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Sept/Oct 2016: Courage in Everyday Life: An Interview with  
Brené Brown

MGT095607

8/31/2016

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**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
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Florida Mental Health Counselors: Do you need your hours reported to Florida CE Broker?	<input type="radio"/> Yes
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	<input type="radio"/> No
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	<input type="radio"/> No
Ohio Psychologists: Do you need your hours reported to the board?	<input type="radio"/> Yes
	<input type="radio"/> No
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	<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 Brown's perspective on shame and vulnerability.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Was this objective met? Investigate Ferentz's approach to post-traumatic growth.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Was this objective met? Analyze Armstrong's view on seeing her clients' symptoms as strengths.

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

## Post Test

In Consultation - Page 15) Couples can use acupoint tapping:

Only in the presence of a therapist

To intuit what each other is thinking

During a therapy session and as a tool at home

None of the above

In Consultation - Page 15) According to the author, tapping can:

Reduce limbic system arousal

Heal unresolved attachment wounds

Be adapted into any clinical approach

All of the above

Brené Brown Interview- Page 23) According to Brown, one of the main shame triggers for therapists is the fear of:

Not being perceived as good enough by other therapists

Oversharing dreams with clients

Running into clients outside of sessions

None of the above

Brené Brown Interview- Page 23) People who take part in The Daring Way are asked to create what's called:

Emotion diagrams

Strength charts

Assessment badges

Shame art

Brené Brown Interview- Page 23) Brown's team believes that a big part of what makes therapy work is:

Choosing the right interventions

The client seeing the therapist as a person who also intimately knows shame and vulnerability

Clear boundaries being set for every session

	<input type="radio"/> None of the above
Transcending Trauma- Page 26) In working with Marisa, Ferentz began to see her client's symptoms as:	<input type="radio"/> Confounding beyond measure <input type="radio"/> Creative lifesaving measures <input type="radio"/> Trapdoors for the therapy <input type="radio"/> None of the above
Transcending Trauma- Page 26) Initially, Ferentz wondered if she could focus on her clients' strengths and still find a way to:	<input type="radio"/> Honor the legitimacy of their horrific trauma <input type="radio"/> Keep them grounded and respectful <input type="radio"/> Convince them of their diagnoses <input type="radio"/> All of the above
Transcending Trauma- Page 26) Ferentz's clients were simultaneously struggling and growing, and in many cases, their growth:	<input type="radio"/> Resulted in a host of new symptoms <input type="radio"/> Occurred in a kind of hypnotic state <input type="radio"/> Seemed to be the byproduct of that struggle <input type="radio"/> None of the above
Hiding in Plain Sight- Page 32) In their first session, Armstrong eased Monique's panic attack by having her:	<input type="radio"/> Try mindful breathing <input type="radio"/> Jog around a track <input type="radio"/> Draw a picture of her symptoms <input type="radio"/> None of the above
Hiding in Plain Sight- Page 32) After hearing about Monique's traumatic experience, Armstrong:	<input type="radio"/> Focused on the part of the story where she escaped <input type="radio"/> Referred her to a colleague <input type="radio"/> Expressed her own feelings of helplessness <input type="radio"/> None of the above
Hiding in Plain Sight- Page 32) Armstrong helps her clients see their symptoms as:	<input type="radio"/> Textbooks <input type="radio"/> Terrorists <input type="radio"/> Wildflowers <input type="radio"/> Allies
Case Study- Page 51) The beginning stage of ED treatment is focused on:	<input type="radio"/> Turning the weight-loss trend around <input type="radio"/> Disrupting negative behavioral routines <input type="radio"/> Stabilizing physical well-being <input type="radio"/> All of the above
Case Study- Page 51) It would've been premature to start Ashley's treatment with exploration because:	<input type="radio"/> Slow starvation reduces the ability to address emotionally charged issues <input type="radio"/> She was too young to know how she felt <input type="radio"/> Her parents needed time to think <input type="radio"/> None of the above
Case Study- Page 51) In terms of body image, the most meaningful intervention for Ashley was responding to the question:	<input type="radio"/> What is my body capable of? <input type="radio"/> What is my ideal image of myself? <input type="radio"/> How can I make myself stronger? <input type="radio"/> None of the above

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Point of View- Page 57) According to Duhigg, the Golden Rule of Habit Change is:

- Do unto your habits as you'd do unto others' habits

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- You can't extinguish a bad habit, you can only change it

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- Bad habits are good ones in the making

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- None of the above

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