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Sept/Oct 2016: **Courage in Everyday Life: An Interview with Brené Brown**

MGT095607

8/31/2016

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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? Analyze Brown's perspective on shame and vulnerability.	<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 Ferentz's approach to post-traumatic growth.	<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 Armstrong's view on seeing her clients' symptoms as strengths.	<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) Couples can use acupoint tapping:	<input type="radio"/> Only in the presence of a therapist
	<input type="radio"/> To intuit what each other is thinking
	<input type="radio"/> During a therapy session and as a tool at home
	<input type="radio"/> None of the above
In Consultation - Page 15) According to the author, tapping can:	<input type="radio"/> Reduce limbic system arousal
	<input type="radio"/> Heal unresolved attachment wounds
	<input type="radio"/> Be adapted into any clinical approach
	<input type="radio"/> All of the above
Brené Brown Interview- Page 23) According to Brown, one of the main shame triggers for therapists is the fear of:	<input type="radio"/> Not being perceived as good enough by other therapists
	<input type="radio"/> Oversharing dreams with clients
	<input type="radio"/> Running into clients outside of sessions
	<input type="radio"/> None of the above
Brené Brown Interview- Page 23) People who take part in The Daring Way are asked to create what's called:	<input type="radio"/> Emotion diagrams
	<input type="radio"/> Strength charts
	<input type="radio"/> Assessment badges
	<input type="radio"/> Shame art
Brené Brown Interview- Page 23) Brown's team believes that a big part of what makes therapy work is:	<input type="radio"/> Choosing the right interventions
	<input type="radio"/> The client seeing the therapist as a person who also intimately knows shame and vulnerability
	<input type="radio"/> Clear boundaries being set for every session

	<input type="radio"/> None of the above
Transcending Trauma- Page 26) In working with Marisa, Ferentz began to see her client's symptoms as:	<input type="radio"/> Confounding beyond measure
	<input type="radio"/> Creative lifesaving measures
	<input type="radio"/> Trapdoors for the therapy
	<input type="radio"/> None of the above
Transcending Trauma- Page 26) Initially, Ferentz wondered if she could focus on her clients' strengths and still find a way to:	<input type="radio"/> Honor the legitimacy of their horrific trauma
	<input type="radio"/> Keep them grounded and respectful
	<input type="radio"/> Convince them of their diagnoses
	<input type="radio"/> All of the above
Transcending Trauma- Page 26) Ferentz's clients were simultaneously struggling and growing, and in many cases, their growth:	<input type="radio"/> Resulted in a host of new symptoms
	<input type="radio"/> Occurred in a kind of hypnotic state
	<input type="radio"/> Seemed to be the byproduct of that struggle
	<input type="radio"/> None of the above
Hiding in Plain Sight- Page 32) In their first session, Armstrong eased Monique's panic attack by having her:	<input type="radio"/> Try mindful breathing
	<input type="radio"/> Jog around a track
	<input type="radio"/> Draw a picture of her symptoms
	<input type="radio"/> None of the above
Hiding in Plain Sight- Page 32) After hearing about Monique's traumatic experience, Armstrong:	<input type="radio"/> Focused on the part of the story where she escaped
	<input type="radio"/> Referred her to a colleague
	<input type="radio"/> Expressed her own feelings of helplessness
	<input type="radio"/> None of the above
Hiding in Plain Sight- Page 32) Armstrong helps her clients see their symptoms as:	<input type="radio"/> Textbooks
	<input type="radio"/> Terrorists
	<input type="radio"/> Wildflowers
	<input type="radio"/> Allies
Case Study- Page 51) The beginning stage of ED treatment is focused on:	<input type="radio"/> Turning the weight-loss trend around
	<input type="radio"/> Disrupting negative behavioral routines
	<input type="radio"/> Stabilizing physical well-being
	<input type="radio"/> All of the above
Case Study- Page 51) It would've been premature to start Ashley's treatment with exploration because:	<input type="radio"/> Slow starvation reduces the ability to address emotionally charged issues
	<input type="radio"/> She was too young to know how she felt
	<input type="radio"/> Her parents needed time to think
	<input type="radio"/> None of the above
Case Study- Page 51) In terms of body image, the most meaningful intervention for Ashley was responding to the question:	<input type="radio"/> What is my body capable of?
	<input type="radio"/> What is my ideal image of myself?
	<input type="radio"/> How can I make myself stronger?
	<input type="radio"/> None of the above

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- Point of View- Page 57) According to Duhigg, the Golden Rule of Habit Change is:
- ☐ Do unto your habits as you'd do unto others' habits
 - ☐ You can't extinguish a bad habit, you can only change it
 - ☐ Bad habits are good ones in the making
 - ☐ None of the above
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