



PO Box 1000
Eau Claire, WI 54702
(888) 851-9498

September/October 2021: Who Heals the Healers?: How Our Struggles Shape Our Practice

MGT095637

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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
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I have gained knowledge today that will enhance my skills and/or abilities.	<input type="radio"/> Yes
	<input type="radio"/> No
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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
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	<input type="radio"/> No

Objectives

Was this objective met? Evaluate Turner's use of ACT in treating OCD

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Was this objective met? Apply Nelson's approach to desire discrepancy

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Was this objective met? Assess Lender's approach to using EMDR

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Post Test

In Consultation - Page 21 - Notes are essential because:

- The volume of clients makes it impossible to remember everything
- It conveys that you're taking clients seriously
- They positively affect practice and help with insurance claims
- They can be shared with clients to help with homework

In Consultation - Page 21 - The most common reason therapy notes are reviewed is:

- A board or ethics complaint
- A death-by-suicide investigation
- They're refreshers for returning clients
- They're demanded by difficult clients

In Consultation - Page 21 - The best therapy notes are:

- Rich musings
- Light on jargon and clinically relevant
- Ones that take a big-picture approach
- Organized on a spreadsheet

When Therapists Struggle with Suicidality- Page 26 - Patrick Corrigan wrote that there are two types of stigma:

- Helpful and not helpful
- Internalized and enacted by others
- Individual and generational
- Temporary and permanent

Helper Syndrome- Page 38 - Gabor Maté writes that compassion fatigue stems from:

- Not applying the proper framework
- Not asking enough about clients' families
- Not having enough compassion for ourselves
- Not participating in supervision

Helper Syndrome- Page 38 - Maté writes that clinicians must develop a semi-permeable membrane to:	<input type="radio"/> Feel clients' pain without letting it overwhelm us <input type="radio"/> Feel every emotion the client feels <input type="radio"/> Feel less compassion <input type="radio"/> Solve problems efficiently
Vulnerable Together- Page 42 - One of the Nar-Anon mantras Fisher learned to use was:	<input type="radio"/> It's better to give than to receive <input type="radio"/> Other people's actions say more about them than you <input type="radio"/> Don't sweat the small stuff <input type="radio"/> Everyone is fighting a battle you know nothing about
Vulnerable Together- Page 42 - Faller describes confessing to his wife how anxious and afraid he was as:	<input type="radio"/> Meeting in a place of fear and not knowing <input type="radio"/> Crumbling like a sand castle <input type="radio"/> Learning to walk again <input type="radio"/> Finding the missing puzzle piece
Vulnerable Together- Page 42 - Mestayer says her inability to tell her mother about her distress was due to:	<input type="radio"/> Geographical distance <input type="radio"/> Childhood neglect <input type="radio"/> Her social worker's advice <input type="radio"/> Cultural differences
Vulnerable Together- Page 42 - When NDiaye shares her own grief in group, she finds:	<input type="radio"/> A few clients get overwhelmed <input type="radio"/> The container for everyone is strengthened <input type="radio"/> There's a respectful silence <input type="radio"/> It helps to do a check-in after
Confessions of a Racing Mind- Page 50 - ACT teaches that engaging with a thought:	<input type="radio"/> Helps you develop sympathy for it <input type="radio"/> Allows you to let go of it <input type="radio"/> Gives it power <input type="radio"/> Provides greater insight
Love After Lockdown- Page 56 - Nelson says COVID further delineated two groups of people:	<input type="radio"/> Monogamous and non-monogamous <input type="radio"/> Sexually adventurous and sexually staid <input type="radio"/> Nesters and seekers <input type="radio"/> Anxious and trusting
Case Study- Page 65 - During EMDR bilateral processing, clients are discouraged from:	<input type="radio"/> Analyzing or intellectualizing <input type="radio"/> Sensing changes in the body <input type="radio"/> Remembering childhood memories <input type="radio"/> Focusing on attachment figures
Point of View- Page 71 - The acronym in Menakem's "HIPPP" theory stands for:	<input type="radio"/> Historical, Intergenerational, Persistent institutional, and Personal trauma <input type="radio"/> Historical, Intergenerational, Personally invalidating, and Persistent trauma <input type="radio"/> Historical, Interior, Persistently invalidating, and Personal trauma

Point of View- Page 71 - Menakem says part of the work of dealing with white body supremacy is:

-
- Historical, Intergenerational, Persistently invalidating, and Personal trauma

 - Learning to consistently celebrate Black and Brown bodies

 - For BIPOC people to stop thinking they're defective

 - Developing a mindfulness practice

 - Cultivating a media filter
