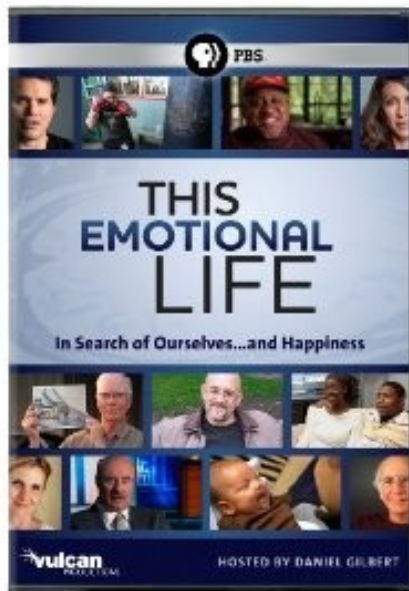




Home Study Continuing Education Program



**This Emotional Life Video
Part Two
Happiness: Facing Our Fears
Two CE Hours credit**



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

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

This Emotional Life: Happiness: Facing Our Fears

Select one response for each question below.

1. Negative emotions are both our best friends and our worst enemies.

- a. True b. False

2. Emotional regulation is understanding the process of how we can modify our emotions.

- a. True b. False

3. Students who put their hand in the ice bucket after watching the slide show had much less recall of the images.

- a. True b. False

4. Stress hormones strengthen the memory of the post traumatic stress syndrome stressor.

- a. True b. False

5. What happens in exposure therapy is not new learning.

- a. True b. False

6. The opposite of depression is not happiness. The opposite of depression is vitality.

- a. True b. False

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

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

11. I would recommend this program to others.

- a. True b. False

**This Emotional Life: Happiness - Facing Our Fears
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 *This Emotional Life: Happiness: Facing Our Fears* in the Videos 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:

