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**November/December 2019: Thinking Inside the Box: What Is
Your Office Telling Your Clients?**

MGT095626

10/31/2019

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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
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<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
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Objectives

Was this objective met? Apply Willard's approach to adapting breathing practices for kids.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Assess the clinical benefits of walk-and-talk therapy.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Evaluate Shedler's view of clinical research versus psychodynamic practice.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Post Test

Clinician's Digest- Page 11) A turning point for Hammond came when he saw his struggles as resulting from:

☐ A mood disorder

☐ A mental injury

☐ Cognitive dissonance

☐ A somatic setback

In Consultation - Page 15) Vygotsky's study showed how kids could quadruple their attention span through:

☐ Tapping into the power of imagination

☐ Goal-setting

☐ A surprise-reward system

☐ Cognitive interval training

In Consultation - Page 15) To help kids understand the benefits of breath regulation, Willard likens the breath to a:

☐ Large ocean

☐ Remote control for the brain

☐ Dark castle with many rooms

☐ Friendly ghost

In Consultation - Page 15) The C in Willard's ABC breath activities stands for:

☐ Calm breath

☐ Cat breath

☐ Hot chocolate breath

☐ Think carefully breath

In Consultation - Page 15) How does Willard suggest therapists can help mindfulness stick with kids?

☐ Do them in a quiet place

☐ Create an incentive for kids to do them

☐ Explain what a mindful brain looks like

☐ Have families practice them together like a fun game

A Therapist Redecorates- Page 22) Which is not a reason Goralnick believes her approach to her office redesign is relevant to her clients' therapy?	<input type="radio"/> It communicates messages of deserving and care <input type="radio"/> It helps clients organize their own offices <input type="radio"/> It's an empathy-building exercise <input type="radio"/> It ensures a smooth transition and evens the therapeutic relationship
A Therapist Redecorates- Page 22) When working with clients on distress tolerance and dialectics, Goralnick uses her experience subletting her office.	<input type="radio"/> True <input type="radio"/> False
Walk and Talk- Page 30) Udlar attributes the power of walk-and-talk therapy to the intersection of:	<input type="radio"/> Nature, movement, and talk <input type="radio"/> Openness, willingness, and freedom <input type="radio"/> Seasonality, exercise, and analysis <input type="radio"/> Pacing, breathing, and sweating
Walk and Talk- Page 30) Udlar says outdoor sessions are especially good for working through:	<input type="radio"/> Couples conflict <input type="radio"/> Trauma <input type="radio"/> Claustrophobia <input type="radio"/> Anxiety and anger
Remembering the Gold- Page 40) The steps of Brach's RAIN approach are:	<input type="radio"/> Realize, accept, invite, name <input type="radio"/> Recognize, allow, investigate, nurture <input type="radio"/> Read, ascertain, illuminate, normalize <input type="radio"/> Reroute, awaken, introduce, need
Case Study- Page 55) Muñoz says that in Imago therapy, differences in a marriage are seen as:	<input type="radio"/> Growth opportunities in disguise <input type="radio"/> A harbinger of uncoupling <input type="radio"/> Like relational static <input type="radio"/> A way for children to learn about the world
Case Study- Page 55) When clients take in their partner's perspective "through the heart," Muñoz says she:	<input type="radio"/> Praises them for being "heartful" <input type="radio"/> Encourages them to create boundaries <input type="radio"/> Shuts up and stays present and out of their way <input type="radio"/> Redirects them to self-regulate
Point of View- Page 61) According to Shedler, our most important tool in therapy is:	<input type="radio"/> Our understanding of the vagus nerve <input type="radio"/> A supervision group <input type="radio"/> The use of evidence-based worksheets <input type="radio"/> The person of the therapist
Point of View- Page 61) Who does Shedler say is making the biggest push for protocol-driven therapy?	<input type="radio"/> Academic researchers <input type="radio"/> Journalists <input type="radio"/> Psychoanalytic therapists <input type="radio"/> Clients
Point of View- Page 61) Shedler says that the future of the field depends on psychodynamic therapists:	<input type="radio"/> Becoming more medicalized <input type="radio"/> Promoting the approaches of more charismatic individuals

☐ Learning to talk to the media and people outside their silos

☐ Keeping more long-term clients
