

CART Certified Anger Resolution Therapist Practice Test Questions and Answers

1. What is the primary goal of anger resolution therapy?

- A) Eliminate all anger emotions
- B) Help clients understand and manage anger in healthy ways
- C) Suppress anger completely
- D) Encourage aggressive expression

2. Which technique is commonly used to help clients identify anger triggers?

- A) Medication management
- B) Cognitive behavioral therapy and mindfulness practices
- C) Isolation therapy
- D) Confrontational approaches

3. What is the difference between anger and aggression in therapeutic context?

- A) They are the same thing
- B) Anger is an emotion; aggression is a behavior
- C) Aggression is always healthy
- D) Anger is always destructive

4. Which approach is most effective for teaching anger management skills?

- A) Lecture-based education only
- B) Practice-based learning with role-playing and skill rehearsal
- C) Avoiding difficult situations
- D) Punishment-based methods

Answers: 1-B 2-B 3-B 4-B

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