



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

**July/August 2018 When Depression Comes Back: Going
Beyond the Limits of Therapy**

Post Test/Evaluation Form

Price for CE Certificate: \$35

MGT095618

6/30/2018

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

Was this objective met? Appraise Wachtel's perspective on addressing individual issues in couples 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? Assess Grodzki's view of the clinical implications of bringing coaching elements into 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? Analyze Muñoz's view of boundary setting as it relates to clinical treatment.	<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

In Consultation - Page 15) In her approach, Wachtel tells clients that in a good relationship:	<input type="radio"/> Conflicts don't get in the way of lovemaking
	<input type="radio"/> Decision-making is like a healthy workout
	<input type="radio"/> Old issues remain in the past
	<input type="radio"/> You don't have to work on your problems entirely on your own
In Consultation - Page 15) Wachtel frames the often unarticulated emotions and beliefs carried into relationships as:	<input type="radio"/> Good reasons for individual therapy
	<input type="radio"/> Shadows
	<input type="radio"/> Legacy issues
	<input type="radio"/> Quicksand
In the Shadow of Depression- Page 18) Research has linked individuals' recurrent depression with co-occurring disorders in relatives, including anxiety and addiction.	<input type="radio"/> True
	<input type="radio"/> False
In the Shadow of Depression- Page 18) Pessimism, clinically termed "a negative cognitive style," is:	<input type="radio"/> A fixed entity
	<input type="radio"/> A risk factor for depression onset and recurrence
	<input type="radio"/> Not a treatable condition
	<input type="radio"/> A form of healthy critical thinking
The New Psychiatry- Page 32) The stages of Emmons's path from depression to joy are:	<input type="radio"/> Cultivate, empower, activate
	<input type="radio"/> Nourish, move, awaken
	<input type="radio"/> Envision, construct, energize
	<input type="radio"/> Connect, restore, heal

The New Psychiatry- Page 32) Emmons sees depression as having which three subtypes?	<input type="radio"/> Angry mood, pessimistic mood, depleted mood <input type="radio"/> Callous mood, edgy mood, indifferent mood <input type="radio"/> Anxious mood, agitated mood, sluggish mood <input type="radio"/> Isolated mood, irritated mood, cold mood
Translating Coaching into Therapy- Page 40) Grodzki believes the coaching element of collaborative partnership can:	<input type="radio"/> Irreversibly damage therapeutic gains <input type="radio"/> Be a threat to the goal of therapists <input type="radio"/> Be incorporated into therapy with every client <input type="radio"/> Reduce the friction of hierarchy and promote fast behavioral change
Translating Coaching into Therapy- Page 40) An aspect of coaching that Grodzki brings into therapy is working:	<input type="radio"/> At a distance <input type="radio"/> Close in <input type="radio"/> Neutrally <input type="radio"/> Without boundaries
Translating Coaching into Therapy- Page 40) Grodzki advocates taking more of a leadership role in shaping session agendas and structure.	<input type="radio"/> True <input type="radio"/> False
Translating Coaching into Therapy- Page 40) With a coaching approach to therapy, the focus of addressing negative transference is on:	<input type="radio"/> Exploring unconscious resistance to therapy <input type="radio"/> Encouraging an expression of feelings <input type="radio"/> Promoting insight and affect <input type="radio"/> Action and a future-forward direction of problem solving
Translating Coaching into Therapy- Page 40) According to the author, it's fine to switch roles to go from a client's therapist to coach.	<input type="radio"/> True <input type="radio"/> False
Case Study- Page 51) To help Sophia offset her people-pleasing tendency in therapy, Muñoz guides her to:	<input type="radio"/> Close her eyes and drop down to connect with her embodied experience <input type="radio"/> Pretend she's a small fish in a big ocean <input type="radio"/> Stand up every time she focuses on Muñoz's reactions to her <input type="radio"/> Be stricter with the child part of herself
Case Study- Page 51) For the adult Sophia to feel more entitled to set boundaries, it was critical to:	<input type="radio"/> Process her ambivalence about marriage <input type="radio"/> Have at least one session with her mother <input type="radio"/> Start practicing mindfulness <input type="radio"/> Reconnect with the emotional reality of the child she'd once been
Point of View- Page 57) The exercise Stevenson asks people to do for two minutes involves:	<input type="radio"/> The body and the memory <input type="radio"/> Reading racial literature <input type="radio"/> Talking about current events with a coworker <input type="radio"/> Imagining ways to avoid racial conflict
Point of View- Page 57) Which is not a part of racial literacy?	<input type="radio"/> Learning to read racial encounters

-
- ☐ Using tools like mindfulness to loosen the tension within you
-
- ☐ Knowing why you react the way you do
-
- ☐ Knowing how to change someone's mind
-