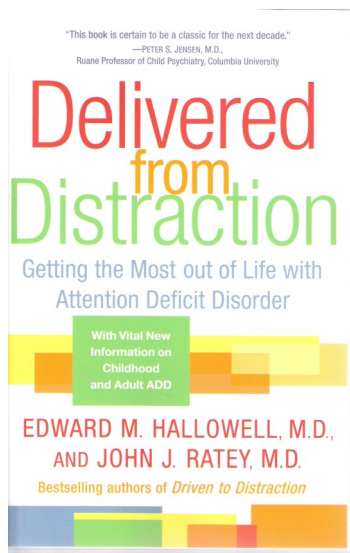




## Home Study Continuing Education Program



**Delivered From Distraction.  
Getting The Most Out Of Life With ADD.  
By Edward Hallowell, M.D., and John J. Ratey, M.D.**

**11 CE Hours Credit**

**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, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Substance Abuse Counselors, Licensed Alcohol and Drug Abuse Counselors, LADCs (I-III) and additionally, in Massachusetts and California, RNs and LPNs.**



## Commonwealth Educational Seminars Certification Exam

### Delivered From Distraction. Getting The Most Out Of Life With ADD.

Select one response for each question below.

1. The DSM IV describes ADD by a set of 18 symptoms.

- a. True     b. False

2. The Authors state that roughly 5 to 8% of the American population has ADD.

- a. True     b. False

3. Regarding the proper procedure for diagnosing ADD, there is no surefire test.

- a. True     b. False

4. one of the six lifestyle changes the author suggests is: Reduce electronics.

- a. True     b. False

5. With ADD, it does not take a lot of work to do trivial tasks.

- a. True     b. False

6. Although many people with ADD have a “sixth sense” it is important not to nurture that.

- a. True     b. False

7. Probably the two most important “treatments” for adults with ADD are marrying the right person and finding the right job.

- a. True     b. False

8. Medication will reduce creativity in someone who has ADD.

- a. True     b. False

9. One of the seven habits of highly effective ADD adults is: Connect your energy to a creative outlet.

- a. True     b. False

10. One of the seven habits of highly effective ADD adults is: Making sure one keeps up regular contact with a few close friends.

- a. True     b. False

11. The ASRS is a definitive diagnostic test.

- a. True     b. False

12. Even though ADD is one of the most powerful conditions that influences attention, it is commonly overlooked.

- a. True     b. False

13. It is not that people with ADD won't pay attention consistently. They can't.

- a. True     b. False

14. In ADD, one does not suffer from a deficit of attention but a wandering of attention.

- a. True     b. False

15. The goal in treating ADD is not to prevent mental excursions but to bring them more under voluntary control.

- a. True     b. False

16. The basic symptoms of ADD are distractibility, impulsivity, but not restlessness.

- a. True     b. False

17. Doctor Charles Bradley, who set up a hospital in 1937 for boys whose behavior was out of control, gave them sedative medications.

- a. True     b. False

18. The gender ratio of ADD is about 3:1, males to females.

- a. True     b. False

19. Kenneth Blum and other researchers suggested the existence of a condition they named the reward deficiency syndrome.

- a. True     b. False

20. Dopamine is one of the chief chemical mediators of pleasure.

- a. True     b. False

21. Mood disorders occur in over 50 % of people with ADD.

- a. True     b. False

22. Substance abuse is uncommon in people who have ADD.

- a. True     b. False

23. Anxiety disorders frequently accompany ADD.

- a. True     b. False

24. To be called a true manic episode, the grandiose or irritable mood must last at least one week.

- a. True     b. False

25. Selective serotonin reuptake inhibitors make people with bipolar disorder worse.

- a. True     b. False

26. Environment does not play a crucial role in the development of ADD.

- a. True     b. False

27. Based on numerous studies, the heritability of ADD averages out at about 75%.

- a. True     b. False

28. Virtually every book written about long-term happiness includes the advice: do what you love.

- a. True     b. False

29. Self-medicating with food can sabotage the best of treatment plans.

- a. True     b. False

30. Omega-3 fatty acids may hold the key to preventing diabetes, Alzheimer's and depression.

- a. True     b. False

31. Stimulant medication can help curtail distractibility, impulsivity and hyperactivity.

- a. True     b. False

32. The older you get, the more shame you are apt to feel if your ADD is undiagnosed.

- a. True     b. False

33. One by-product of shame, pessimism and negativity is isolation.

- a. True     b. False

34. The authors claim the key to emotional well-being is connectedness.

- a. True     b. False

35. The absence of worry is an important part of ADD treatment.

- a. True     b. False

36. People who have ADD can spend too much time and money trying to become super organized.

- a. True     b. False

You have now completed the exam. Please complete the following

37. I have completed all of the requirements for this Home Study course without any assistance from others.

- a. True     b. False

38. The authors were knowledgeable in the content area.

- a. True     b. False

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

- a. True     b. False

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

- a. True     b. False

41. I would recommend this program to others.

- a. True     b. False

**Delivered From Distraction 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 *Delivered From Distraction* in the books listing.**
- 4. Fill in the information requested. Use the ID 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:**

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**1020 West Barnstable Rd**  
**Marstons Mills, MA 02648**  
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**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>	_____	_____

____ <b>Social Work (ASWB):</b>	_____	_____
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____ <b>Certified Counselor (NBCC):</b>	_____	_____
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____ <b>LMHC (NBCC):</b>	_____	_____
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____ <b>Drug/Alcohol Counselor/LADC:(NAADAC):</b>	_____	_____
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____ <b>Licensed Marriage/Family Therapist (NBCC):</b>	_____	_____
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____ <b>Registered Nurse:</b>	_____	_____
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**ID Number:**

*Commonwealth Educational Seminars*  
PROGRAM EVALUATION

**Topic Title: Delivered From Distraction. Getting the Most Out of Life With ADD**

**Participant's Name :** \_\_\_\_\_

**We appreciate your help in evaluating this program. Please indicate your rating of the presentation in the categories below by circling the appropriate number, using a scale of 1 (low) through 5 (high).**

**OBJECTIVES**

**I am better able to:**

- \_\_\_ 1. Understand a variety of treatments including pharmaceutical and non-pharmaceutical therapies.
- \_\_\_ 2. Utilize strategies for dealing with procrastination, clutter and chronic forgetfulness.
- \_\_\_ 3. recognize links between ADD and other conditions.
- \_\_\_ 4. Incorporate new diagnostic procedures in dealing with ADD.

**CONTENT**

- \_\_\_ 1. Appropriate for my profession.
- \_\_\_ 2. Consistent with stated objectives.

<b>Author</b>	<b>Knowledgeable in Content area</b>
Dr. Hallowell	
Dr. Ratey	

**COMMENTS:**

**RELEVANCY**

- \_\_\_ 1. Information could be applied to practice.
- \_\_\_ 2. Information could contribute to achieving personal, professional goals.

<b>This program enhanced my professional expertise.</b>	___ Substantially	___ Somewhat	___ Not at all
<b>I would recommend this program to others.</b>	___ Yes	___ No	___ Not sure