



PO Box 1000  
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Jul/Aug 2016: OCD: Is There Any Way to Turn It Off?

MGT095605

5/31/2016

PERSONS interested in receiving credit may print this form, complete and return with a payment of \$35 per person CE fee.

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**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? Assess Seif and Winston's view of treating subtle OCD.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Investigate Lyons's approach to working with kids with OCD and their families.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Evaluate Kessler's view on using the stages of grief to inform treatment.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

## Post Test

In Consultation- Page 15) If clients are stuck in the denial stage of grief, therapists should:

☐ Teach them mindfulness exercises

☐ Allow them to scream into a pillow

☐ Increase the reality of the loss

☐ All of the above

In Consultation- Page 15) Anger serves a purpose in grieving by:

☐ Increasing one's adrenaline levels

☐ Giving temporary structure to the feeling of nothingness

☐ Delaying the onset of denial

☐ None of the above

In Consultation- Page 15) One way to help clients stuck in the bargaining stage is to replace what-if statements with:

☐ Even-if statements

☐ So-what statements

☐ No-way statements

☐ None of the above

Upside-Down Psychotherapy- Page 18) When treating OCD, therapeutic staples like rational disputation and exploration often:

☐ Make symptoms go away

☐ Help clients sleep at night

☐ Make things worse

☐ None of the above

Upside-Down Psychotherapy- Page 18) A subtle form of OCD:

☐ Involves only mental compulsions

☐ Can look like generalized anxiety disorder or even PTSD

☐ Can masquerade as extreme trouble with making decisions

	<input type="radio"/> All of the above
Upside-Down Psychotherapy- Page 18) The key characteristic of a compulsion is:	<input type="radio"/> Always an observable behavior
	<input type="radio"/> Its ability to provide relief from distress
	<input type="radio"/> Its ability to do harm
	<input type="radio"/> None of the above
Upside-Down Psychotherapy- Page 18) When treating subtle OCD, which of the follow steps is not one the authors recommend?	<input type="radio"/> Identify the obsessions and the compulsions
	<input type="radio"/> Educate the client
	<input type="radio"/> Get the client on an exercise regime
	<input type="radio"/> Be playful
OCD and Children- Page 32) Lyons's stance is that OCD in children should be treated in a family context.	<input type="radio"/> True
	<input type="radio"/> False
OCD and Children- Page 32) Lyons likens OCD to:	<input type="radio"/> A curious monkey
	<input type="radio"/> A cult leader or giant boss
	<input type="radio"/> A lightning rod
	<input type="radio"/> An angry dog
OCD and Children- Page 32) OCD patterns that show up in children around the age of 5 or 6 are often indicative of:	<input type="radio"/> An untreatable form of OCD
	<input type="radio"/> A family with a generational pattern of OCD
	<input type="radio"/> A kid who needs more discipline
	<input type="radio"/> All of the above
OCD and Children- Page 32) Lyons finds help young clients distinguish between two types of OCD thoughts:	<input type="radio"/> Demanding and undemanding
	<input type="radio"/> High level and low level
	<input type="radio"/> Total cray-cray and tidbit of truth
	<input type="radio"/> None of the above
Case Study- Page 53) When a client's desired outcome is to change an automatic habit, the author believes:	<input type="radio"/> Therapists should ask about family history
	<input type="radio"/> There's no need for a detailed assessment of life history and family relationships
	<input type="radio"/> It's not a possibility
	<input type="radio"/> None of the above
Case Study- Page 53) Donna accepted a number of frames of understanding in this session, including:	<input type="radio"/> A problem habit is just a software error
	<input type="radio"/> The computer is to blame for software errors
	<input type="radio"/> People can't easily change their habits
	<input type="radio"/> All of the above
Point of View- Page 59) According to Cain, introverts:	<input type="radio"/> Deliver better outcomes in leadership positions than extroverts do
	<input type="radio"/> Are often overlooked for leadership positions
	<input type="radio"/> Listen to their employees and draw out their ideas
	<input type="radio"/> All of the above

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- Point of View- Page 59) Cain's Quiet Schools Network is training teachers to:
- ☐ Reflect on their approach to class participation and what it means for all their students
  - ☐ Get rid of class participation entirely
  - ☐ Find help for kids who can't speak up in class
  - ☐ None of the above
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