

“COGNITIVE BEHAVIORAL THERAPY (CBT) FOR MOOD, PAIN AND INSOMNIA” (A136)

Videoconference Webcast

Original Broadcast Date: May 10, 2017

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT
Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the videoconference webcast listed above. In order for UPMC Western Psychiatric Hospital to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CE credit. After finishing, sign as indicated on the second page and return both forms by mail to:

Nancy Mundy
WPH/OERP
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

Please answer the TRUE/FALSE or multiple choice questions below

1. There are seven stages of change?

TRUE/FALSE

2. What are three stages of change (pick all that apply)?

- A. Contemplation
- B. Preparation
- C. Action
- D. Recognition
- E. Insight

3. Precontemplation means:

- A. Thinking about changing
- B. No recognition of a need to change
- C. Acknowledging new habits

4. The simplest approach to responding to resistance is with (pick all that apply):

- A. Nonresistance (repeating the patient’s statement in a neutral form)
- B. Assertively (strongly and direct)
- C. Helping the patient see that their resistance is detrimental
- D. Empathetically

5. You can diffuse resistance by (pick all that apply):

- A. Helping the person shift focus away from obstacles and barriers.
- B. By affirming your patient’s personal choices regarding the conduct of his/her own life.
- C. By taking your patient for a walk.
- D. By encouraging deep breaths

6. Motivation for change occurs when people perceive a discrepancy between where they are and where they want to be? TRUE/FALSE

7. When developing discrepancy (pick all that apply)
 - A. Help patient get 'unstuck' from ambivalent feelings.
 - B. Exploration of patients' personal reasons for making a change.
 - C. Exploration of current unhealthy behavior vs. patient's core values.
8. OARS techniques to motivate change include:
 - A. Open ended questions
 - B. Affirmations
 - C. Reflective listening
 - D. Summarize
 - E. All the above
9. Open-Ended Questions:
 - A. Helps you to understand your clients' point of view
 - B. Elicits their feelings about a given topic or situation
 - C. Facilitate dialog
 - D. Cannot be answered with a single word or phrase
 - E. Do not require any particular response
 - F. All the above
10. Affirmations (OARS) include:
 - A. Statements of appreciation/understanding
 - B. Recognition of patient's strengths/qualities
 - C. Validating the patients struggles
 - D. Telling the patient that everything will be alright
 - E. All the above
 - F. A, B, and C only
11. DARN statement includes:
 - A. Desire statements
 - B. Ability statements
 - C. Reasons statements
 - D. Need statements
 - E. All the above
12. ACTS for Adults includes:
 - A. Activities
 - B. Calm (relaxation)
 - C. Think positive
 - D. Sleep hygiene
 - E. All the above

After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the "https://" text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/T325a>

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**APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR General
CEUs, CADC, NBCC, Psychologists, and
Social Work/LSW/LCSW/LPC/LMFT (2.0 CREDIT HOURS)**

INSTRUCTIONS: In order for UPMC Western Psychiatric Hospital to record the credit you earn by viewing this program, we request that you follow the directions below:

1. Print your name, address, and birthdate clearly below.
2. Sign the statement affirming you viewed this session.
3. Return with payment to:

Nancy Mundy
OERP/WPH
3811 O'Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

I hereby affirm that I viewed the videoconference webcast indicated above:

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TYPE OF CREDIT: *Please Indicate Your Certification Needs*

<input type="checkbox"/> CEU: General Continuing Education Credit	<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> NCC: National Certified Counselors	<input type="checkbox"/> Psychologist
<input type="checkbox"/> SW/LPC/LMFT: Social Work (LCSW, MSW)	

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\$30

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Send these two forms to the above address. If your score is 80% or above, you will receive a certificate via email or contacted to retake. If you have any questions, contact Nancy Mundy at mundynl@upmc.edu or 412-204-9090.