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January/February 2022: Family Rifts: How You Can Lend a Hand

MGT095639

12/31/2021

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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
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 Kecmanovic's strategies for using regret to improve client outcomes.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Assess Matz's view of trauma and higher weight.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Evaluate Gottlieb's approach to estrangement.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

## Post Test

In Consultation - Page 15 - Instead of suffering silently with work-related guilt, therapists can:

☐ Attempt to dismiss it

☐ Leverage it to grow as a professional

☐ Start looking for less emotionally fraught work

☐ Search for course offerings on provider guilt

In Consultation - Page 15 - When investigating patterns that affect how they relate to clients, therapists ought to:

☐ Reflect on whether certain types of clients are triggering

☐ Ask for client feedback in a survey

☐ Prepare for the inevitable upset

☐ Understand that every therapist has them

Whatever Happened to Family Therapy?- Page 20 - According to Fraenkel, when family therapy works, the healing agent becomes the:

☐ Parents

☐ Therapists

☐ Children

☐ Grandparents

Whatever Happened to Family Therapy?- Page 20 - One of the tenets of family therapy is that problems are frequently amplified by:

☐ Involving multiple family members in therapy

☐ Frequent apologies

☐ "More of the same" efforts

☐ Systems thinking

Love, Separation, and Power- Page 28 - According to Samuels, what is the best way to approach a client's anger?

☐ Argue it away

☐ Encourage its suppression

☐ Encourage its expression

☐ Listen to it

Love, Separation, and Power- Page 28 - Samuels concludes that, for Leena, love is equivalent to:	<input type="radio"/> Desire <input type="radio"/> Care <input type="radio"/> Control <input type="radio"/> Proximity
Estrangement 101- Page 42 - When working with the parent of an estranged child, Gottlieb starts with:	<input type="radio"/> Exploring the initial conflict <input type="radio"/> A genogram <input type="radio"/> A dream diary <input type="radio"/> Exploring the parent's own childhood
Estrangement 101- Page 42 - Gottlieb says parents of estranged children need to learn to:	<input type="radio"/> Validate their child's experience <input type="radio"/> Let go of the idea of reconciliation <input type="radio"/> Convince their child they were a good parent <input type="radio"/> Connect with grandchildren on social media
Unlearning Weight Stigma- Page 54 - According to Matz, a misleading aspect of Felitti's research is that most cases of "obesity" are caused by:	<input type="radio"/> A genetic predisposition <input type="radio"/> Untreated depression <input type="radio"/> Sexual or other trauma <input type="radio"/> A sedentary lifestyle
Case Study- Page 63 - Mintz says that while a strong therapist-client bond can further the work, it can also:	<input type="radio"/> Create dependence <input type="radio"/> Blind therapists to larger problems <input type="radio"/> Make therapy numbing <input type="radio"/> Make it harder to refer out
Case Study- Page 63 - Mintz continued to work with Renee after changing employers because:	<input type="radio"/> She'd made a promise to her <input type="radio"/> No good referrals were available <input type="radio"/> She worried leaving Renee could damage her <input type="radio"/> Renee was such a reliable client
Case Study- Page 63 - How did Mintz's individual work with Renee change after couples therapy?	<input type="radio"/> It became more complex <input type="radio"/> It became easier <input type="radio"/> Renee stopped trusting Mintz <input type="radio"/> Renee opened up more
Point of View- Page 69 - Which of the following is not a component of burnout, as defined by Herbert Freudenberger?	<input type="radio"/> Emotional exhaustion <input type="radio"/> Sense of accomplishment <input type="radio"/> Depersonalization <input type="radio"/> Physical exhaustion
Point of View- Page 69 - What does Nagoski propose as a solution to burnout?	<input type="radio"/> Caring for one another and ourselves <input type="radio"/> Implementation of a four-day work week <input type="radio"/> Mindfulness training <input type="radio"/> CBT

Point of View- Page 69 - According to Nagoski, what is the problem with catharsis?

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☐ It can lead to burnout

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☐ It can lead to uncomfortable feelings

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☐ People can dwell in the strong feelings it engenders

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☐ It doesn't actually exist

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