



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

March/April 2019 The Missing Piece: Embracing a More Embodied Psychotherapy

Post Test/Evaluation Form

Price for CE Certificate: \$35

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PERSONS interested in receiving credit may print this form, complete and return with a payment of \$35 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.**

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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):	
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? Analyze Dana's view of how Polyvagal Theory can inform therapy.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Appraise Levine's perspective on using a body-oriented approach to treat trauma.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Conclude how the expressive arts can be integrated into therapy.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Post Test

In Consultation - Page 15) Which is not one of the four types of rejoinders the author offers?

☐ Affirming

☐ Hidden hints and humor

☐ Active ignoring

☐ Asking questions

In Consultation - Page 15) The author warns that these strategies are not sufficient or appropriate in all situations that involve verbal bullying.

☐ True

☐ False

The Touch Taboo- Page 18) Which is not one of the three levels on the autonomic nervous system ladder?

☐ Ventral vagal

☐ Dorsal vagal

☐ Dopamine vagal

☐ Sympathetic

The Touch Taboo- Page 18) Neuroception describes the way our autonomic nervous system scans for cues of safety, danger, and life threat without involving the thinking parts of our brain.

☐ True

☐ False

Interview with Peter Levine- Page 26) Levine says the underlying sensation with suppressed anger is often a tension in the:

☐ Feet and hands

☐ Back and torso

☐ Jaw, neck, and arms

☐ Legs and stomach

Interview with Peter Levine- Page 26) Which is not one of the things Levine says an SE therapist needs to be able to do?

☐ Read postures

☐ Read facial expressions, color changes, and micromovements

	<input type="radio"/> Be flexible in the hips and legs <input type="radio"/> Pay close attention to their own body
Character Work- Page 34) O'Connell notes that in therapy, as in acting, his body can serve as:	<input type="radio"/> A disguise <input type="radio"/> An emotional tuning fork <input type="radio"/> A relational vortex <input type="radio"/> A lie detector
Character Work- Page 34) The author's acting training helps him find creative ways to:	<input type="radio"/> Use role-play in every session <input type="radio"/> Speak in a deep voice <input type="radio"/> Join clients in their emotional subjectivity <input type="radio"/> Identify beneficial movies for clients
Killing the Spark- Page 40) Malchiodi's purpose in inviting clients to color on the body outline is to place meaning on what's drawn.	<input type="radio"/> True <input type="radio"/> False
Killing the Spark- Page 40) The Expressive Therapy Continuum encompasses which three levels?	<input type="radio"/> Lower brain, limbic brain, higher brain <input type="radio"/> Feet, hands, head <input type="radio"/> Past, present, future <input type="radio"/> Drawing, dancing, playing
Killing the Spark- Page 40) Which is not one of the functions Malchiodi says music can serve in therapy?	<input type="radio"/> Expanding a client's culture lens <input type="radio"/> Anchoring clients in the moment <input type="radio"/> Supporting the connection between the therapist and client <input type="radio"/> Bringing a sense of vitality and energy into the body
Case Study- Page 61) To start work with Caleb and Alyssa, Wachtel focused on building on strengths by:	<input type="radio"/> Pointing out the strengths of her own marriage <input type="radio"/> Praising Alyssa for getting Caleb into therapy <input type="radio"/> Joining Caleb in his view that he did a lot of things right <input type="radio"/> Homing in on legacy issues
Case Study- Page 61) Wachtel explains the concept of splitting to show that when some people are angry, they:	<input type="radio"/> Have trouble holding on to the "whole" person they love <input type="radio"/> Need to excise the trigger <input type="radio"/> Need to be mindful of split infinitives <input type="radio"/> Need to set time limits on arguments
Point of View- Page 65) In Harris's clinic, the first course of action with children scoring high on ACEs is:	<input type="radio"/> Calling child protective services <input type="radio"/> Referring them to a mindfulness class <input type="radio"/> Helping the parents understand how stress is affecting their child <input type="radio"/> Helping them develop better sleep habits with CBT
Point of View- Page 65) When treating young clients facing adversity, medical doctors and therapists should work together because:	<input type="radio"/> Adversity affects developing brains, hormones, and immune systems <input type="radio"/> Families won't trust one without the other

-
- ☐ It's harder for medical doctors to understand emotional cues
-
- ☐ Therapists could inadvertently exacerbate medical issues
-