Psychotherapy
N E T W O R K E R

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November/December 2020 Unmasking Teletherapy: Temporary Expediency or New Normal?

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10/31/2020

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Evaluation	
I certify that I have participated in this program in its entirety. *	O Yes
	O No
Course content was relevant to objectives. *	O Very satisfied
	O Somewhat satisfied
	O Neither satisfied not dissatisfied
	O Somewhat dissatisfied
	O Very dissatisfied
How useful was the content for your practice or other professional development? *	O Very satisfied
	O Somewhat satisfied
	O Neither satisfied not dissatisfied
	O Somewhat dissatisfied
	O Very dissatisfied
The author's delivery supported the asynchronous activity. *	O Very satisfied
	O Somewhat satisfied
	O Neither satisfied not dissatisfied
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Overall, the content met my expectations. *	O Very satisfied
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Was the technology user friendly? *	O Yes O No
Quiz completion process was user-friendly. *	O Yes O No
Questions/concerns were addressed effectively and in a timely manner.	O Very satisfied
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	O Neither satisfied not dissatisfied
	O Somewhat dissatisfied
	O Very dissatisfied
Comments?	
Was evidence provided to substantiate material provided?	O Yes
	O No
	O N/A
Was a commercial product promoted in the articles?	O Yes
	O No
	O N/A
Was this publication free from commercial influence or bias?	O Yes
	O No
	O N/A

My request for disability accommodations was addressed respectfully and promptly.	O	Yes
	O	No
	O	N/A
I have gained knowledge today that will enhance my skills and/or abilities.	O	Yes
	O	No
	O	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.	O	Yes
	O	No
	O	N/A
Florida Mental Health Counselors: Do you need your hours reported to Florida CE Broker?	O	Yes
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Florida Marriage and Family Therapists: Do you need your hours reported to Florida CE Broker?	O	Yes
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	O	No
Ohio Social Workers: Do you need your hours reported to CE Broker?	O	Yes
	O	No

Objectives

Was this objective met? Assess Laliotis's view of trauma and teletherapy.	O	Strongly agree
	O	Agree
	O	Neither agree nor disagree
	O	Disagree
	O	Strongly disagree
Was this objective met? Apply Johnson's EFT approach to teletherapy with couples.	O	Strongly agree
	O	Agree
	O	Neither agree nor disagree
	O	Disagree
	O	Strongly disagree
Was this objective met? Evaluate Dana's view of how Polyvagal Theory applies to teletherapy.	O	Strongly agree
	O	Agree
	O	Neither agree nor disagree
	O	Disagree
	O	Strongly disagree

Post Test

In Consultation - Page 17) According to Mulqueen, showing clients that you know your financial worth is modeling:	O	Self-care and self-respect
	O	Healthy boundaries
	O	A power imbalance
	O	Greed and selfishness
Trauma and Teletherapy- Page 20) The turning point with David that allowed Laliotis to pinpoint their disconnection was:	O	David disclosed his discomfort with intimacy
	O	She asked about his mother
	O	She admitted her insecurity with video
	O	She backed away from the computer so David could see her whole body
Trauma and Teletherapy- Page 20) What was a key takeaway from Laliotis's work with Lindsey?	O	Notice and harness opportunities as they naturally present themselves
	O	Exert control over virtual situations
	O	Clients resist technology
	O	It's impossible to ensure confidentiality
Trauma and Teletherapy- Page 20) What did Laliotis decide with Gerry after their second session?	O	He couldn't benefit from therapy
	O	He should be in couples therapy
	O	They agreed to touch base in a few months if his anxiety continued
	O	She referred Gerry to another therapist
The Surprising Intimacy of Phone Sessions- Page 26) What did Gitlin do in phone sessions with Betsy to establish a working rhythm?	O	Paced the room while talking
	O	Kept sessions to 30 minutes
	O	Began with five minutes of chitchat

	O Mirrored, reviewed, and asked for confirmation that she understood her correctly
Going Virtual- Page 28) Johnson says her priority in Mary and Cole's first teletherapy session was to:	O Create a safe-haven alliance with both partners
	O Get Cole to apologize to Mary
	O Define cognitive distortions for both of them
	O Look for signs of trauma
Going Virtual- Page 28) When Cole picks up his dog, Johnson concludes that he's using it:	O To tune her out
	O As a security blanket
	O To distract her
	O To show he's capable of compassion
Corona Gifts- Page 34) N'Diaye connected with clients online by:	O Inviting them to keep sacred items and special scents nearby
	O Taking them on a tour of her home
	O Including family members in sessions
	O Bringing food to sessions
Reaching Out in Nervous Times- Page 40) Through a polyvagal lens, it's critical to help clients in teletherapy:	O Recognize and name bodily experiences
	O Cultivate healthy eating habits
	O Watch themselves on screen
	O Try walking while talking
Reaching Out in Nervous Times- Page 40) Dana has found that using therapeutic touch:	O Is impossible with teletherapy
	O Is ethically verboten
	O Doesn't provide a benefit for clients
	O Can be a useful healing resource, even when used remotely
The Outcast- Page 44) Hazanov calls the session in which Sam insulted him their most productive because:	O It revealed Sam's complex way of asserting and protecting himself
	O Sam was finally being honest
	O Sam apologized for the first time
	O They cried together
Case Study- Page 59) One of the first things Lender tells parents is that:	O She'll take sides at some point
	O She'll be working as much with them as with their child
	O She'll be on the lookout for abuse
	O She only works with present-day problems
Case Study- Page 59) The Adult Attachment Interview asks adults to:	O Recall attachment-related memories from early childhood
	O Describe their closest adult friends
	O Interview the therapist as their parent
	O Find metaphors for strong attachment figures
Case Study- Page 59) Autonomous or secure adults tend to:	O Devalue attachment relationships
	O Value attachment relationships

	O Idealize their parents but can't give any examples of their goodness
	O Are still very much involved with past attachment experiences
Point of View- Page 65) Which does Durvasula not commonly see with narcissistic clients?	O Optimistic outcomes
	O Therapist burnout
	O High dropout rates
	O Popping back to baseline when under stress