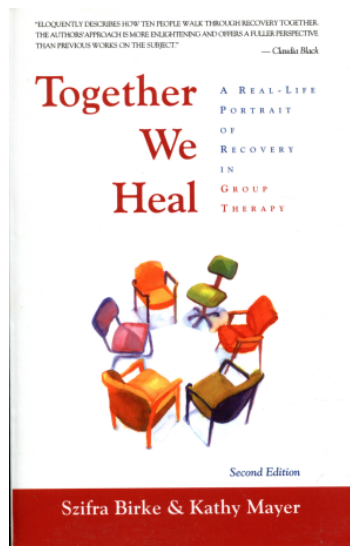




Home Study Continuing Education Program



Together We heal **A Real-Life Portrait of Recovery in Group Therapy** **By Szifra Birke and Kathy Mayer**

Certification Test ID #:



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

This is a copy of the actual test you will take after registering for this course.

Select one response for each question below.

Together We Heal By Szifra Birke and Kathy Mayer

1. Adult Children of Alcoholics (ACOSs) are generally comfortable with compliments.

- a. True b. False

2. Most ACOAs freely admit their parents are alcoholics.

- a. True b. False

3. ACOAs feel pressure never to say anything negative about their parents.

- a. True b. False

4. As a survival skill, many ACOAs freeze their feelings.

- a. True b. False

5. Some ACOAs worry that looking back is the same as feeling sorry for themselves.

- a. True b. False

6. Group members felt more burdened after talking about alcoholism and saying things they never had before.

- a. True b. False

7. Some group members think their mother's protectiveness affected them more than their father's drinking.

- a. True b. False

8. The more dysfunctional your parents are the easier it is to let go of the relationship with them.

- a. True b. False

9. Many ACOAs lose their chance to be children.

- a. True b. False

10. Some ACOAs didn't know their parent was an alcoholic during their whole childhood and adolescence.

- a. True b. False

11. Roles in alcoholic families include hero, scapegoat, lost child and family mascot.

- a. True b. False

12. Family heroes are often bossy and/or parental with peers.

- a. True b. False

13. The scapegoat or rebel child's misbehavior may disrupt the parents' fight and bring the parents together.

- a. True b. False

14. Acting out children have a tendency to create a strong peer group.

- a. True b. False

15. The lost child or adjuster is a child in the family very likely to get help.

- a. True b. False

16. Mascot/placator uses humor and fun to hide the fear or insecurity they feel.

- a. True b. False

17. Achievement can be a trap for the family hero. Accomplishing something becomes the only way they may feel good.

- a. True b. False

18. Some people from high-stress families feel numb when they feel anxious.

- a. True b. False

19. "It must have been someone else's fault" is the slogan of too many adult children.

- a. True b. False

20. There are many non-alcoholic families where the children grow up with many of the same feelings and coping strategies as ACOAs.

- a. True b. False

21. When drunk, some alcoholics are physically or sexually abusive. Other alcoholics just go to sleep when they had too much to drink.

- a. True b. False

22. ACOAs rarely minimize or rationalize their pain.

- a. True b. False

23. Developing trust is challenging for ACOAs.

- a. True b. False

24. Parents' jealousy of their children dating, parents walking into the bathroom, parents or other adults hugging too close may be examples of covert sexual abuse.

- a. True b. False

25. Several ACOAs in the book have most of their fun at work and in solitary activities.

- a. True b. False

26. Group members didn't think that that they needed to schedule fun time into their schedules.

- a. True b. False

27. In a feedback exercise, it was easier for everyone to hear the compliments compared to the suggestions for behavior change.

- a. True b. False

28. Szifra advised the group members that if something makes them nervous then just don't do it.

- a. True b. False

29. ACOAs generally have an easy time recognizing their accomplishments.

- a. True b. False

30. The scapegoat/acting out child is spontaneous and knows how to have fun.

- a. True b. False

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

- a. True b. False

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

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

- a. True b. False

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

- a. True b. False

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

- a. True b. False

35. I would recommend this program to others.

- a. True b. False

**Together We Heal
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 *Together We Heal* 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**

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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