

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? Appraise Wachtel's perspective on leveraging positives in couples' therapy.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Was this objective met? Analyze Lender's view of the benefits of harnessing the social engagement system in therapy.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Was this objective met? Investigate Wartski's method for working with binge eating disorder.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Post Test

In Consultation - Page 17) Wachtel's first goal in an initial couples therapy session is to focus on:

The behaviors that fuel disconnection

The unfulfilled fantasies of the hurt partner

What used to be good in the relationship and what might still be okay

Family histories and past relationships

In Consultation - Page 17) In statements where the main points are anger and hurt, Wachtel looks for:

Cries for help

Elements of shame

Traces of trauma

Implicit positives

In Consultation - Page 17) When couples leave her office, Wachtel says she wants them to remember:

Nuggets of praise

That therapy is a slow process

That neither partner is at fault for the crisis

Their homework assignments

Therapy and Transformation- Page 23) Doherty claims that the more you make transformation your goal, the more value-based and nonobjective you are.

True

False

Tuning into Attunement- Page 31) Effectively using voice prosody:

Body language

Is only relevant to actors on stage

Organizes and calms the listener's nervous system

Only works for babies

Tuning into Attunement- Page 31) Lender says using a resonant voice can convince people that you understand the intensity of their feeling.

True

	<input type="radio"/> False
<p>Tuning into Attunement- Page 31) Lender argues that which of the following facial expressions evokes positive social states?</p>	<input type="radio"/> Having a focused, curious look in your eyes <input type="radio"/> Closing your eyes <input type="radio"/> Pursing your lips <input type="radio"/> Having a “say cheese” smile
<p>Consensual Nonmonogamy- Page 38) Nichols argues that CNM can be an option for some couples who experience sexual incompatibilities in their relationship.</p>	<input type="radio"/> True <input type="radio"/> False
<p>Consensual Nonmonogamy- Page 38) No matter what type of CNM a couple practices, Nichols says a critical feature is to maintain:</p>	<input type="radio"/> A “don’t tell the children” policy <input type="radio"/> Separate bank accounts <input type="radio"/> Strict rules for posting about it online <input type="radio"/> A sense of trust and security in the primary couple
<p>Consensual Nonmonogamy- Page 38) According to Nichols, the practice of CNM:</p>	<input type="radio"/> Isn’t new and has a history in cultures around the world <input type="radio"/> Is a new idea unique to Millennials <input type="radio"/> Shouldn’t be recommended in therapy <input type="radio"/> Is right for every couple
<p>Case Study- Page 57) According to Wartski, many people suffering from BED don’t get the help they need because:</p>	<input type="radio"/> There are no therapeutic interventions to address it <input type="radio"/> They’re often embarrassed about their bodies and eating habits <input type="radio"/> They don’t realize they have a problem <input type="radio"/> BED isn’t as prevalent as bulimia or anorexia
<p>Case Study- Page 57) Wartski argues that when treating BED, we should help clients focus mostly on:</p>	<input type="radio"/> Overall wellness <input type="radio"/> The numbers on the scale at weigh-ins <input type="radio"/> Ways to shift the culture conversation around weight-loss surgery <input type="radio"/> Maintaining a specific diet
<p>Case Study- Page 57) What behavioral change did Wartski recommended Diane try?</p>	<input type="radio"/> Riding a stationary bike at work <input type="radio"/> Conjuring images of her father before eating <input type="radio"/> Slowing down her eating and chewing mindfully <input type="radio"/> Sticking to low-fat, low carb foods
<p>Case Study- Page 57) Which of the following is not one of the risk factors for BED?</p>	<input type="radio"/> Genetics <input type="radio"/> Dieting at an early age <input type="radio"/> Affective disorders <input type="radio"/> Sexual dysfunction
<p>Point of View- Page 63) According to Milburn, minimalism is really about:</p>	<input type="radio"/> Getting rid of all material possessions <input type="radio"/> Living with a minimal carbon footprint <input type="radio"/> Making room for relationships and experiences

O Realizing that happiness only comes after a significant loss
