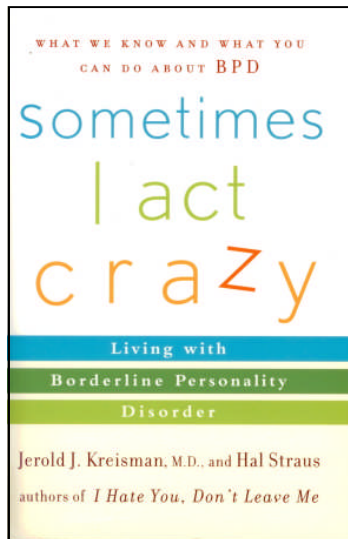




Home Study Continuing Education Program



Sometimes I Act Crazy: Living With Borderline Personality Disorder. By Jerald Kreisman, MD and Hal Straus



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. Sign the test form.
5. Send/fax the test and evaluation 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

Approved for Social Workers, Psychologists, Licensed Mental Health Counselors, LADCs, Certified Counselors and NAADAC members.

Commonwealth Educational Seminars Certification Exam

Sometimes I Act Crazy.

Living With Borderline Personality Disorder

Please circle one response for each question below.

1. Borderline Personality Disorder (BPD) is the most common personality disorder seen in clinical settings. a. True b. False
2. A core feature of BPD is not the desperate fear of abandonment. a. True b. False
3. Recent advances in brain research suggest a possible physiological basis for the borderline's abnormal retention of the splitting mechanism. a. True b. False
4. Erik Erikson was the first major theorist to focus on the significance of identity. a. True b. False
5. Often, cult members reflect the subcategory in borderline identity disturbance called "role absorption." a. True b. False
6. In an effort to manage impulsivity, staying busy is not recommended. a. True b. False
7. In an effort to manage impulsivity, postponing decisions is recommended. a. True b. False
8. Some borderlines find excitement in self-mutilation. a. True b. False
9. Affective instability is not among the most prominent characteristics of BPD. a. True b. False
10. Depression is the most common diagnosis that accompanies BPD. a. True b. False
11. The borderline's inability to feel connected to the rest of the world may evolve into a desperate fear of abandonment, but ultimately will not evolve into feelings of dissociation. a. True b. False
12. What sometimes distinguishes borderline rage is its concealment and its unpredictability. a. True b. False

13. Unlike psychotic symptoms observed in schizophrenia and bipolar disorder, borderline dissociation usually emerges and resolves suddenly.
a. True b. False

14. Some have postulated that dissociative symptoms are associated with the body's endorphin system. a. True b. False

15. In the practice guidelines of the American Psychiatric Association, it is stated, "The primary treatment for BPD is symptom-targeted psychopharmacology and not psychotherapy." a. True b. False

16. According to the author, if the therapist colludes with the borderline to cheat others, then the borderline will expect to be cheated by the therapist eventually. a. True b. False

17. According to the author, all successful therapies should emphasize thoughtful reflection in place of impulsive action. a. True b. False

18. Although there is high comorbidity with BPD and depression, anti-depressants are one of the least commonly used medicines.
a. True b. False

19. Most studies do not show significant improvement in BPD symptoms during the first year of treatment. a. True b. False

20. Early exposure to sexual abuse is not considered to contribute to the development of BPD. a. True b. False

You have now completed the exam. Please complete the following

21. I have completed all of the requirements for this Home Study course without any assistance from others. a. True b. False

22. The authors, Jerold J. Kreisman, MD and Hal Straus were knowledgeable in the content area. a. True b. False

23. The course information was relevant and can be applied to practice.
a. True b. False

24. The course information contributed to achieving personal, professional goals. a. True b. False

25. I would recommend this program to others. a. True b. False

Sometimes I Act Crazy 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 *Sometimes I Act Crazy* 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): _____

____ Certified Counselor (NBCC): _____

____ LMHC (NBCC): _____

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

____ Licensed Marriage/Family Therapist (NBCC): _____

Certification Number: