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**March/April 2024: Where Are All Our Friends?: Therapists
Confront the Loneliness Epidemic**

Post Test/Evaluation Form
Price for CE Certificate: \$30

MGT095652

2/29/2024

PERSONS interested in receiving credit may print this form, complete and return with a payment of \$30 per person CE fee.

A certificate of successful completion will be emailed/faxed/mailed to you. You will receive your CE certificate within two weeks from date of receipt of your request form and test. To receive your certificate sooner than two weeks, rush processing is available for a fee. Please attach check* or include credit card information below. **Customers outside the US: We will only accept payments for Continuing Education Credits by use of a credit card. All other forms of payment will not be accepted.**

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Rcvd _____
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CE Fee: \$30 (Rush Processing Fee: \$10) Total to be charged: _____

Credit Card Information

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Address

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State

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Signature

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
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 Buqué's use of holistic techniques to treat trauma.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Evaluate Lyons's understanding of the role of parents in treating anxiety in children.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Was this objective met? Apply Straus's approach to helping young clients build social networks.

☐ Strongly agree

☐ Agree

☐ Neither agree nor disagree

☐ Disagree

☐ Strongly disagree

Post Test

In Consultation - page 15 - How did Buqué help Milagros when she noticed bodily discomfort related to her trauma?

☐ she asked Milagros to take 10 breaths with her to release some of the tension

☐ she asked her to stand up and vigorously shake her arms and legs

☐ she asked her to close her eyes and visualize being someplace peaceful

☐ she struck the sound bowls louder and more frequently

Esther Perel on the Art of Making Friends - page 26 - A prompt Perel uses with her clients who feel unworthy of friendship is

☐ "What are the qualities of a good friend?"

☐ "List the people you interacted with over the last week"

☐ "Tell me about the first friend you ever had"

☐ "Describe yourself as a friend"

Esther Perel on the Art of Making Friends - page 26 - Perel says the first skill in making friends is to

☐ find a hobby

☐ let curiosity lead and focus on what you bring as a friend

☐ smile when you interact with strangers

☐ keep your expectations low

Social Anxiety in Kids - page 30 - When clients struggle with social isolation, therapists can help them by

☐ seeing the good in the fact that their kid is connecting online

☐ prioritizing their children's comfort level

☐ addressing the social gaps and helping them strategize ways to get their kids out into the world

☐ making compromises based on their kids' anxiety

Social Anxiety in Kids - page 30 - Some examples of activities Lyons is referring to when she encourages us to help our clients “get moving” are	<input type="radio"/> moving to a new school, neighborhood, city, or state
	<input type="radio"/> writing letters to senators and congressman, joining political rallies, and lobbying for change
	<input type="radio"/> going for a walk, bike ride, or run to interrupt long periods of sedentary time on screens
	<input type="radio"/> volunteering, finding a part-time job, getting involved in sport activities, and mentoring
Cultivating Relationships in Real Life - page 36 - According to Straus, social media can alter young adults’ sense of	<input type="radio"/> time passing
	<input type="radio"/> what should matter in life
	<input type="radio"/> how they ought to be spending their days
	<input type="radio"/> what true belonging feels like
Cultivating Relationships in Real Life - page 36 - Good ways to help young adults build social networks “in real life” include	<input type="radio"/> developing “third places” beyond home and work to hang out and potentially interact with others
	<input type="radio"/> getting a hamster
	<input type="radio"/> willing away hours in old-fashioned video arcades
	<input type="radio"/> reconnecting with estranged family
Inviting Your Inner Critic for Coffee - page 44 - According to Newhouse, it’s helpful for therapists and clients working on befriending themselves to recognize that self-friendship is mostly about	<input type="radio"/> taking a bath
	<input type="radio"/> how you show up for yourself
	<input type="radio"/> eating well
	<input type="radio"/> putting your hand on your heart
Inviting Your Inner Critic for Coffee - page 44 - Which intervention does Jimenez-Pride suggest therapists might use when helping a client who feels pressured by an internal critic to live up to an ideal?	<input type="radio"/> “What percentage of this negative belief belongs to you?”
	<input type="radio"/> “Why do you think your inner critic is so harsh?”
	<input type="radio"/> “Would you be willing to tell your inner critic to back off?”
	<input type="radio"/> “What if you just ignored your inner critic?”
Celebrating Black Sisterhood - page 50 - Bradford says some of the most formidable conversations with clients come from questions like	<input type="radio"/> “Who was your biggest supporter growing up?”
	<input type="radio"/> “Tell me about your first romantic relationship”
	<input type="radio"/> “What’s your greatest fear?”
	<input type="radio"/> “What’s your earliest childhood memory?”
Celebrating Black Sisterhood - page 50 - When Bradford asks clients how they’d describe their relationships with their parents or siblings, she says she’s listening for	<input type="radio"/> nuggets of hope or optimism
	<input type="radio"/> a traumatic childhood memory
	<input type="radio"/> how patterns in relationship dynamics from childhood might be impacting current relationships
	<input type="radio"/> changes in vocal tone or pitch
Scarred, Not Scary - page 58 - Therapists working with disfigured clients need to keep in mind that once the medical trauma has been endured and survived, the worst part of disfigurement is often (d)	<input type="radio"/> physical

	<input type="radio"/> spiritual
	<input type="radio"/> economic
	<input type="radio"/> social
Scarred, Not Scary - page 58 - Therapists can teach clients who are struggling with challenging social situations Barbara Kammerer Quayle's social-skills training model STEPS, which stands for	<input type="radio"/> self-regulate, trust, educate, persevere, and support <input type="radio"/> self-soothe, take action, empathy, patience, and strength <input type="radio"/> self-talk, tone, eye contact, posture, and smile <input type="radio"/> self-containment, tact, energy, patience and sharing
Case Study - page 64 - When clients who've been repeatedly wronged in a floundering marriage feel overwhelmed and paralyzed, what question can therapists help them consider in order to allay feelings of guilt?	<input type="radio"/> Who's more willing to sacrifice themselves for the children's overall well-being and who isn't? <input type="radio"/> Who's been more empathetic and who's been more assertive about their needs? <input type="radio"/> Who has emotionally, sexually, or physically left a marriage and who's deciding to end it? <input type="radio"/> Who has more financial resources and who is more dependent?
What Story Does Your Voice Tell? - page 69 - According to Bay, therapists interested in modelling authenticity for clients who use a neutral "therapist voice" might consider how their voice is coming from a place of	<input type="radio"/> protection <input type="radio"/> indifference <input type="radio"/> curiosity <input type="radio"/> professionalism