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

**Post Test/Evaluation Form**  
**Price for CE Certificate: \$30**

MGT095637

8/31/2021

PERSONS interested in receiving credit may print this form, complete and return with a payment of \$30 per person CE fee.

A certificate of successful completion will be emailed/faxed/mailed to you. You will receive your CE certificate within two weeks from date of receipt of your request form and test. To receive your certificate sooner than two weeks, rush processing is available for a fee. Please attach check\* or include credit card information below. **Customers outside the US: We will only accept payments for Continuing Education Credits by use of a credit card. All other forms of payment will not be accepted.**

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**Mail or Fax entire packet to: Psychotherapy Networker PO Box 1000, Eau Claire, WI 54702 Fax#: 800-554-9775**

## 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 <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
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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? 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 "HIPPI" 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