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March/April 2018 A Gift of Time? : Facing the Challenges and New Possibilities of Aging

Post Test/Evaluation Form

Price for CE Certificate: \$35

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2/28/2018

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.**

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

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***MC/VISA/Discover:** 3 digits on signature panel on back of card
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First Name

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Address

City

State

Zip

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Daytime Phone

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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? Investigate Altman's perspective on effectively engaging clients with practices.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Appraise Lerner's view of a good apology.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Analyze Nelson's ideas about second adolescence.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Post Test

In Consultation - Page 17) Which of the following is not one of Altman's four steps to helping clients master practices?

☐ Priming and preparing the client

☐ Changing the client's learning style

☐ Slowing the pace

☐ Providing detailed instructions for repetition and mastery

In Consultation - Page 17) Altman says that priming and preparing a client to receive a handout:

☐ Should be avoided if the client has experienced trauma

☐ Is unrelated to its successful implementation

☐ Is most effective when you understand a client's history

☐ Should only be done outside of sessions

In Consultation - Page 17) Altman suspects his client Kristy didn't complete her CBT worksheets because:

☐ She didn't have any self-discipline

☐ He'd forced his own preferred verbal-linguistic learning style on her

☐ She didn't trust him as a therapist

☐ He didn't evaluate her literacy level first

In Consultation - Page 17) Altman believes clients best integrate practice into daily life by:

☐ Setting an ideal time and place

☐ Walking in nature

☐ Recruiting the help of an online community

☐ Focusing for three full hours each day

The Power of Apologizing- Page 44) According to Lerner, we're all apology challenged because:

☐ Earlier generations avoided them

☐ Apologies rarely result in forgiveness

	<input type="radio"/> We're wired for defensiveness and to protect our favored image of ourselves <input type="radio"/> Most people don't deserve an apology
The Power of Apologizing- Page 44) Lerner says the public apologies making headlines differ from private ones in that they're not intended to heal a relationship, mend fences, or rebuild trust.	<input type="radio"/> True <input type="radio"/> False
The Power of Apologizing- Page 44) Lerner warns that apologizing for serious harm is usually:	<input type="radio"/> Ineffective if a lot of time has passed <input type="radio"/> Best attempted over the phone first <input type="radio"/> Best undertaken with a lawyer present <input type="radio"/> A long-distance run that takes courage
Case Study- Page 53) According to Nelson, people in a second adolescence who are also in a long-term partnership will often:	<input type="radio"/> Buy a new car <input type="radio"/> Question their gender identity <input type="radio"/> Project a parental role onto their partner <input type="radio"/> Develop gritty new musical tastes
Case Study- Page 53) Nelson says that many men who experience a drop in testosterone in midlife may:	<input type="radio"/> Be wise to consider hormone injections <input type="radio"/> Feel uncomfortable with their newly emotional reactions to things <input type="radio"/> Sleep better than before <input type="radio"/> Start asking for directions more often
Case Study- Page 53) Nelson argues her job as a therapist is to help people going through a second adolescence:	<input type="radio"/> Preserve their marriages at all costs <input type="radio"/> Engage in as much childlike fun as possible <input type="radio"/> Identify and voice confusing emotions <input type="radio"/> Go back to school
Case Study- Page 53) Nelson suggests that men in second adolescence feel unsure about who they want to be because:	<input type="radio"/> They've compartmentalized their dreams over time <input type="radio"/> Their sense of competition is waning <input type="radio"/> They're too old to imagine new goals <input type="radio"/> Their memories aren't great
Point of View- Page 59) When clients have trouble sharing stories of difficult experiences in the first person, Malchiodi has found:	<input type="radio"/> It's best to move on to less stressful topics <input type="radio"/> It's safe for them to tell them in the third person <input type="radio"/> It helps to talk into a recorder <input type="radio"/> It helps to have them enunciate each word
Point of View- Page 59) Art therapy is mainly relevant for children and artists with natural talent.	<input type="radio"/> True <input type="radio"/> False
Point of View- Page 59) Malchiodi thinks the popularity of adult coloring books for the general public is a sign that:	<input type="radio"/> A lot of people need to self-regulate <input type="radio"/> Art therapy has made its mark in the larger culture <input type="radio"/> Adults miss the aimless freedom of childhood

☐ People need the experience of coloring inside the lines

Point of View- Page 59) The art therapy community sees healing occurring in relationship, not with an inanimate object.

☐ True

☐ False
