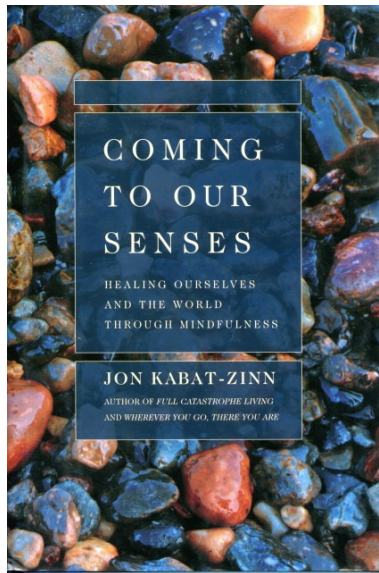




**COMMONWEALTH
EDUCATIONAL SEMINARS**

Home Study Continuing Education Program



Coming To Our Senses **Healing Ourselves and The World Through Mindfulness.** By Jon Kabat-Zinn, Ph.D.

15 CE Hours

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

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

Commonwealth Educational Seminars Certification Exam

Coming To Our Senses by Jon Kabat-Zinn

Select one response for each question below.

1. Mindfulness meditation is now being taught in law firms.

- a. True b. False

2. We see habitually, which means we see in very limited ways or we don't see at all, even sometimes what is right under our noses.

- a. True b. False

3. We can have children go for years without really seeing them because we are only "seeing" our thoughts about them.

- a. True b. False

4. People in different cultures can see the same event very differently.

- a. True b. False

5. Meditation is akin to throwing a switch in your brain that results in your mind going completely blank.

- a. True b. False

6. Meditation is not about trying to get anywhere else.

- a. True b. False

7. Humor and playfulness are not critical to right mindfulness.

- a. True b. False

8. Each moment missed is a moment unlived.

- a. True b. False

9. Kundun does not mean the Presence.

- a. True b. False

10. If you move into pure awareness in the midst of pain, your relationship with your pain is going to shift right in that very moment.

- a. True b. False

11. Meditation practice does not require a certain amount of scaffolding.

- a. True b. False

12. Mindfulness has not been valued in all contemporary and ancient cultures.

- a. True b. False

13. Connection leads to greater regulation.

- a. True b. False

14. Attention has to be maintained and nourished by intention.

- a. True b. False

15. The only way out, as Helen Keller observed, is through.

- a. True b. False

16. The Buddha himself was not a Buddhist.

- a. True b. False

17. Attention Deficit Disorder is not a manifestation of dis-ease.

- a. True b. False

18. Much of the time our new-found technological connectivity serves no real purpose.

- a. True b. False

19. Many people are addicted to always looking for the next big experience to make life worthwhile, whether it is the big trip to the exotic location, extreme sports, or just the next gourmet dinner.

- a. True b. False

20. One way to hasten the sense of time passing is to make more of your ordinary moments notable by taking note of them.

- a. True b. False

21. There is no significant benefit in allowing ourselves to recognize how impersonal the process of life really is.

- a. True b. False

22. Emptiness is intimately related to fullness.

- a. True b. False

23. Of all of the senses, it is hearing that dominates in language and metaphor.

- a. True b. False

24. An elemental challenge of mindfulness is to rest in the awareness of hearing.

- a. True b. False

25. In the hearing, there is momentary freedom from any "me" hearing.

- a. True b. False

26. The sense of touch is actually, from a neurological point of view, a number of different senses.

- a. True b. False

27. Being unaware of proprioception, and being instrumentally out of touch are extremely common.

- a. True b. False

28. The skin is our biggest sensory organ.

- a. True b. False

29. The skin is not tied to our emotions.

- a. True b. False

30. You may feel greater sensation in your hands and feet and lips because of the high enervation of motor neurons in these regions.

- a. True b. False

31. Smell is fundamentally not a molecular sense.

- a. True b. False

32. Our relationship to food over the past ten thousand years has not changed dramatically.

- a. True b. False

33. Taste is the sense that is most evocative of memories.

- a. True b. False

34. Ultimately we do not know our location in time and space in every moment.

- a. True b. False

35. Increasing evidence is suggesting that our maps of the body in the brain are extraordinarily fluid in some ways, capable of continually changing over the course of our lives.

- a. True b. False

36. Mindfulness is an orthogonal universe.

- a. True b. False

37. There is nothing passive about awareness.

- a. True b. False

38. Democracy encourages and nurtures pluralism and a diversity of views.

- a. True b. False

39. Conflicts are inward as much as they are outward.

- a. True b. False

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

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

44. I would recommend this program to others.

- a. True
 b. False

Coming To Our Senses 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 *Coming To Our Senses* 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.
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I am seeking CE credit for the following profession(s):

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____ Drug/Alcohol Counselor/LADC:(NAADAC): _____

____ Licensed Marriage/Family Therapist (NBCC): _____

Certification Number