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**November/December 2018 A New Generation of Clients: Is
Therapy Keeping Pace?**

Post Test/Evaluation Form
Price for CE Certificate: \$35

MGT095620

10/31/2018

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.**

For office use only

Rcvd _____
Graded _____
Cert Mailed _____

CE Fee: \$35 (Rush Processing Fee: \$10) Total to be charged: _____

Credit Card Information

Credit Card Number

Expiration Date

Security Code*

Name on Card (Please print)

Authorized Signature

***MC/VISA/Discover:** 3 digits on signature panel on back of card
American Express: 4 digits above account # on face of card

Contact Information (Please Print)

Last Name

First Name

Middle Initial

Address

City

State

Zip

Email

Daytime Phone

Fax

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	
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Was this objective met? Analyze Matz's view of the benefits of the HAES approach in therapy.	<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? Appraise Taffels perspective on how millennials have changed the traditional norms of therapy.	<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 the way Lyons approached the treatment of anxiety with young clients and their families.	<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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In Consultation - Page 17) According to Matz, HAES-informed therapists:	<input type="radio"/> Focus mainly on BMI
	<input type="radio"/> Support all people in taking care of their bodies without causing harm
	<input type="radio"/> Help people stick to restrictive diets
	<input type="radio"/> Prioritize weight over well-being
In Consultation - Page 17) Which is not an element of the HAES approach?	<input type="radio"/> Learn to eat in accordance with hunger and satiety cues
	<input type="radio"/> Diet only when in therapy twice a week
	<input type="radio"/> Do physical activity for pleasure and health benefits
	<input type="radio"/> Understand broader social-justice issues related to body size
In Consultation - Page 17) Adults with greater body satisfaction across the weight spectrum report more positive health behaviors and have better health statuses.	<input type="radio"/> True
	<input type="radio"/> False
No More "Same Old"- Page 22) Which is not one of the ways Taffel says millennials are challenging therapy norms?	<input type="radio"/> They often demand advice
	<input type="radio"/> They ask about the therapist's personal life
	<input type="radio"/> They offer insight into their lives through social media posts and music links
	<input type="radio"/> They ask for therapy coupons
No More "Same Old"- Page 22) Given the noise of contemporary life, therapists need to do what for their millennial clients?	<input type="radio"/> Learn how to stay remembered between sessions
	<input type="radio"/> Set limits and be more parental
	<input type="radio"/> Try walking with them in nature
	<input type="radio"/> Teach mindfulness skills above all else

No More "Same Old"- Page 22) Taffel regards technology in therapy as:	<input type="radio"/> A distraction <input type="radio"/> An invaluable component <input type="radio"/> A necessary evil <input type="radio"/> A source of addiction
No More "Same Old"- Page 22) Taffel sees his somatic countertransference responses to his clients' substance use as:	<input type="radio"/> A product of his own upbringing <input type="radio"/> An indicator that he needs more self-care <input type="radio"/> A way to create interpersonal immediacy and monitor unspoken undercurrents <input type="radio"/> A byproduct of a bad therapy relationship
Bumps in the Road- Page 37) Lyons helps her young clients and their families understand that:	<input type="radio"/> They should try to avoid uncertainty <input type="radio"/> Their task is to become familiar with the process of worry <input type="radio"/> The content of their worry is the real issue <input type="radio"/> Anxiety abates when kids leave for college
Bumps in the Road- Page 37) When Lara returned to therapy after one year of college, they framed her symptoms as:	<input type="radio"/> A bad breakup with her future plans <input type="radio"/> A sign she needed to try different meds <input type="radio"/> Her body's way of saying no to college <input type="radio"/> An inconvenience she should ignore
Bumps in the Road- Page 37) Lyons wants to help Lara build a new pattern of seeking support given the bumps of increasing autonomy and adult decisions.	<input type="radio"/> True <input type="radio"/> False
Listening to Millennial Voices- Page 44) Which issue with her client Kat does Straus come to believe is generational?	<input type="radio"/> Nihilism <input type="radio"/> Tyranny of choice <input type="radio"/> Parental relationships <input type="radio"/> Video game usage
Listening to Millennial Voices- Page 44) Which is not one of the ways Straus adjusts treatment with Kat?	<input type="radio"/> Diving more sensitively into the worst-case scenarios <input type="radio"/> Working harder to help her tolerate self-doubt and uncertainty <input type="radio"/> Breaking decisions down into smaller steps <input type="radio"/> Bringing her parents in for a family session
Listening to Millennial Voices- Page 44) One thing Straus has stopped doing with Amelia is:	<input type="radio"/> Reassuring her that "it will get better" <input type="radio"/> Asking her about her financial situation <input type="radio"/> Showing her videos of bands <input type="radio"/> Recommending self-help books
Case Study- Page 61) The author wanted to help Jessica see her introversion as:	<input type="radio"/> A good reason to move back home <input type="radio"/> The sole source of her school failure <input type="radio"/> Something worth cherishing, rather than a problem to be fixed <input type="radio"/> A pattern of behaviors that can be changed if she's motivated
Point of View- Page 67) According to DePaulo, single people are often:	<input type="radio"/> Marginalized, stigmatized, and stereotyped

☐ Unhappy solely because they're single

☐ Isolated without secure attachments

☐ Fairly represented in research studies
