

J&K HOME STUDY CE TEST

The Pain Paradox: *Mindfulness, Compassion, and Resilience in Trauma Therapy*

John Briere, Ph.D.(B0413)

Test Tips:

1. The questions are in the same order as the presentation.
2. The handouts supplement the presentation, but were not used to write the test
3. If you think a question is ambiguous, please write notes next to the question to justify your answer. We will score the item correct if it seems clear you listened to the program.

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OR

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Lancaster PA 17603-2327

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CC# _____ Exp Date _____

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Signature _____

There is no time limit to submit this test. You must score 75% or better for CE documentation. If you do not score at least 75%, you can request a retest. Only one retest is permitted. There is no time limit to submit a retest.

Please Check Your Profession (Check all that apply)

- | | | |
|--|--------------------------------|---|
| <input type="checkbox"/> Psychologist | <input type="checkbox"/> Nurse | <input type="checkbox"/> D&A Professional |
| <input type="checkbox"/> Social Worker | <input type="checkbox"/> MFT | <input type="checkbox"/> Occupational Therapist |
| <input type="checkbox"/> Counselor | | |

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The Pain Paradox: *Mindfulness, Compassion, and Resilience in Trauma Therapy*

John Briere, Ph.D. (B0413)

Participant Information

Print information exactly as you want it to appear on your CE certificate.

Name: _____ Credentials(e.g. Ph.D., LCSW) _____

Agency (Optional): _____

Mailing Address to receive CE certificate: ____Home ____Work

Address: _____

City _____ State _____ Zip _____

Phone () _____ Fax () _____

E-mail: _____

WARNING: You must complete this test alone. It is unethical to consult with others about the answers to this test.

Instructions: Circle the most correct answer based on the presentation by Dr. Briere

DAY 1

- 1 The Vietnam War was a watershed moment in the development of the PTSD diagnosis
 - a. True
 - b. False
- 2 People with PTSD rarely have other diagnoses as well
 - a. True
 - b. False
- 3 Dr. Briere concentrated on clients with multiple, often complex traumas in this presentation.
 - a. True
 - b. False
- 4 One does not have to study Buddhism in order to use Mindfulness.
 - a. True
 - b. False
- 5 "Simple" trauma usually refers to a single traumatic event.
 - a. True
 - b. False
- 6 Frequency only refers to the number of experiences of a particular type.
 - a. True
 - b. False
- 7 Exposure therapy must occur within 2 to 3 days after a trauma in order to be effective.
 - a. True
 - b. False

- 8 Relationality refers to groups of individuals who have experienced similar traumas.
 - a. True
 - b. False

MORNING BREAK DAY 1

- 9 Dr. Briere states that one's self is constantly changing, as opposed to being static.
 - a. True
 - b. False
- 10 A strong sense of self means not being affected by others.
 - a. True
 - b. False
- 11 Parenting in which the child is never exposed to frustration or stress may have negative consequences.
 - a. True
 - b. False
- 12 Infantile memories cannot be readily recalled but can be triggered by reminiscent stimuli.
 - a. True
 - b. False
- 13 Negative self-concepts can be formed before the development of language in a child.
 - a. True
 - b. False
- 14 Self-injury or self-mutilation is often used by traumatized clients to reduce their experience of distress
 - a. True
 - b. False
- 15 Suppressed thoughts may return to awareness at seemingly random moments in time.
 - a. True
 - b. False
- 16 TRB stands for Tension Reduction Behavior.
 - a. True
 - b. False

LUNCH DAY 1

- 17 Clients must be treated for substance abuse before treating their trauma.
 - a. True
 - b. False
- 18 Dr. Briere suggested that successful relationships may sometimes require a couple to fall in love twice or more.
 - a. True
 - b. False
- 19 Mindfulness-based interventions are rarely helpful for older individuals.
 - a. True
 - b. False
- 20 In the DSM-5 PTSD, effortful avoidance behaviors will be grouped into the same symptom cluster as emotional numbing.
 - a. True
 - b. False
- 21 Humans often have difficulty differentiating triggered emotional memories from current perceptions.
 - a. True
 - b. False

- 22 Reliving trauma during talk therapy is usually associated with negative outcomes.
 - a. True
 - b. False
- 23 Re-experiencing trauma memories in a safe environment can be therapeutic.
 - a. True
 - b. False
- 24 Kabat-Zinn discovered that mindful awareness of pain could reduce suffering.
 - a. True
 - b. False

AFTERNOON BREAK DAY 1

- 25 The Buddha spoke of two arrows, one involving pain and the other involving suffering.
 - a. True
 - b. False
- 26 Suffering may involve interpreting pain as “bad.”
 - a. True
 - b. False
- 27 Acquired drives are those drives attained through formal education.
 - a. True
 - b. False
- 28 Advice to “just get over it” or otherwise avoid distressing memories can facilitate recovery.
 - a. True
 - b. False
- 29 Although trauma is hurtful, it may sometimes represent an opportunity to grow.
 - a. True
 - b. False
- 30 Dr. Briere suggested that if you sit with your mind long enough, you will realize that all of your thoughts are logical and reliably true.
 - a. True
 - b. False
- 31 Mindfulness involves awareness of the here-and-now.
 - a. True
 - b. False

DAY 2

- 32 Dr. Briere suggested that all people tend to perceive or experience events in the same way.
 - a. True
 - b. False
- 33 Mindfulness does not permit therapeutic exposure.
 - a. True
 - b. False
- 34 *The development of metacognitive awareness* can represent a form of cognitive therapy, according to Dr. Briere.
 - a. True
 - b. False
- 35 Mindfulness-Based Cognitive Therapy is most effective when the client is in a very depressed state.
 - a. True
 - b. False

- 36 Mindfulness-Based Stress Reduction is an effective treatment for anxiety and stress.
 - a. True
 - b. False
- 37 The general factor includes the quality of the therapeutic relationship.
 - a. True
 - b. False
- 38 Mirror neurons have a special ability to influence the emotions of others.
 - a. True
 - b. False
- 39 Nonjudgment means, among other things, not being critical.
 - a. True
 - b. False

MORNING BREAK DAY 2

- 40 The literature suggest that medications, by themselves, are often insufficient in the treatment of PTSD.
 - a. True
 - b. False
- 41 Compassion is the ability to prevent the suffering of others.
 - a. True
 - b. False
- 42 Compassion involves awareness of the suffering of others.
 - a. True
 - b. False
- 43 It appears that attachment stimuli tend to activate specific neuro-circuitry in the brain.
 - a. True
 - b. False
- 44 Therapists can activate attachment neuro-circuitry through cognitive interventions.
 - a. True
 - b. False
- 45 Deconstructing trauma involves reducing the impact of the trauma.
 - a. True
 - b. False
- 46 In general, effective trauma therapy should include forgiveness of the perpetrator.
 - a. True
 - b. False

LUNCH DAY 2

- 47 Beginning therapists sometimes believe that cognitive therapy is about arguing with the client and winning.
 - a. True
 - b. False
- 48 Trigger identification is identifying the violator in a conflict.
 - a. True
 - b. False
- 49 There are, in reality, very few actual triggers in the average person's life.
 - a. True
 - b. False

- 50 The cell phone may sometimes be a useful tool in dealing with trigger issues..
a. True
b. False
- 51 Without emotional activation, exposure therapy is not very effective.
a. True
b. False
- 52 Basically, most people do not want to talk about their trauma.
a. True
b. False
- 53 We are slowly discovering that a safe therapeutic environment is not that relevant to effective trauma therapy.
a. True
b. False
- 54 Dr. Briere suggests that the clinician re-focus his or her client back on the trauma whenever they start avoiding.
a. True
b. False

AFTERNOON BREAK DAY 2

- 55 Anger and resentment are emotions that should not be dwelt on.
a. True
b. False
- 56 Breath training involves speeding up the breathing rate for cardiovascular benefits.
a. True
b. False
- 57 Hypnotherapy is generally recommended by Dr. Briere as an effective intervention for trauma.
a. True
b. False
- 58 There are contraindications to teaching mindfulness or meditation to clients.
a. True
b. False
- 59 It takes time to teach mindfulness so therapists should begin immediately.
a. True
b. False
- 60 Mindfulness is highly recommended for psychotic clients.
a. True
b. False
- 61 Dr. Briere suggests that nothing lasts forever, and yet this awareness can help us to grow and become more alive.
a. True
b. False

END

WARNING: You must complete this test alone. It is unethical to consult with others about the answers to this test.

I have completed this home study CE course and I have taken this test without help or consultation.

Signature

Degree/License

Date

FEEDBACK FORM

The Pain Paradox: Mindfulness, Compassion, and Resilience in Trauma Therapy

John Briere, Ph.D. (B0413)

Thank you for completing this program. We value your comments. Please give us your feedback.

1. How helpful was the program in increasing your understanding of:

<u>Day 1</u>	<u>Very Helpful</u>		<u>Some Help</u>		<u>No Help</u>
1) <u>Complex Trauma</u>	5	4	3	2	1
2) <u>Trauma, Pain & Suffering</u>	5	4	3	2	1
3) <u>The Pain Paradox</u>	5	4	3	2	1
4) <u>Trauma, Chaos, Pain, and Other Opportunities</u>	5	4	3	2	1
<u>Day 2</u>					
5) <u>Mindfulness</u>	5	4	3	2	1
6) <u>The Therapeutic Relationship</u>	5	4	3	2	1
7) <u>Cognitive Aspects of Trauma Therapy</u>	5	4	3	2	1
8) <u>Titrated Emotional Processing</u>	5	4	3	2	1

2. How effective was Dr. Briere's presentation?

<u>Very Effective</u>				<u>Ineffective</u>
5	4	3	2	1

3. Were the handouts suitable and useful?

<u>Very Useful</u>				<u>Useless</u>
5	4	3	2	1

4. How knowledgeable was Dr. Briere regarding the material?

<u>Most Knowledgeable</u>			<u>Not Knowledgeable</u>	
5	4	3	2	1

5. How appropriate was this program to your level of education & experience?

<u>Very Appropriate</u>			<u>Inappropriate</u>	
5	4	3	2	1

6. How current was the information presented?

<u>Very Current</u>			<u>Out of Date</u>	
5	4	3	2	1

Comments regarding Dr. Briere's quality of instruction and teaching ability:

7. **BEFORE** you began this program, how valuable did you anticipate this program would be for you?

<u>Very Valuable</u>			<u>No Value</u>	
5	4	3	2	1

8. **NOW** that you have finished this program, how valuable did you find it?

<u>Very Valuable</u>			<u>No Value</u>	
5	4	3	2	1

9. **Have you completed other J&K Seminar home study programs?** ____Yes ____No

10. **Now that you have completed this program, how inclined are you to order other programs?**

<u>Highly Inclined</u>	<u>Somewhat Inclined</u>	<u>Disinclined</u>		
5	4	3	2	1

Comments:

Additional Overall Comments, Criticisms, Compliments and Suggestions (What can we do to improve our programs?):