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Nov/Dec 2016: The Next Big Thing: Psychotherapy and the Virtual World

Post Test/Evaluation Form
Price for CE Certificate: \$35

MGT095608

10/31/2016

PERSONS interested in receiving credit may print this form, complete and return with a payment of \$35 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: \$35 (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
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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	
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Was this objective met? Analyze Turkle's perspective on the impact of our digital culture.	<input type="radio"/> Strongly agree
	<input type="radio"/> Agree
	<input type="radio"/> Neither agree nor disagree
	<input type="radio"/> Disagree
	<input type="radio"/> Strongly disagree
Was this objective met? Assess Greene's view of how virtual reality might be used in therapy.	<input type="radio"/> Strongly agree
	<input type="radio"/> Agree
	<input type="radio"/> Neither agree nor disagree
	<input type="radio"/> Disagree
	<input type="radio"/> Strongly disagree
Was this objective met? Investigate Lerner's approach to listening to criticism and offering apologies.	<input type="radio"/> Strongly agree
	<input type="radio"/> Agree
	<input type="radio"/> Neither agree nor disagree
	<input type="radio"/> Disagree
	<input type="radio"/> Strongly disagree

Post Test

In Consultation - Page 15) Parasympathetic blunting is characterized by:	<input type="radio"/> Low physical energy
	<input type="radio"/> Low emotion
	<input type="radio"/> Low access to cognitive functioning
	<input type="radio"/> All of the above
When clients experience sympathetic hyperarousal, therapists should:	<input type="radio"/> Be the "rational brain" in the room and help clients shift into mindful curiosity
	<input type="radio"/> Vocalize their own extreme reactions to normalize the situation
	<input type="radio"/> Make sure not to tolerate the intensity
	<input type="radio"/> None of the above
When working with states of hypoarousal, therapists should:	<input type="radio"/> Use top-down strategies
	<input type="radio"/> Use bottom-up interventions
	<input type="radio"/> Use diagonal approaches
	<input type="radio"/> None of the above
The Empathy Gap- Page 28) According to Turkle, our capacity for solitude is heightened by the culture of the continual feed.	<input type="radio"/> True
	<input type="radio"/> False
Research shows that when people are together, even the presence of a phone on the table:	<input type="radio"/> Adds urgency to the conversation
	<input type="radio"/> Distorts people's sense of self and reality
	<input type="radio"/> Changes what people talk about and interferes with empathic connection
	<input type="radio"/> None of the above
According to Turkle, a client or a therapist who has a phone out in session:	<input type="radio"/> Isn't cultivating the capacity to pay full attention to another person

	<input type="radio"/> Is practicing the “rule of three” <input type="radio"/> Should always keep the screen face down <input type="radio"/> None of the above
Is VR a Game Changer?- Page 34) VR programs have been developed to help treat:	<input type="radio"/> PTSD <input type="radio"/> A variety of phobias <input type="radio"/> Anxiety and persecutory delusions <input type="radio"/> All of the above
Using VR to shift people’s perspectives and develop greater empathy has been a key area of research.	<input type="radio"/> True <input type="radio"/> False
One VR experiment applied principles of Compassion Focused Therapy to help:	<input type="radio"/> Mothers whose children have moved out of the house <input type="radio"/> Insecurely attached children <input type="radio"/> A group of healthy but highly self-critical, depressed women <input type="radio"/> None of the above
One danger of people spending more time in a VR environment is an increase in:	<input type="radio"/> Symptoms associated with depersonalization-derealization disorder <input type="radio"/> Intergenerational disconnection <input type="radio"/> People spending too much time in solitude <input type="radio"/> None of the above
Apologizing Under Fire- Page 44) In Katherine’s letter to Dee, which of the following does not illustrate one of the seven family systems principles for creating a calm emotional field?	<input type="radio"/> There was no implied criticism or blame <input type="radio"/> Katherine focused only on herself <input type="radio"/> She didn’t request or demand a particular response <input type="radio"/> She made sure to push for contact
Which of the following is not one of the 12 points to keep in mind when receiving criticism?	<input type="radio"/> Find something you can agree with <input type="radio"/> Breathe through the insults <input type="radio"/> Recognize your defensiveness <input type="radio"/> Define your differences
Case Study- Page 59) In setting up a support group in response to bullying, the author:	<input type="radio"/> Only involves children who perpetrate bullying behavior <input type="radio"/> Asks for suggestions from the group to make the child happier <input type="radio"/> Focuses on the negative effects of bullying <input type="radio"/> All of the above
The author shows that support groups are effective because:	<input type="radio"/> No one is asked to do anything they’re not willing to do <input type="radio"/> No one is accused of anything <input type="radio"/> The strategy is solution oriented <input type="radio"/> All of the above
Point of View- Page 65) One food--mood link Borysenko describes is between:	<input type="radio"/> Carbs and ruminative thinking <input type="radio"/> Sugar and the fear response <input type="radio"/> Low blood cholesterol and depression

☐ None of the above
