



PO Box 1000
Eau Claire, WI 54702
(888) 851-9498

May/June 2020 Where Are We Going?: Finding Our Way in a New Reality

Post Test/Evaluation Form

Price for CE Certificate: \$30

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4/30/2020

PERSONS interested in receiving credit may print this form, complete and return with a payment of \$30 per person CE fee.

A certificate of successful completion will be emailed/faxed/mailed to you. You will receive your CE certificate within two weeks from date of receipt of your request form and test. To receive your certificate sooner than two weeks, rush processing is available for a fee. Please attach check* or include credit card information below. **Customers outside the US: We will only accept payments for Continuing Education Credits by use of a credit card. All other forms of payment will not be accepted.**

For office use only

Rcvd _____
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CE Fee: \$30 (Rush Processing Fee: \$10) Total to be charged: _____

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Last Name

First Name

Middle Initial

Address

City

State

Zip

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Daytime Phone

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Signature

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):	
REQUIRES WRITTEN RESPONSE *	
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
Iowa Nurses: Please enter your license number.	
Florida Psychologists: Do you need your hours reported to Florida CE Broker?	<input type="radio"/> Yes
	<input type="radio"/> No
Ohio Psychologists: Do you need your hours reported to the board?	<input type="radio"/> Yes
	<input type="radio"/> No
Colorado Social Workers: Do you need your hours reported to the board?	<input type="radio"/> Yes
	<input type="radio"/> No
Florida Social Workers: Do you need your hours reported to Florida CE Broker?	<input type="radio"/> Yes
	<input type="radio"/> No
Ohio Social Workers: Do you need your hours reported to CE Broker?	<input type="radio"/> Yes
	<input type="radio"/> No

Objectives

Was this objective met? Apply Solomon's approach to relational self-awareness.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Assess Altman's view of applying CBT interventions.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Evaluate Freedenthal's view of working with suicidal clients.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Post Test

In Consultation - Page 15) According to Solomon, relational self-awareness is about:

☐ A balance of time and inner space

☐ Understanding one's relationship to relationships

☐ Your profile on dating apps

☐ Having appropriate conversations for a first date

In Consultation - Page 15) One practice Solomon recommends for clients after a date is:

☐ Solo savoring

☐ Squad listening

☐ Mirror awakening

☐ Body scanning

In Consultation - Page 15) Which is not an issue Solomon addresses with single-again clients?

☐ Defining sexual boundaries

☐ Considering stakeholders

☐ Examining gender expectations

☐ Considering sexual strategies

Facing the Challenge- Page 18) In Tara Brach's RAIN model, investigate is mostly:

☐ Cognitive reprocessing

☐ A somatic process

☐ A behavioral intervention

☐ A relational interrogation

☐ Boundary issues

☐ Privacy issues

☐ Burnout and countertransference

☐ Somatic issues

Facing the Challenge- Page 18) In her sessions during the pandemic, Esther Perel says she's more conscious of:	<input type="radio"/> Boundary issues <input type="radio"/> Privacy issues <input type="radio"/> Burnout and countertransference <input type="radio"/> Somatic issues
Facing the Challenge- Page 18) Perel responds to couples polarized by the pandemic crisis by:	<input type="radio"/> Normalizing their experience <input type="radio"/> Siding with whomever is more calm <input type="radio"/> Working with each partner separately <input type="radio"/> Advising they spend time in different rooms
Facing the Challenge- Page 18) According to Peter Levine, our ventral vagal system comes online when we:	<input type="radio"/> Create safety in our environment <input type="radio"/> Panic <input type="radio"/> Ruminant <input type="radio"/> Perceive threat
Facing the Challenge- Page 18) According to Bessel van der Kolk, a part of trauma that's especially important to keep in mind when sheltering in place is immobility.	<input type="radio"/> True <input type="radio"/> False
Facing the Challenge- Page 18) Van der Kolk likens kindergarten teachers to therapists in that:	<input type="radio"/> They're free spirits <input type="radio"/> They use their vocal tones effectively <input type="radio"/> They understand the value of attachment <input type="radio"/> They help divide up time in clear rhythms
Facing the Challenge- Page 18) Which is not one of the eight qualities of Self that Dick Schwartz mentions?	<input type="radio"/> Community <input type="radio"/> Calmness <input type="radio"/> Curiosity <input type="radio"/> Compassion
Playing Together Apart- Page 32) What was not one of the activities Straus used with Evelyn during teletherapy?	<input type="radio"/> Stretching and breathing <input type="radio"/> Sensory scavenger hunts <input type="radio"/> CBT worksheets <input type="radio"/> Doing an emotional weather report
Case Study- Page 55) Which was not part of Altman's approach with Jeremy?	<input type="radio"/> Cultivating hope <input type="radio"/> Recognizing strengths <input type="radio"/> Examining negative beliefs <input type="radio"/> Repairing attachment wounds
Case Study- Page 55) Altman helped Jeremy understand how reaching his goals required:	<input type="radio"/> Resilience and resonance <input type="radio"/> Determination and discernment <input type="radio"/> Willpower and waypower <input type="radio"/> Grit and gratitude
Point of View- Page 61) According to Freedenthal, which is not true about suicide contracts?	<input type="radio"/> Evidence shows they don't work <input type="radio"/> They're a critical part of treatment <input type="radio"/> They can create a power struggle

Point of View- Page 61) What tends to increase suicidal behaviors?

☐ They don't protect therapists legally

☐ News reports that give gratuitous information

☐ Therapists talking about suicide

☐ Therapists asking about suicidal thoughts

☐ Therapists empathizing with suicidal thoughts
