



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

September/October 2020 Antiracism in the Therapy Room

MGT095631

8/31/2020

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.**

**For office use only**

Rcvd \_\_\_\_\_

Graded \_\_\_\_\_

Cert Mailed \_\_\_\_\_

**CE Fee: \$30 (Rush Processing Fee: \$10) Total to be charged:** \_\_\_\_\_

Credit Card Information

Credit Card Number

Expiration Date

Security Code\*

Name on Card (Please print)

Authorized Signature

**\*MC/VISA/Discover:** 3 digits on signature panel on back of card

**American Express:** 4 digits above account # on face of card

Contact Information (Please Print)

Last Name

First Name

Middle Initial

Address

City

State

Zip

Email

Daytime Phone

Fax

Signature

**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):	
REQUIRES WRITTEN RESPONSE *	
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
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? Apply Goldfus's inner-selfie technique.

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

Was this objective met? Assess Schwartz's view of inner parts that have absorbed extreme beliefs.

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

Was this objective met? Evaluate Fraenkel's view of imparting hope in couples therapy.

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

## Post Test

In Consultation - Page 17) Goldfus says her clients' "digital self" is:

- ☐ A distortion of their true self
- ☐ A vital, important part of who they are
- ☐ A constant critic
- ☐ An illusion

In Consultation - Page 17) Which is not true of the "inner selfie"?

- ☐ It's the same for every client
- ☐ It's a way of talking about inner strengths
- ☐ It's sometimes unfamiliar and unexplored in teens
- ☐ It accesses the healthy ego

In Consultation - Page 17) Why does Goldfus have clients create inner-selfie videos?

- ☐ To fine-tune interpersonal skills
- ☐ To become less self-conscious
- ☐ To access resource states anytime
- ☐ To send to friends

Race and Healing- Page 22) Lambers Fisher likens the goal of exploring biases to:

- ☐ Recovering from a bad cold
- ☐ What you might hope for in couples therapy
- ☐ An ever-moving goal post
- ☐ A journey through a forest

Race and Healing- Page 22) According to Gail Parker, therapists can assume that all Black clients are experiencing some form of racial trauma.

- ☐ True
- ☐ False

Race and Healing- Page 22) Deran Young argues that you can't hold compassion for someone else until you can:

- ☐ Immerse yourself in their worldview
- ☐ Hold compassion for yourself

	<input type="radio"/> Disentangle yourself from their pain <input type="radio"/> Experience the disadvantages they have
When the World Won't Hold Us- Page 28) Maté believes our current crisis is evoking what Winnicott calls:	<input type="radio"/> Primitive agony <input type="radio"/> Distance trauma <input type="radio"/> Windowed shutdown <input type="radio"/> Existential reckoning
Discovering Our Inner Racism- Page 30) Schwartz believes we can unload inner parts of legacy burdens by:	<input type="radio"/> Using the power of shame <input type="radio"/> Actively exiling them <input type="radio"/> Working with their vulnerability <input type="radio"/> Denying them attention
Discovering Our Inner Racism- Page 30) Which is not a source from which parts commonly internalize racism?	<input type="radio"/> The need to justify privilege <input type="radio"/> Family, peers, culture <input type="radio"/> Lack of relationships with people of another race <input type="radio"/> The Self
The Legacy of Cultural and Historical Trauma- Page 34) What is Mandley's view of asking clients about cultural and historical trauma?	<input type="radio"/> It's not relevant to treatment <input type="radio"/> It can be beneficial <input type="radio"/> It's only relevant with clients of color <input type="radio"/> It can be a distraction
Braving the Unknown page- Page 40) Which is not part of the clinical approach at Stangehjelpa?	<input type="radio"/> No traditional intakes <input type="radio"/> Mandatory homework between sessions <input type="radio"/> No formal assessment or diagnosis <input type="radio"/> No prescribed therapy protocols
Braving the Unknown page- Page 40) What keeps the therapists at Stangehjelpa focused on improving client outcomes?	<input type="radio"/> A focus on measuring them <input type="radio"/> Following strict protocols <input type="radio"/> Offering financial rewards <input type="radio"/> The intense competition
Case Study- Page 55) What Minuchin technique does Fraenkel use?	<input type="radio"/> Don't rely on techniques <input type="radio"/> Invite the kids into the room <input type="radio"/> Use language that captivates clients' imagination <input type="radio"/> Don't give homework
Case Study- Page 55) When Fraenkel tells couples that even if things improve, they may still decide to end the marriage, they're usually:	<input type="radio"/> Upset <input type="radio"/> Hopeless <input type="radio"/> Anxious <input type="radio"/> More willing to experiment
Point of View- Page 61) What advice does Jay give clients in their 20s?	<input type="radio"/> Get some identity capital <input type="radio"/> Let loose as much as possible <input type="radio"/> Try not to worry about having kids

---

☐ Don't pick a career yet

---