



PO Box 1000  
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## September/October 2018 Psychedelics: The Future of Talk Therapy?

MGT095619

8/31/2018

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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	
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Was this objective met? Appraise Gitlin's view of addressing "doorknob moments" to advance therapy with clients.	<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? Investigate the current research about the applications and risks of MDMA-assisted 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 Lender's use of attachment-based games to improve client engagement.	<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) Gitlin frames end-of-session "bombshells" as:	<input type="radio"/> Signs therapy should be terminated
	<input type="radio"/> Ambushes that should be avoided
	<input type="radio"/> Inevitable and useful in preventing stagnation
	<input type="radio"/> Valid reasons to run over time
In Consultation - Page 17) One way Gitlin suggests responding to a doorknob moment is:	<input type="radio"/> Offering an extra session later in the week
	<input type="radio"/> Canceling the next client to address it in the moment
	<input type="radio"/> Charging an extra fee if it happens again
	<input type="radio"/> Ignoring it to defuse the situation
In Consultation - Page 17) Which is not one of the bombshell variations Gitlin addresses?	<input type="radio"/> The personal attack
	<input type="radio"/> The pseudo emergency
	<input type="radio"/> The fluff up
	<input type="radio"/> The heist
Therapy's Psychedelic Renaissance- Page 20) Which is not true of MDMA?	<input type="radio"/> It releases serotonin and dopamine
	<input type="radio"/> It quiets the amygdala
	<input type="radio"/> It amplifies the higher processing of the prefrontal cortex
	<input type="radio"/> It prevents access to traumatic memories later on
Therapy's Psychedelic Renaissance- Page 20) The protocol for MDMA-assisted therapy does not involve:	<input type="radio"/> Preparatory and integration sessions
	<input type="radio"/> Two therapists sitting for the length of the MDMA session

	<input type="radio"/> Weekly 50-minute MDMA sessions for up to one month <input type="radio"/> A prescribing doctor
Therapy's Psychedelic Renaissance- Page 20) Psychedelics are rated markedly safer in harm comparisons with drugs like cocaine, heroin, alcohol, and marijuana.	<input type="radio"/> True <input type="radio"/> False
Inside the Ayahuasca Experience- Page 33) Maté says the visions ayahuasca brings are always soothing and joyful in the moment.	<input type="radio"/> True <input type="radio"/> False
Inside the Ayahuasca Experience- Page 33) Maté sees the ayahuasca experience as primarily one of:	<input type="radio"/> Inquiry <input type="radio"/> Extreme dissociation <input type="radio"/> Tuning out <input type="radio"/> Dream hunting
Inside the Ayahuasca Experience- Page 33) According to Maté, ayahuasca is not contraindicated for:	<input type="radio"/> People with a history of psychosis <input type="radio"/> People with a history of mania or severe fragmentation <input type="radio"/> Recent drug users no longer in withdrawal <input type="radio"/> Active drug users
Learning to Bear the Unbearable- Page 26) Neuroscience studies have shown that mindfulness and self-reflection are only helpful to heal trauma if accompanied by:	<input type="radio"/> An antidepressant <input type="radio"/> An altered mind state <input type="radio"/> Self-compassion <input type="radio"/> A group-processing experience
Learning to Bear the Unbearable- Page 26) Van der Kolk states that MDMA is the only way to get to a deep state of self-observation and self-awareness in therapy.	<input type="radio"/> True <input type="radio"/> False
Chronic Pain Reconsidered- Page 41) Which is not one of the three lessons Schubiner learned?	<input type="radio"/> Not all injuries cause pain <input type="radio"/> Not all pain is due to an injury <input type="radio"/> Pain is a neural pathway that can be activated by triggers <input type="radio"/> Pain always has a structural cause
Chronic Pain Reconsidered- Page 41) Schubiner argues that techniques used in standard pain psychology are enhanced when the goal is to manage pain better, rather than eliminate it completely.	<input type="radio"/> True <input type="radio"/> False
Case Study- Page 53) To challenge Elaine's belief that Natasha might be "faking it" at home, Lender:	<input type="radio"/> Shows her a video clip from a previous session <input type="radio"/> Confronts Natasha in the next session <input type="radio"/> Offers a worksheet to challenge thought distortions <input type="radio"/> Uses self-disclosure
Point of View- Page 59) For saving her life, Jamison credits her therapist and:	<input type="radio"/> Lithium <input type="radio"/> SSRIs <input type="radio"/> CBT

