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# January/February 2024: Artificially Intelligent Therapy...And Other Shifts in the Landscape of Work

MGT095651

12/31/2023

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Mail or Fax entire packet to: Psychotherapy Networker PO Box 1000, Eau Claire, WI 54702 Fax#: 800-554-9775

## Evaluation

I certify that I have participated in this program in its entirety. \*

☐ Yes

☐ No

Course content was relevant to objectives. \*

☐ Very satisfied

☐ Somewhat satisfied

☐ Neither satisfied not dissatisfied

☐ Somewhat dissatisfied

☐ Very dissatisfied

How useful was the content for your practice or other professional development? \*

☐ Very satisfied

☐ Somewhat satisfied

☐ Neither satisfied not dissatisfied

☐ Somewhat dissatisfied

☐ Very dissatisfied

The author's delivery supported the asynchronous activity. \*

☐ Very satisfied

☐ Somewhat satisfied

☐ Neither satisfied not dissatisfied

☐ Somewhat dissatisfied

☐ Very dissatisfied

Overall, the content met my expectations. \*

☐ Very satisfied

☐ Somewhat satisfied

☐ Neither satisfied not dissatisfied

☐ Somewhat dissatisfied

☐ Very dissatisfied

Was the technology user friendly? \*

☐ Yes ☐ No

Quiz completion process was user-friendly. \*

☐ Yes ☐ No

Questions/concerns were addressed effectively and in a timely manner.

☐ Very satisfied

☐ Somewhat satisfied

☐ Neither satisfied not dissatisfied

☐ Somewhat dissatisfied

☐ Very dissatisfied

Comments?

Was evidence provided to substantiate material provided?

☐ Yes

☐ No

☐ N/A

Was a commercial product promoted in the articles?

☐ Yes

☐ No

☐ N/A

Was this publication free from commercial influence or bias?

☐ Yes

☐ No

☐ N/A

My request for disability accommodations was addressed respectfully and promptly.	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A
I have gained knowledge today that will enhance my skills and/or abilities.	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A
The total length of time to complete the course (hours and minutes):	
<i>REQUIRES WRITTEN RESPONSE *</i>	
My attendance today will contribute toward improved patient/client outcomes in the future.	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A
Florida Mental Health Counselors: Do you need your hours reported to Florida CE Broker?	<input type="radio"/> Yes <input type="radio"/> No
Ohio Counselors: Do you need your hours reported to CE Broker?	<input type="radio"/> Yes <input type="radio"/> No
Florida Marriage and Family Therapists: Do you need your hours reported to Florida CE Broker?	<input type="radio"/> Yes <input type="radio"/> No
Ohio Marriage and Family Therapists: Do you need your hours reported to CE Broker? *	<input type="radio"/> Yes <input type="radio"/> No
Florida Nurses: Do you need your hours reported to Florida CE Broker?	<input type="radio"/> Yes <input type="radio"/> No
Florida Psychologists: Do you need your hours reported to Florida CE Broker?	<input type="radio"/> Yes <input type="radio"/> No
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Ohio Social Workers: Do you need your hours reported to CE Broker?	<input type="radio"/> Yes <input type="radio"/> No

Objectives	
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Was this objective met? Assess Ruse's approach to using tapping to treat emotional dysregulation.	<input type="radio"/> Strongly agree
	<input type="radio"/> Agree
	<input type="radio"/> Neither agree nor disagree
	<input type="radio"/> Disagree
	<input type="radio"/> Strongly disagree
Was this objective met? Evaluate Solomon's view of how clients' work lives impact their romantic partnerships.	<input type="radio"/> Strongly agree
	<input type="radio"/> Agree
	<input type="radio"/> Neither agree nor disagree
	<input type="radio"/> Disagree
	<input type="radio"/> Strongly disagree
Was this objective met? Apply Kessler's postvention approach to reduce clients' feelings of guilt and self-blame.	<input type="radio"/> Strongly agree
	<input type="radio"/> Agree
	<input type="radio"/> Neither agree nor disagree
	<input type="radio"/> Disagree
	<input type="radio"/> Strongly disagree

Post Test	
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The Therapy Beat - page 11 - In Grand's session with Karen, after her eyes wobbled and fixed in place, she	<input type="radio"/> reported a flood of images and body sensations
	<input type="radio"/> experienced a sense of calm
	<input type="radio"/> reported feeling numbness
	<input type="radio"/> cried cathartically
In Consultation - page 15 - According to Ruse, when we're working with clients who struggle with emotional dysregulation, resource development installation can be used	<input type="radio"/> to activate both brain hemispheres
	<input type="radio"/> for desensitization
	<input type="radio"/> to instill positive affect, build distress tolerance, and develop internal resources
	<input type="radio"/> to massage acupoints
Ready or Not, AI is Here - page 20 - Barker raises concerns about AI being so good that its aggregated data could be used to	<input type="radio"/> steal people's identities
	<input type="radio"/> influence or alter vulnerable people's beliefs
	<input type="radio"/> sell pharmaceuticals
	<input type="radio"/> create new licensing exams
Is the Soul of Therapy for Sale? - page 32 - Rather than following a protocol driven by profit, Bader says the focus of therapy should be	<input type="radio"/> building a relationship with the client and understanding their history and goals
	<input type="radio"/> moving toward making all treatment free
	<input type="radio"/> a holistic approach
	<input type="radio"/> keeping treatment offline
Organizational Management at Home - page 36 - According to Rodsky, how can it help therapists to liken a family system to a corporate organization?	<input type="radio"/> everyone in the family, just like every employee, needs to understand their role and feel valued

	<input type="radio"/> without civil behavior, the family, like the organization, can fall apart
	<input type="radio"/> like with managers in an organization, parents can only change kids' behavior through strict adherence to rules
	<input type="radio"/> it's important to build in frequent opportunities for each member to rest
Organizational Management at Home - page 36 - Rodsky encourages families to adopt a structured decision-making process instead of getting lost in	<input type="radio"/> assumptions
	<input type="radio"/> overwhelm
	<input type="radio"/> fear of retaliation
	<input type="radio"/> role bias
Work Issues at the Heart of Couples' Conflicts - page 40 - According to Solomon, many therapists today have been trained to prioritize internal experiences, family-of-origin dynamics, and emotion-regulation skills over	<input type="radio"/> sexuality
	<input type="radio"/> spirituality and religion
	<input type="radio"/> cultural influences
	<input type="radio"/> the academic and professional sphere
Work Issues at the Heart of Couples' Conflicts - page 40 - A therapist can use the Four Relationships as a tool for exploring	<input type="radio"/> a couple's relationship to their own and their partner's work
	<input type="radio"/> each partner's role in their family of origin
	<input type="radio"/> each partner's relationship with bosses, coworkers, parents, and siblings
	<input type="radio"/> a couple's way of being, thinking, acting, and communicating at work
Work Issues at the Heart of Couples' Conflicts - page 40 - In the slasher-traditionalist type, the slasher tends to be the partner who	<input type="radio"/> values socially acceptable types of reliable work
	<input type="radio"/> wants freedom to try out new, short-term, creative jobs
	<input type="radio"/> has anger management issues
	<input type="radio"/> is interested in upward mobility
From Grind Culture to Work Malaise - page 44 - When Remi told Turner that he didn't think he was cut out for work, Turner responded by	<input type="radio"/> holding the space as he briefly processed his feelings
	<input type="radio"/> inviting him to reflect on the idea of not being built for work
	<input type="radio"/> challenging his statement
	<input type="radio"/> sharing her own story about work
Saying Goodbye to Work You Love - page 46 - Wehrenberg says the first step toward a therapist's retirement that keeps clients' well-being in mind is	<input type="radio"/> meeting with an accountant
	<input type="radio"/> giving clients substantial notice and time to reflect
	<input type="radio"/> finding a part-time job better suited for retirees
	<input type="radio"/> reviewing your client notes and records
Releasing Guilt in Grief - page 52 - Therapists need to assume a postvention mindset with grieving clients to help them	<input type="radio"/> consider how they could have changed a negative outcome
	<input type="radio"/> take more responsibility for how they might have prevented a difficult loss
	<input type="radio"/> move through what's already happened
	<input type="radio"/> accept their guilt and self-blame
Releasing Guilt in Grief - page 52 - Which statement best illustrates a postvention approach?	<input type="radio"/> "I'm so upset that happened. How can I support you?"

- 
- ☐ "Guilt won't bring her back. It's time to move on."
  - ☐ "You probably shouldn't have gone out so late at night by yourself."
  - ☐ "It's such a shame you didn't help them eat better and exercise more."
- 

Case Study - page 59 - When Matt and Emily return to therapy after skipping a week, Dalglish decides to

- ☐ ask why they missed their last session
  - ☐ apologize for getting caught in her own anger and frustration
  - ☐ ignore the tension in the room
  - ☐ refer them out
- 

Point of View - page 63 - Kuburik makes the distinction between "finding" and "creating" oneself. Creating oneself, she says, in part entails

- ☐ finally awakening to your already constructed sense of self
  - ☐ arriving at a feeling of completion and certainty within
  - ☐ accepting that your authentic self is perpetually evolving
  - ☐ letting yourself off the hook for every tiny decision
-