

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
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? Analyze Matz's view of the benefits of the HAES approach in therapy.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Was this objective met? Appraise Taffel's perspective on how millennials have changed the traditional norms of therapy.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Was this objective met? Evaluate the way Lyons approached the treatment of anxiety with young clients and their families.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Post Test

In Consultation - Page 17) According to Matz, HAES-informed therapists:

Focus mainly on BMI

Support all people in taking care of their bodies without causing harm

Help people stick to restrictive diets

Prioritize weight over well-being

In Consultation - Page 17) Which is not an element of the HAES approach?

Learn to eat in accordance with hunger and satiety cues

Diet only when in therapy twice a week

Do physical activity for pleasure and health benefits

Understand broader social-justice issues related to body size

In Consultation - Page 17) Adults with greater body satisfaction across the weight spectrum report more positive health behaviors and have better health statuses.

True

False

No More "Same Old"- Page 22) Which is not one of the ways Taffel says millennials are challenging therapy norms?

They often demand advice

They ask about the therapist's personal life

They offer insight into their lives through social media posts and music links

They ask for therapy coupons

No More "Same Old"- Page 22) Given the noise of contemporary life, therapists need to do what for their millennial clients?

Learn how to stay remembered between sessions

Set limits and be more parental

Try walking with them in nature

Teach mindfulness skills above all else

No More "Same Old"- Page 22) Taffel regards technology in therapy as:	<input type="radio"/> A distraction <input type="radio"/> An invaluable component <input type="radio"/> A necessary evil <input type="radio"/> A source of addiction
No More "Same Old"- Page 22) Taffel sees his somatic countertransference responses to his clients' substance use as:	<input type="radio"/> A product of his own upbringing <input type="radio"/> An indicator that he needs more self-care <input type="radio"/> A way to create interpersonal immediacy and monitor unspoken undercurrents <input type="radio"/> A byproduct of a bad therapy relationship
Bumps in the Road- Page 37) Lyons helps her young clients and their families understand that:	<input type="radio"/> They should try to avoid uncertainty <input type="radio"/> Their task is to become familiar with the process of worry <input type="radio"/> The content of their worry is the real issue <input type="radio"/> Anxiety abates when kids leave for college
Bumps in the Road- Page 37) When Lara returned to therapy after one year of college, they framed her symptoms as:	<input type="radio"/> A bad breakup with her future plans <input type="radio"/> A sign she needed to try different meds <input type="radio"/> Her body's way of saying no to college <input type="radio"/> An inconvenience she should ignore
Bumps in the Road- Page 37) Lyons wants to help Lara build a new pattern of seeking support given the bumps of increasing autonomy and adult decisions.	<input type="radio"/> True <input type="radio"/> False
Listening to Millennial Voices- Page 44) Which issue with her client Kat does Straus come to believe is generational?	<input type="radio"/> Nihilism <input type="radio"/> Tyranny of choice <input type="radio"/> Parental relationships <input type="radio"/> Video game usage
Listening to Millennial Voices- Page 44) Which is not one of the ways Straus adjusts treatment with Kat?	<input type="radio"/> Diving more sensitively into the worst-case scenarios <input type="radio"/> Working harder to help her tolerate self-doubt and uncertainty <input type="radio"/> Breaking decisions down into smaller steps <input type="radio"/> Bringing her parents in for a family session
Listening to Millennial Voices- Page 44) One thing Straus has stopped doing with Amelia is:	<input type="radio"/> Reassuring her that "it will get better" <input type="radio"/> Asking her about her financial situation <input type="radio"/> Showing her videos of bands <input type="radio"/> Recommending self-help books
Case Study- Page 61) The author wanted to help Jessica see her introversion as:	<input type="radio"/> A good reason to move back home <input type="radio"/> The sole source of her school failure <input type="radio"/> Something worth cherishing, rather than a problem to be fixed <input type="radio"/> A pattern of behaviors that can be changed if she's motivated
Point of View- Page 67) According to DePaulo, single people are often:	<input type="radio"/> Marginalized, stigmatized, and stereotyped

Unhappy solely because they're single

Isolated without secure attachments

Fairly represented in research studies
