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January/February 2018 Not Your Grandfather's Therapy

MGT095615

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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

Was this objective met? Appraise Wachtel's perspective on leveraging positives in couples' therapy.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Analyze Lender's view of the benefits of harnessing the social engagement system in therapy.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Investigate Wartski's method for working with binge eating disorder.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Post Test

In Consultation - Page 17) Wachtel's first goal in an initial couples therapy session is to focus on:

☐ The behaviors that fuel disconnection

☐ The unfulfilled fantasies of the hurt partner

☐ What used to be good in the relationship and what might still be okay

☐ Family histories and past relationships

In Consultation - Page 17) In statements where the main points are anger and hurt, Wachtel looks for:

☐ Cries for help

☐ Elements of shame

☐ Traces of trauma

☐ Implicit positives

In Consultation - Page 17) When couples leave her office, Wachtel says she wants them to remember:

☐ Nuggets of praise

☐ That therapy is a slow process

☐ That neither partner is at fault for the crisis

☐ Their homework assignments

Therapy and Transformation- Page 23) Doherty claims that the more you make transformation your goal, the more value-based and nonobjective you are.

☐ True

☐ False

Tuning into Attunement- Page 31) Effectively using voice prosody:

☐ Body language

☐ Is only relevant to actors on stage

☐ Organizes and calms the listener's nervous system

☐ Only works for babies

Tuning into Attunement- Page 31) Lender says using a resonant voice can convince people that you understand the intensity of their feeling.

☐ True

	<input type="radio"/> False
Tuning into Attunement- Page 31) Lender argues that which of the following facial expressions evokes positive social states?	<input type="radio"/> Having a focused, curious look in your eyes <input type="radio"/> Closing your eyes <input type="radio"/> Pursing your lips <input type="radio"/> Having a “say cheese” smile
Consensual Nonmonogamy- Page 38) Nichols argues that CNM can be an option for some couples who experience sexual incompatibilities in their relationship.	<input type="radio"/> True <input type="radio"/> False
Consensual Nonmonogamy- Page 38) No matter what type of CNM a couple practices, Nichols says a critical feature is to maintain:	<input type="radio"/> A “don’t tell the children” policy <input type="radio"/> Separate bank accounts <input type="radio"/> Strict rules for posting about it online <input type="radio"/> A sense of trust and security in the primary couple
Consensual Nonmonogamy- Page 38) According to Nichols, the practice of CNM:	<input type="radio"/> Isn’t new and has a history in cultures around the world <input type="radio"/> Is a new idea unique to Millennials <input type="radio"/> Shouldn’t be recommended in therapy <input type="radio"/> Is right for every couple
Case Study- Page 57) According to Wartski, many people suffering from BED don’t get the help they need because:	<input type="radio"/> There are no therapeutic interventions to address it <input type="radio"/> They’re often embarrassed about their bodies and eating habits <input type="radio"/> They don’t realize they have a problem <input type="radio"/> BED isn’t as prevalent as bulimia or anorexia
Case Study- Page 57) Wartski argues that when treating BED, we should help clients focus mostly on:	<input type="radio"/> Overall wellness <input type="radio"/> The numbers on the scale at weigh-ins <input type="radio"/> Ways to shift the culture conversation around weight-loss surgery <input type="radio"/> Maintaining a specific diet
Case Study- Page 57) What behavioral change did Wartski recommended Diane try?	<input type="radio"/> Riding a stationary bike at work <input type="radio"/> Conjuring images of her father before eating <input type="radio"/> Slowing down her eating and chewing mindfully <input type="radio"/> Sticking to low-fat, low carb foods
Case Study- Page 57) Which of the following is not one of the risk factors for BED?	<input type="radio"/> Genetics <input type="radio"/> Dieting at an early age <input type="radio"/> Affective disorders <input type="radio"/> Sexual dysfunction
Point of View- Page 63) According to Milburn, minimalism is really about:	<input type="radio"/> Getting rid of all material possessions <input type="radio"/> Living with a minimal carbon footprint <input type="radio"/> Making room for relationships and experiences

☐ Realizing that happiness only comes after a significant loss
