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September/October 2017 The Future of Couplehood: Esther  
Perel Is Expanding the Conversation

MGT095613

8/31/2017

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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? Assess Real's ideas view of traditional gender roles for couples.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Analyze the Gottmans' perspective on the need for scientific inquiry in couples therapy.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Appraise Lender's approach to using play in therapy with children.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

## Post Test

In Consultation - Page 19) Green argues that compared with clinical work, sport psychology:

☐ Is more lucrative but less rewarding

☐ Confines clinicians to working with adults

☐ Usually involves more short-term, solution-focused therapy

☐ Draws on only one therapeutic approach

In Consultation - Page 19) Which is not true of Greene's sport psychology work?

☐ He draws on his clinical training in CBT and ACT

☐ He only sees clients in his therapy office

☐ He utilizes DBT's distress-tolerance skills

☐ He uses mindfulness to help clients with "mind chatter"

The Long Shadow of Patriarchy- Page 34) Which is not true of Real's view of traditional masculine habits?

☐ They build resilience in children

☐ They hurt men's physical health

☐ They produce the least happy marriages

☐ They hurt men's psychological health

The Long Shadow of Patriarchy- Page 34) Real believes one of the greatest unseen motivators in human psychology is a compulsion of the feminine side to protect the disowned fragility of the masculine side.

☐ True

☐ False

The Long Shadow of Patriarchy- Page 34) In working with Bill, Real recommends he find a "compass" by modeling himself as a:

☐ Stoic protector

☐ Staunch feminist

☐ Generous gentleman

☐ Compassionate witness

The Science of Togetherness- Page 42) During conflict interactions, which positive-to-negative affect ratio is considered healthy?	<input type="radio"/> 5 to 1 or higher <input type="radio"/> 2 to 1 <input type="radio"/> 1 to 1 or less <input type="radio"/> 4 to 3
The Science of Togetherness- Page 42) In their Love Lab studies, the Gottmans found the two most powerful repair approaches were:	<input type="radio"/> Offering compliments and giving gifts <input type="radio"/> Taking breaks and acknowledging self-worth <input type="radio"/> Using gentle touch and a confident tone <input type="radio"/> Beginning the conversation gently and taking responsibility
The Science of Togetherness- Page 42) The authors' studies concluded that unhappy couples get stuck in negative absorbing states because of:	<input type="radio"/> The failure of repair attempts <input type="radio"/> Too much focus on sex <input type="radio"/> Failed bids for apologies <input type="radio"/> Stonewalling
The Science of Togetherness- Page 42) The authors argue that the only way to know if a client is physiologically flooded is to:	<input type="radio"/> Look for sweating and shortness of breath <input type="radio"/> Use a pulse oximeter <input type="radio"/> Observe when they're fidgety <input type="radio"/> Ask them
Daring to Play- Page 48) Sandy was able to connect with Timmy because she:	<input type="radio"/> Mirrored his body language <input type="radio"/> Matched his vocal tone <input type="radio"/> Role-played with him <input type="radio"/> Used gentle touch and a sing-songy voice
Daring to Play- Page 48) Primary play works by:	<input type="radio"/> Appealing to the developmentally younger levels of the brain <input type="radio"/> Engaging the neocortex <input type="radio"/> Circumventing the limbic brain <input type="radio"/> Counteracting the child's need for control
Daring to Play- Page 48) Which is not true of the physical play that children crave?	<input type="radio"/> It involves body contact <input type="radio"/> It helps them expand and manage positive feelings <input type="radio"/> It's too stimulating to be used in therapy <input type="radio"/> It helps them counteract negative emotions
Case Study- Page 61) The author tells parents that a child's respect is always:	<input type="radio"/> Bestowed <input type="radio"/> Extracted <input type="radio"/> Expected <input type="radio"/> Unconditional
Case Study- Page 61) The author encourages Donna to approach Jack with a sense of:	<input type="radio"/> Authority <input type="radio"/> Confidence <input type="radio"/> Curiosity <input type="radio"/> Caution

Point of View- Page 67) According to Mithoefer, MDMA is helpful with communication because it:

- ☐ Increases activity in the amygdala
- ☐ Helps humans experience others in a less negative way
- ☐ Suppresses serotonin
- ☐ Mimics the effects of LSD