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**May/June 2023: Rethinking Relationships: A Look at  
Nonmonogamy, Coparenting, and the Choice to be Single**

MGT095647

4/30/2023

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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

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☐ Somewhat satisfied

☐ Neither satisfied not dissatisfied

☐ Somewhat dissatisfied

☐ Very dissatisfied

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☐ 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

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☐ 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
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## Objectives

Was this objective met? Evaluate how Scott helps couples address challenges in nonmonogamous relationships.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Assess Kort's approach to working with mixed erotic orientation couples.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Apply Hardy's approach to treating clients' internalized devaluation in regard to racial trauma.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

## Post Test

In Consultation - Page 17 - The ethical mandate to avoid doing harm is known as:

☐ Beneficence

☐ Bioethics

☐ Nonmaleficence

☐ Principle A

Exploring Consensual Nonmonogamy - Page 22 - Largely unconscious, cultural prejudices against nonmonogamous relationships is known as:

☐ Antinonmonogamy

☐ Heteronormativity

☐ Mononormativity

☐ Monogamy dominance

Exploring Consensual Nonmonogamy - Page 22 - Which is not one of neurologist David Rock's five domains that organize the human threat response?

☐ Status

☐ Certainty

☐ Equality

☐ Autonomy

Honoring the Choice to Be Single - Page 32 - While couples therapist Linda Carroll says relationships define our well-being, she also says that:

☐ A fulfilling life can involve any passionate relationship, not just a romantic one

☐ It must involve another human being

☐ The research on this is slim

☐ This isn't necessarily true for younger generations

Honoring the Choice to Be Single - Page 32 - According to singlism expert Bella de Paulo, longitudinal studies comparing the well-being of partnered and single people shows us what?

☐ People who marry typically don't become any happier than those who don't

	<input type="radio"/> Married people have worse sex lives over time than singles
	<input type="radio"/> Single people maintain relationships with friends and family that are typically closer than marrieds
	<input type="radio"/> Married people do become slightly more physically healthy than they were before
Rewriting Marriage Contracts - Page 38 - What sort of couples does Schwarzbaum say are not suitable for these arrangements?	<input type="radio"/> Young couples
	<input type="radio"/> High-conflict partners with little respect for one another
	<input type="radio"/> Highly religious couples
	<input type="radio"/> Previously divorced couples
Rewriting Marriage Contracts - Page 38 - Which of the following is not a question Schwarzbaum asks her couples clients rewriting their marriage contract?	<input type="radio"/> How will you deal with disagreements?
	<input type="radio"/> What are your main fears about staying together in the same household?
	<input type="radio"/> How will you sublimate your sexual urges during this time?
	<input type="radio"/> What sort of person do you want to be for this project?
When One Partner is Kinky... - Page 42 - When a partner has a secret fantasy, fetish, or erotic desire that their significant other doesn't share, the relationship is known as a:	<input type="radio"/> Sexual-orientation-mismatch relationship
	<input type="radio"/> Mixed erotic-orientation relationship
	<input type="radio"/> Polar-opposite relationship
	<input type="radio"/> Conflicting-tastes relationship
When One Partner is Kinky... - Page 42 - What kind of response does Kort often see in kinky partners when their significant other has discovered their secret erotic interest?	<input type="radio"/> Shame and betrayal
	<input type="radio"/> Pride and defensiveness
	<input type="radio"/> Confusion and avoidance
	<input type="radio"/> Agitation and anger
When One Partner is Kinky... - Page 42 - Which is one of the tools Kort uses to get a sense of partners' sexual histories?	<input type="radio"/> Role playing
	<input type="radio"/> Journaling
	<input type="radio"/> Doing a genogram
	<input type="radio"/> Word association
A Puncturing of the Soul - Page 46 - Hardy says the deceptively simple act of doing what helped start the healing process for Ophelia?	<input type="radio"/> Acknowledging her pain
	<input type="radio"/> Naming her racial trauma
	<input type="radio"/> Shaking her hand
	<input type="radio"/> Sharing other clients' stories
A Puncturing of the Soul - Page 46 - Hardy says internalized devaluation is:	<input type="radio"/> Not hard to overcome, given the right tools
	<input type="radio"/> Usually rooted in a singular event
	<input type="radio"/> A form of racial trauma
	<input type="radio"/> A kind of irrational thinking
A Puncturing of the Soul - Page 46 - Hardy says a critical juncture occurred in therapy with Xiomara when he asked:	<input type="radio"/> Is it that you feel you aren't good enough and you're worried that you're an imposter?

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☐ What was your first encounter with racism?

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☐ What's it like for you to be working with me?

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☐ What messages did you receive in childhood about race?

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Case Study - Page 57 - The following elements are characteristic of a successful portrayal except:

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☐ They're healing and transformative

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☐ They arise organically during a session

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☐ They're rooted in affective and somatic experiences

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☐ They need to be planned out in advance

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Point of View - Page 63 - Why does Tarrant believe each new client should be assessed for a particular meditation environment and style?

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☐ Certain ones can trigger them

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☐ Assessments build essential connections between staff and client

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☐ The neurofeedback machine needs to be adjusted according to the style

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☐ It's a chance to see if they're too anxious to obtain any benefit at all

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