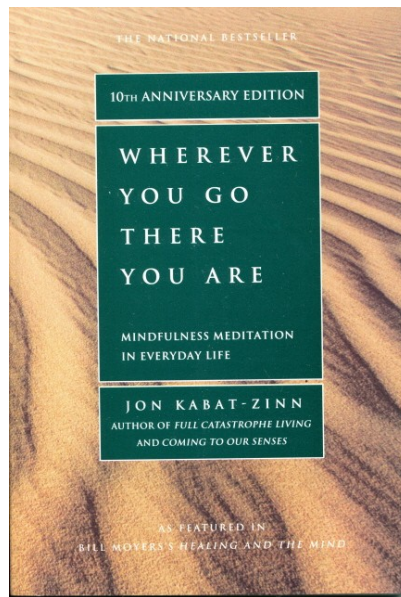




Home Study Continuing Education Program



Wherever You Go There You Are By Jon Kabat-Zinn PhD 8 CE hours credit

Commonwealth Educational Seminars

1020 West Barnstable Rd
Marstons Mills, MA 02648
(800) 376-3345—Fax: (508) 420-3360
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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:**

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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

Wherever You Go There You Are By Jon Kabat-Zinn, Ph.D.

Select one response for each question below.

1. Mindfulness provides a simple yet powerful tool for getting ourselves unstuck, back into touch with our own wisdom and vitality.

- a. True b. False

2. A good way to stop all the doing is to shift into the "being mode" for a moment.

- a. True b. False

3. The best way to capture moments is to stop paying attention.

- a. True b. False

4. If you decide to start meditating, it is a good idea to tell other people about it.

- a. True b. False

5. Thinking you are unable to meditate is a little like thinking you are unable to breathe, or to concentrate or relax.

- a. True b. False

6. Concentration is not a cornerstone of mindfulness practice.

- a. True b. False

7. Meditation is not about making the mind empty or still.

- a. True b. False

8. Meditation is not synonymous with the practice of non- doing.

- a. True b. False

9. It doesn't take long in mediation to discover that part of our mind is constantly evaluating our experiences.

- a. True b. False

10. When you dwell on stillness, the judging mind comes through like a foghorn.

- a. True b. False

11. In the mindful cultivation of generosity, it is necessary to give everything away.

- a. True b. False

12. A calmness develops with intense concentration practice that has a stable quality to it.

- a. True b. False

13. In Pali, the original language of the Buddha, there is no one word corresponding to our word "meditation."

- a. True b. False

14. Not all events, whether we see them on the surface as good or bad, are fundamentally in harmony with the Tao.

- a. True b. False

15. Awareness is the same as thought.

- a. True b. False

16. A dignified sitting posture in itself is not an affirmation of freedom, and of life's harmony, beauty and richness.

- a. True b. False

17. In traditional monastic settings, periods of sitting meditation are interspersed with periods of walking meditation.

- a. True b. False

18. Standing meditation is best learned from trees.

- a. True b. False

19. Lying-down meditation is not a good way to get in touch with your emotional body.

- a. True b. False

20. Yoga folds movement and stillness into one another.

- a. True b. False

21. A low self-estimation is really a wrong calculation, a misperception of reality.

- a. True b. False

22. Nothing is ever isolated and needs reconnecting. It's our way of seeing which creates and maintains separation.

- a. True b. False

23. It is not possible to change your karma.

- a. True b. False

24. The spirit of inquiry is not fundamental to living mindfully.

- a. True b. False

25. "I," "me," and "mine," are products of our thinking.

- a. True b. False

26. Parenting is a mirror that forces you to look at yourself.

- a. True b. False

27. If you follow the life-long path of mindfulness practice, the biggest potential obstacle at points along your journey will undoubtedly be your thinking mind.

- a. True b. False

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

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

32. I would recommend this program to others.

- a. True b. False

**Wherever You Go There You Are
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 *Wherever You Go There You Are* 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):

Profession	License Number	State
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_____ **Drug/Alcohol Counselor/LADC:(NAADAC):** _____

_____ **Licensed Marriage/Family Therapist (NBCC):** _____

Certification Number