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Sep/Oct 2015: Self-Compassion: Self-Indulgence or Self-Healing?

MGT095600

8/31/2015

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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):	
<i>REQUIRES WRITTEN RESPONSE *</i>	
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
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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? Analyze Schwartz's Internal Family Systems model and the work of integrating parts into a unified Self.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Was this objective met? Appraise Germer's approach to self-compassion.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Was this objective met? Evaluate each of Neff's five myths about self-compassion.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Post Test

In Consultation - Page 15) Bringing a problem into the play zone helps children and parents lighten up, which:

increases parents' ability to set effective limits

increases children's ability to cooperate with rules

increases children's ability to manage aggression

all of the above

Facing Our Dark Sides - Page 18) According to Schwartz, genuine self-compassion is a journey into the multiple parts of yourself in order to:

learn how to avoid them

keep them separate from the Self

make friends with those parts on the deepest level

none of the above

Facing Our Dark Sides - Page 18) Schwartz believes that one of the main obstacles to self-compassion is that:

therapists don't practice it themselves

the idea is too vague

humans are incapable of true self-compassion

none of the above

Facing Our Dark Sides- Page 18) Schwartz's IFS model helps us separate the chatter of our usual protective defenses and:

negotiate among our parts so the Self can begin to emerge

translate the language of the chatter

make it easier to understand clients

all of the above

Inside the Heart of Healing - Page 24) Early in his work, Germer realized that the emphasis in CBT was shifting from a fix-it agenda to:

an "already fixed" agenda

helping clients cultivate a more hospitable relationship to their thoughts and feelings

	<input type="radio"/> helping clients focus on what they don't want to feel <input type="radio"/> none of the above
Inside the Heart of Healing - Page 24) According to Germer, self-compassion means:	<input type="radio"/> treating ourselves with more care and kindness than we treat others <input type="radio"/> pitying ourselves at all times <input type="radio"/> treating ourselves with the same kindness and understanding with which we'd want to treat someone we truly love <input type="radio"/> none of the above
Inside the Heart of Healing - Page 24 Germer's approach focuses more on making space for pain and less on a compassionate response to it.	<input type="radio"/> True <input type="radio"/> False
The Five Myths of Self-Compassion - Page 30) According to Neff, one of the biggest myths about self-compassion is that it means feeling sorry for yourself.	<input type="radio"/> True <input type="radio"/> False
The Five Myths of Self-Compassion - Page 30) Researchers are discovering that self-compassion is:	<input type="radio"/> easy to attain and maintain <input type="radio"/> one of the most powerful sources of coping and resilience available to us <input type="radio"/> not as powerful as they once believed <input type="radio"/> none of the above
The Five Myths of Self-Compassion - Page 30) Neff believes that self-esteem requires feeling better than others, whereas self-compassion requires:	<input type="radio"/> feeling worse than others <input type="radio"/> feeling nothing at all <input type="radio"/> acknowledging that we share the human condition of imperfection <input type="radio"/> none of the above
Case Study - Page 53) At the core of eating problems is a disconnect from:	<input type="radio"/> the reality of being overweight <input type="radio"/> the internal, physical cues of hunger and satiation <input type="radio"/> overwhelming emotions <input type="radio"/> none of the above
Case Study - Page 53) In Matz's AIM approach, 'M' stands for:	<input type="radio"/> mindfulness <input type="radio"/> meaningfulness <input type="radio"/> manageability <input type="radio"/> magnification
Point of View - Page 59) The growth mindset isn't just convincing someone they're good, talented, and worthy, but:	<input type="radio"/> reminding them they've always been that way <input type="radio"/> teaching them how to continue to be that way <input type="radio"/> showing them that the things that happen are opportunities for growth <input type="radio"/> all of the above
Point of View - Page 59) Carol Dweck's research has shown how praising intelligence creates:	<input type="radio"/> strong, competent people <input type="radio"/> people devoid of resilience and motivation <input type="radio"/> frightened, wishy-washy people <input type="radio"/> none of the above

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- Bookmarks - Page 63) Focusing only on a positive outcome in the future can:
- belittle the pain and suffering in the past and present

 - provide hope to someone who feels hopeless

 - create a feeling of strength

 - none of the above
