective Services for child abuse, Adult Protective Services for dependent adult and elder abuse, or law enforcement. The specific agency depends on the type of abuse being reported.

89. A. Consider addressing this with the former supervisee or reporting to the BBS False claims of certification mislead the public and violate ethical standards. The therapist may first address this with the former supervisee directly. If the misrepresentation continues, reporting to the BBS protects potential clients from harm.

90. C. Complete it honestly based on clinical findings LMFTs may complete FMLA paperwork for mental health conditions within their scope of practice. The documentation should be completed honestly, based on clinical findings that support the need for leave. Only medical conditions requiring physician documentation need referral.

91. B. Establish clear policies about individual sessions and confidentiality from the start Couples therapists should establish clear policies about individual sessions before beginning treatment. This includes whether individual sessions will occur and how information from individual sessions will be handled, preventing later confusion about confidentiality.

92. D. Decline due to conflict of interest during the therapeutic relationship Accepting a business arrangement with a current client creates a significant conflict of interest that could affect clinical judgment and the therapeutic relationship. The therapist should decline during the active treatment relationship.

93. A. Have additional protections beyond standard medical records Under HIPAA, psychotherapy notes (personal notes kept separate from the medical record) have additional protections. They generally cannot be disclosed without specific authorization, even when other treatment information may be released.

94. C. Address it clinically without warning or reporting Planned shoplifting is not a Tarasoff situation (no threat of physical violence to a person) and not a mandated reporting situation. The therapist should address it clinically, exploring motivations and potential consequences, while maintaining confidentiality.

95. B. Report to appropriate authorities as suspected child abuse Human trafficking of a minor constitutes child abuse. The therapist should file a mandated report to appropriate authorities (CPS and/or law enforcement). Specialized agencies may also be notified to provide appropriate victim services.

96. D. Provide only the minimum necessary information with appropriate authorization Insurance utilization reviews require cooperation, but the therapist should provide only minimum necessary information. Complete session notes typically aren't required. The therapist should verify authorization and provide only what's needed for the review's purpose.

97. A. Explore the client's feelings, values, and options while assessing for depression and safety End-of-life considerations in terminal illness require sensitive exploration of the client's feelings, values, and wishes. The therapist should also assess for treatable depression that might be influencing the client's perspective, while respecting their autonomy.

98. C. Seek consultation and consider referral if appropriate Strong attraction to a client can impair clinical judgment and risk boundary violations. The therapist should seek consultation to address these feelings and consider whether referral is necessary to protect the client and maintain professional standards.

99. B. Provide psychotherapy within their scope of practice LMFTs are authorized to provide psychotherapy within their scope of practice. They cannot prescribe medications, conduct neuropsychological testing (which requires specialized training), or independently prescribe emotional support animals (which typically requires medical professional involvement).

100. D. Document the termination and leave the door open for future contact When clients terminate abruptly and don't respond to follow-up, the therapist should document what occurred, their follow-up attempts, and leave the door open for future contact through a brief letter or message. Persistent contact attempts or showing up at the client's home would be inappropriate.