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**January/February 2023: Creating Better Endings: Nedra Glover  
Tawwab Re-Envisions Boundaries**

MGT095645

12/31/2022

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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
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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
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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.	
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	<input type="radio"/> No
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	<input type="radio"/> No
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	<input type="radio"/> No

## Objectives

Was this objective met? Apply Becker's approach to working with parents with ADHD.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Evaluate Scott's understanding of the importance of rituals in divorce.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Assess Muñoz's views on talking to clients about ending therapy.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

## Post Test

In Consultation - Page 15 - Becker says what goes a long way in an ADHD household, even if it seems silly?

☐ Trust falls

☐ Role playing

☐ Praise

☐ Doodling exercises

Sitting Down with Nedra Glover Tawwab - Page 18 - A gentle cutoff means:

☐ A relationship fades quietly without a lot of fanfare or drama

☐ Friends and family support you in cutting someone toxic out of your life

☐ You spend a lot of time processing the impact of a relationship cutoff on both people

☐ You go to therapy to soften the blow of cutting ties with a friend or relative

Sitting Down with Nedra Glover Tawwab - Page 18 - According to Tawwab, all of the following are misconceptions about boundaries except:

☐ Boundaries are fixed rules

☐ Boundaries are cutoffs

☐ Boundaries are for you, to help you feel safe

☐ Boundaries are about controlling others

The Divorce Announcement - Page 24 - Which is not one of questions Scott explores with couples getting a divorce?

☐ What is a happy marriage?

☐ What does a divorce mean to us?

☐ What is our unique story of why we came together as a couple at a certain point?

☐ How will we avoid each other on dating apps?

The Divorce Announcement - Page 24 - According to Mary Jo Barrett, when couples divorce, there's a troubling lack of:	<input type="radio"/> Ritual <input type="radio"/> Communication <input type="radio"/> Care for their children <input type="radio"/> Follow-through
Preparing for the End of Therapy - Page 28 - According to Muñoz, therapy endings are difficult for therapists and clients to navigate for all of the following reasons except:	<input type="radio"/> Therapists and clients aren't always in agreement about when, how, or whether to terminate <input type="radio"/> Terminations in therapy can evoke emotionally painful or unprocessed endings from the past <input type="radio"/> Most therapists and clients begin processing termination anxieties from the beginning of treatment <input type="radio"/> Terminations aren't easy or predictable
Preparing for the End of Therapy - Page 28 - What surprised psychologist Hanakawa most when she and her client had their last session was:	<input type="radio"/> Her client revealed she'd grown up with a hypercritical mother <input type="radio"/> They did their deepest work <input type="radio"/> There were no sessions left to explore the impact and meaning of her choice to end therapy <input type="radio"/> The client's decision to end their therapy caught her off guard
Leaving a High-Demand, High-Control Religion - Page 40 - According to Shipps, high-demand, high-control religions require all of the following except:	<input type="radio"/> Obedience <input type="radio"/> Believing people in your community have the right answers <input type="radio"/> Critical thinking <input type="radio"/> Loyalty
Leaving a High-Demand, High-Control Religion - Page 40 - With clients who come to her with religious trauma, Shipps has learned to:	<input type="radio"/> Highlight some of the dangers of continuing to be a believer <input type="radio"/> Contain assumptions and remain open and curious <input type="radio"/> Validate clients by disclosing her own experiences in a religious group <input type="radio"/> Offer feedback about what she believes is the right thing to do
Quieting the Relentless Inner Critic - Page 44 - Memory reconsolidation is a process in which long-term patterns?	<input type="radio"/> Shift so clients can unlearn old information <input type="radio"/> Are completely forgotten <input type="radio"/> Become unpalatable <input type="radio"/> Are reinforced
Quieting the Relentless Inner Critic - Page 44 - The implicit memory system is a layer of subconsciousness made up of intertwined neural networks that the author calls:	<input type="radio"/> The house of emotional knowing <input type="radio"/> The web of sticky symptoms <input type="radio"/> The psychological floor <input type="radio"/> The psychological ceiling
Quieting the Relentless Inner Critic - Page 44 - The author says the implicit memory system talks to us in:	<input type="radio"/> Thoughts <input type="radio"/> Words <input type="radio"/> A language we can't possibly understand

Case Study - Page 57 - According to Dunams, mirroring can do all of the following in session with a client except:

- ☐ Body-based feelings and sensations
- ☐ Focus a client's attention on hearing themselves, rather than the therapist
- ☐ Help the therapist verify whether they've heard the client accurately
- ☐ Help direct a therapist's attention away from their own internal mental chatter
- ☐ Prevent therapists from caring too much about their client's problems

Case Study - Page 57 - The power-and-control wheel is a tool for:

- ☐ Identifying patterns of aggressive, controlling behaviors
- ☐ Helping domestic abuse survivors stand up to perpetrators
- ☐ Processing traumatic memories
- ☐ Communicating with your younger self

Point of View - Page 63 - In the Flash Technique, Manfield says that after a client identifies a trauma they want to work on, they're instructed to:

- ☐ Embrace it fully
- ☐ Reject it as hard as they can
- ☐ Touch it lightly
- ☐ Allow it to gently fade