



PO Box 1000  
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## May/June 2016: Unexpected Gifts: Therapists Recall Their Most Unforgettable Session

MGT095604

4/30/2016

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? Analyze Jacobs's and Mayer's view of working with family caregivers.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Appraise Johnson's view of the importance of emotional safety in sex.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Evaluate how Seal uses applies the rules of comedy to therapy.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

## Post Test

In Consultation - Page 17) In working with family caregivers, therapists need to find ways to identify and highlight:

☐ The extent of their clients' misery

☐ How the work can be experienced as positive, even life-enhancing

☐ The importance of a vacation

☐ None of the above

In Consultation - Page 17) One strategy the authors use is called:

☐ Retrospective prospection

☐ Retroactive anticipation

☐ Prospective retrospection

☐ None of the above

In Consultation - Page 17) The authors help their clients increase their affect tolerance and discernment by:

☐ Teaching them mindfulness skills to observe and accept whatever they're feeling

☐ Telling them it's normal to have some negative feelings

☐ Acknowledging past frustrations without conflating old emotions with current frustrations over caregiving

☐ All of the above

Crossing to Safety- Page 22) Armstrong realized that in helping Michael face his fears, he'd help her be less timid about:

☐ Confronting tough clients

☐ Doing sessions outside the office

☐ Taking therapeutic risks

☐ All of the above

Happy New Year?- Page 23) Taffel believes that today's parents struggle to balance the need to exert authority with a profound desire for a close, uncomplicated relationship with their children.

☐ True

	<input type="radio"/> False
In the Valley of the Shadow- Page 25) Bruce helped Nichols in therapy by:	<input type="radio"/> Calling 911 when she talked about suicide <input type="radio"/> Asking her to sign a no-suicide contract <input type="radio"/> Meeting her human-to-human, not shrink-to-patient <input type="radio"/> None of the above
The Uninvited Guest- Page 26) The uninvited guest in the couple's relationship is:	<input type="radio"/> The house plant Martin had nurtured <input type="radio"/> Martin's multiple sclerosis <input type="radio"/> Claire's anger <input type="radio"/> The couple's therapist
The Dance of Sex- Page 33) Johnson says that a crucial defining element in sex for women is:	<input type="radio"/> Background music <input type="radio"/> Emotional safety <input type="radio"/> Novel stimuli <input type="radio"/> New toys
The Wisdom of Mad Men- Page 35) Doherty advocates for a new ideal of the self he calls:	<input type="radio"/> The committed self <input type="radio"/> The political self <input type="radio"/> The impassioned self <input type="radio"/> The Don Draper self
The Power of the Unexpected- Page 38) According to Kagan, all successful psychotherapies possess some unexpected features.	<input type="radio"/> True <input type="radio"/> False
Case Study- Page 53) According to the author, one rule that comedy shares with therapy is:	<input type="radio"/> Fill the silence <input type="radio"/> Work the silence <input type="radio"/> Avoid the silence <input type="radio"/> None of the above
Case Study- Page 53) The author was finally able to move forward with Daniel in therapy by:	<input type="radio"/> Not pandering to him <input type="radio"/> Refusing to treat him <input type="radio"/> Letting Maya bully her father for a change <input type="radio"/> Taking him to a comedy club
Case Study- Page 53) When we challenge our difficult clients, we're implicitly saying:	<input type="radio"/> I think you can handle this <input type="radio"/> I think you need to take a break <input type="radio"/> I think you need to respect me <input type="radio"/> None of the above
Case Study- Page 53) Two of Chapman's five love languages are:	<input type="radio"/> Doing dishes and creating novelty <input type="radio"/> French and Italian <input type="radio"/> Asking questions and enjoying silence <input type="radio"/> Acts of service and physical touch
Case Study- Page 53) According to Chapman, complaints reveal a lot about a person's love language because they:	<input type="radio"/> Reflect a person's worst self <input type="radio"/> Reveal the elements of relationship most important to that person

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☐ Reveal a person's family history

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☐ None of the above

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