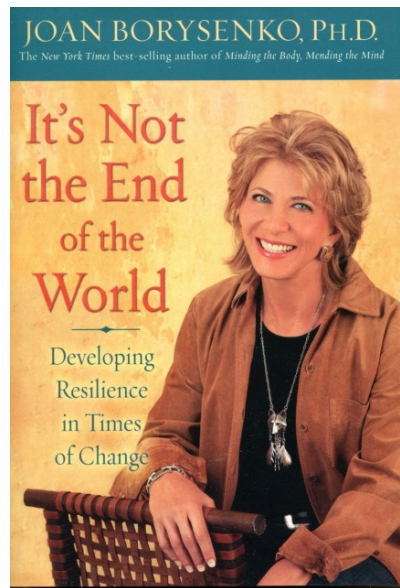




Home Study Continuing Education Program



It's Not The End Of The World Developing Resilience In Times Of Change By Joan Borysenko, Ph.D.

4 CE hours credit

**Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648
800 376-3345—Fax 508 420-3360
Info@CommonwealthSeminars.com
Www.CommonwealthSeminars.com**

Home Study Program

Instructions

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 2. Read the book or article.**
- 3. Complete the test with a score of 75% or better.**
 - a. You may take it online if you wish.**

Please refer to the instructions on the registration page at the end of this test packet.
 - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: (800) 376-3345 or email to:
info@CommonwealthSeminars.com

We are approved to offer Continuing Education credit for Social Workers, Psychologists, Nurses, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Registered Dietitians, Substance Abuse Counselors, Licensed Alcohol and Drug Abuse Counselors, LADCs (I-III) and Massachusetts Educators.



Commonwealth Educational Seminars Certification Exam

It's Not the End of the World

by Joan Borysenko, Ph.D.

Select one response for each question below.

1. The Chinese character for change is made up of two characters: danger and opportunity.

- a. True b. False

2. Resilient people are not masters of innovation.

- a. True b. False

3. Improvisation does not require attentiveness and mindfulness.

- a. True b. False

4. Jim Collins, who wrote the book, "Good to Great," assumed that resilient companies were made up of optimistic people. He was right.

- a. True b. False

5. Awareness and choice are the building blocks of adapting creatively to change.

- a. True b. False

6. Pessimists do not take negative events personally.

- a. True b. False

7. Habitual negative thought processes are called cognitive distortions.

- a. True b. False

8. Reversing the flow from yourself to others decreases physical pain by releasing endorphins.

- a. True b. False

9. The skill most needed for our postmodern times is synthesis.

- a. True b. False

10. Stepping out of your right hemisphere and into your left one creates resilience through multiple channels.

- a. True b. False

11. A vision statement is the ideal life you want to manifest.

- a. True b. False

12. According to David Campbell, "Discipline is remembering what you want."

- a. True b. False

13. "Rewiring" is an example of physical resilience.

- a. True b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

14. I have completed all the requirements for this home study course without any assistance from others.

- a. True b. False

15. The content of this course was appropriate for my profession.

a. True b. False

16. The course information was relevant and can be applied to practice.

a. True b. False

17. The course information contributed to achieving personal, professional goals.

a. True b. False

18. I would recommend this program to others.

a. True b. False

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**It's Not The end Of the World
Certification Test
You may take this certification test online.**

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on "Take Your Test"**
- 3. Click on *It's Not The End Of The World* in the books listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

**Or you can fill out this printed test and send it to us.
Please fill in the following information and Mail/fax it to:**

**Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648
Fax: (508) 420-3360**

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Telephone: (_____) _____ **e-mail:** _____ @ _____

I am seeking CE credit for the following profession(s):

Profession	License Number	State
_____ Psychologist (APA):	_____	_____

_____ Social Work (ASWB):	_____	_____
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_____ Certified Counselor (NBCC):	_____	_____
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_____ LMHC (NBCC):	_____	_____
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_____ Drug/Alcohol Counselor/LADC:(NAADAC):	_____	_____
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_____ Licensed Marriage/Family Therapist (NBCC):	_____	_____
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_____ Registered Nurse:	_____	_____
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_____ Dietitian:	_____	_____
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Certification Number: