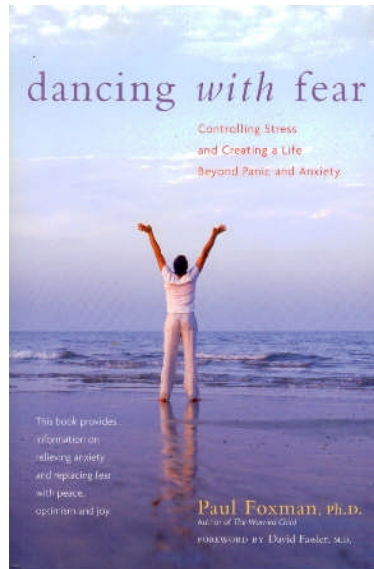




## Home Study Continuing Education Program



### **Dancing With Fear Controlling Stress And Creating A Life Beyond Panic And Anxiety By Paul Foxman, Ph.D. Certification Number:**



# Home Study Program

## Instructions

1. Purchase/obtain the book or article.
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 of the test packet.
  - b. You may take the test more than once at no cost.
4. Download the Certificate immediately.
5. If you are not taking the 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 at  
[info@CommonwealthSeminars.com](mailto:info@CommonwealthSeminars.com)

**We are approved to offer Continuing Education credit for Social Workers, Psychologists, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Substance Abuse Counselors, Licensed Alcohol & Drug Abuse Counselors, LADCs (I-III), NAADAC members and additionally, in Massachusetts, RNs and LPNs.**



# Commonwealth Educational Seminars

## Certification Exam

### Dancing With Fear: Controlling Stress and Creating A Life Beyond Panic and Anxiety.

By Paul Foxman, Ph.D.

Select one response for each question below.

1. It is estimated that \_\_\_\_\_% of the population will develop a diagnosable anxiety disorder at some point in their lifetime.

- a. 90%
- b. 10%
- c. 25%
- d. 50%

2. Perception of threat can elicit the same fear reaction as actual threat.

- a. True
- b. False

3. Many adults with anxiety disorders had undiagnosed anxiety in childhood.

- a. True     b. False

4. Spiritual issues have no place in the treatment of anxiety disorders.

- a. True     b. False

5. \_\_\_\_\_ is a state of apprehension or worry about a danger or threat that might occur.

- a. Fear  
 b. Anxiety  
 c. Stress  
 d. Fright

6. The template for anxiety begins in childhood.

- a. True     b. False

7. Which of the following events can contribute to an anxiety disorder?

- a. Abuse  
 b. Traumatic loss  
 c. Serious illness or injury  
 d. All of the above

8. There is a high correlation between drug/alcohol abuse and anxiety disorders.

- a. True     b. False

9. The three key ingredients that coincide to create an anxiety disorder are:

- a. Gender, age and stress  
 b. Personality, geographic location and age  
 c. Stress, gender and birth order  
 d. Biological sensitivity, personality and stress

10. Meditation is an appropriate practice for reducing anxiety.

- a. True     b. False

11. Which of the following disorders is not considered to be an anxiety disorder?

- a. Generalized Anxiety Disorder  
 b. Somatization Disorder  
 c. Posttraumatic Stress Disorder  
 d. Panic Disorder

12. Stress management is an important step in anxiety reduction.

- a. True     b. False

13. Which of the following personality trait is often associated with anxiety?

- a. Perfectionism  
 b. Hostility  
 c. Insensitivity  
 d. Paranoia

14. Research has demonstrated that the most effective form of therapy for anxiety is:

- a. Cognitive behavioral therapy  
 b. Medication  
 c. Diet and nutrition  
 d. Relaxation training

15. Which of the following foods have been linked to panic anxiety?

- a. Chemical preservatives  
 b. Caffeine  
 c. Hot and spicy foods  
 d. All of the above

16. Research shows that Cognitive Behavioral Therapy (CBT) reduces the rate of anxiety relapse after discontinuing medication.

- a. True     b. False

17. SSRI (selective serotonin reuptake inhibitor) medications are classified as anti-depressants and they are approved by the Federal Food and Drug Administration for treating anxiety disorders.

- a. True     b. False

18. An alternative medicine approach to treating anxiety is:

- a. Herbal therapy  
 b. Homeopathy  
 c. Aromatherapy  
 d. All of the above

19. Positive affirmations are a pop psychology approach that has little value in reducing anxiety.

- a. True     b. False

20. Making time to worry on a daily basis is a silly and ineffective idea.

- a. True     b. False

21. Thought habits such as negative thinking and worry may need to be addressed in the treatment of anxiety disorders.

- a. True     b. False

22. Graduated exposure is recommended for the following anxiety conditions:

- a. Agoraphobia  
 b. Social anxiety  
 c. Specific phobias  
 d. All of the above

23. Improving sleep with lifestyle changes is an important step in treatment of anxiety disorders.

- a. True     b. False

24. "Brainlock" is a book about overcoming which of the following anxiety disorders?

- a. Social phobia  
 b. Generalized anxiety disorder  
 c. Obsessive-compulsive disorder  
 d. Post-traumatic stress disorder

25. Worry can be thought of as a habit that can be replaced with practice of alternative cognitive patterns, such as optimism.

- a. True     b. False

26. Low self-esteem is often associated with social phobia.

- a. True     b. False

27. "Floating" is a technique for counteracting anxiety in which of the following disorders?

- a. Generalized anxiety disorder  
 b. Post-traumatic stress disorder  
 c. Panic Disorder  
 d. Obsessive-compulsive disorder

28. Structured self-help programs are compatible

- a. True     b. False

You have now completed the exam. Please answer the following evaluation questions.

Your answers do not affect your test score:

29. I am better able to understand the contributing factors to anxiety.

- a. True     b. False

30. I am now able to understand the stages of anxiety therapy and treatment progress.

- a. True     b. False

31. I feel that Dr. Foxman is knowledgeable in this field and successfully passed valuable information to me.

- a. True     b. False

32. This program enhanced my professional expertise.

- a. Substantially.  
 b. Somewhat.  
 c. Not at all.

33. The information in this course can contribute to achieving personal, professional goals.

- a. True     b. False

34. I would recommend this program to others.

- a. Yes     b. No     c. I'm not sure

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

- a. True     b. False

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

- a. True     b. False

**Dancing With Fear 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 *Dancing With Fear* 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):**

| <b>Profession</b>                | <b>License Number</b> | <b>State</b> |
|----------------------------------|-----------------------|--------------|
| _____ <b>Psychologist (APA):</b> | _____                 | _____        |

\_\_\_\_\_ **Social Work (ASWB):** \_\_\_\_\_

\_\_\_\_\_ **Certified Counselor (NBCC):** \_\_\_\_\_

\_\_\_\_\_ **LMHC (NBCC):** \_\_\_\_\_

\_\_\_\_\_ **Drug/Alcohol Counselor/LADC:(NAADAC):** \_\_\_\_\_

\_\_\_\_\_ **Licensed Marriage/Family Therapist (NBCC):** \_\_\_\_\_

\_\_\_\_\_ **Massachusetts RN/LPN:** \_\_\_\_\_

**Certification Number**