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May/June 2022: Rediscovering Play: Are You and Your Clients Having Fun?

MGT095641

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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
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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
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	<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

Apply Harkaway's approach to co-creating humor with clients.

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

Evaluate Lender's psychological benefits of playing in adulthood.

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

Assess Leslie's view of constructing specialized rituals for clients.

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

Post Test

"The Therapy Beat" - Page 13 - Rizzo says that VR therapy has been used to treat which of the following?

- ☐ Phobias
- ☐ Addiction
- ☐ Insomnia
- ☐ Psychosis

"In Consultation" - Page 17 - In Erikson's theory of psychosocial development, the crisis of generativity vs. stagnation is followed by:

- ☐ A crisis of self vs. other
- ☐ A crisis of ego integrity vs. despair
- ☐ A crisis of energy vs. rest
- ☐ A crisis of body vs. mind

"In Consultation" - Page 17 - Cretzmeyer says strong, unexpressed needs embedded in couples' conflicts can be reconciled:

- ☐ Within the context of a shared vision
- ☐ Through trauma work
- ☐ By exploring family of origin issues
- ☐ By encouraging compromise

"You've Got to Be Kidding" - Page 22 - Which is not one of the benefits of shared humor the authors mention?

- ☐ Elevated mood
- ☐ Reduced stress
- ☐ Lower blood pressure
- ☐ Better sleep

"You've Got to Be Kidding" - Page 22 - Which is not one of the reasons the authors say clients may use humor to manage connection?

- ☐ To defend against something
- ☐ To regulate themselves
- ☐ To impress their therapist
- ☐ To push or pull away

"When Humor Hurts" - Page 40 - Harkaway says humor is co-created, meaning it needs:

- ☐ A giver and a taker

	<input type="radio"/> A producer and a responder <input type="radio"/> A thinker and a doer <input type="radio"/> A leader and a follower
"When Humor Hurts" - Page 40 - John Gottman's work found that humor can help couples:	<input type="radio"/> Make effective repair attempts <input type="radio"/> Have better sex <input type="radio"/> Navigate traumatic loss <input type="radio"/> Agree on financial decisions
"When Humor Hurts" - Page 40 - Harkaway says that when partners get stuck in repetitive negative patterns, well-intended humor can:	<input type="radio"/> Reinforce those patterns <input type="radio"/> Cause offense <input type="radio"/> Disrupt the sequence <input type="radio"/> Fall flat
"Awakening the Playful Self" - Page 28 - Which is not one of the benefits of playing in adulthood Lender mentions?	<input type="radio"/> It increases your lifespan <input type="radio"/> It wards off depression <input type="radio"/> It stimulates creativity <input type="radio"/> It strengthens relationships
"Awakening the Playful Self" - Page 28 - When Gina asked Lender why they'd been playing games, Lender told her it was because:	<input type="radio"/> The energy within her had felt low and hopeless <input type="radio"/> She was trying to distract her from her problems <input type="radio"/> It seemed she'd never really learned how to play <input type="radio"/> They were games she could try out with her daughter
"The Myth of the Individual" - Page 48 - Real calls the embarrassment Ernesto feels:	<input type="radio"/> Unhealthy guilt <input type="radio"/> Healthy guilt <input type="radio"/> Shame <input type="radio"/> Self-sabotage
"The Myth of the Individual" - Page 48 - Real says neurobiologists tell us it takes two things to open up a neural pathway, including:	<input type="radio"/> A sense of fear <input type="radio"/> A sense of novelty <input type="radio"/> A sense of desire <input type="radio"/> A sense of discrepancy
"Case Study" - Page 55 - Leslie says that therapeutic rituals that engage clients' unconscious world can:	<input type="radio"/> Be potentially harmful <input type="radio"/> Lead to countertransference <input type="radio"/> Act as corrective experiences <input type="radio"/> Take years to master
"Case Study" - Page 55 - When constructing a specialized ritual for clients, Leslie says he makes sure:	<input type="radio"/> It's unique to their situation <input type="radio"/> It aligns with their religious beliefs <input type="radio"/> It only takes place outside <input type="radio"/> They don't take it too seriously
"Point of View" - Page 61 - One of the remedies Foo recommends offering someone with C-PTSD who's triggered is:	<input type="radio"/> Asking whether there's a physical stimulus they can hold

☐ Telling them they don't mean what they say in that moment

☐ Having them count backward from ten

☐ Having them do physical activity
