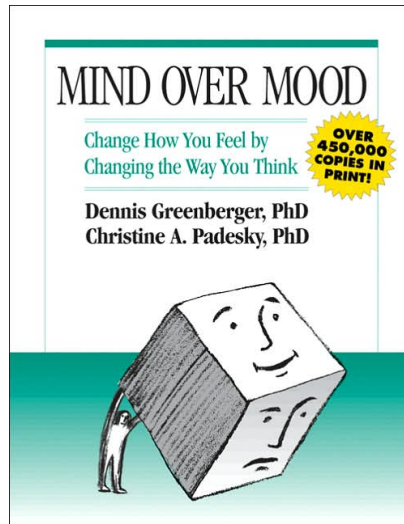




Home Study Continuing Education Program



Mind Over Mood

**Change the Way You Feel By Changing The Way You Think
By Dennis Greenberger, Ph.D. & Christine Padesky, Ph.D.**

Certification Number:



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

Select one response for each question below.

Mind Over Mood.

Change The Way You Feel By Changing The Way You Think.

1. Changes in behavior do not influence thoughts.

- a. True b. False

2. Changes in thoughts are often most important to create lasting positive improvement.

- a. True b. False

3. Different thoughts or interpretations of an event can lead to different moods in the same situation.

- a. True b. False

4. Thoughts usually do not influence physical reactions.

- a. True b. False

5. Even though certain modes of thinking may be biological or genetically inherited, environmental experiences can powerfully shape beliefs and moods.

- a. True b. False

6. While changes in thinking are often central, many problems require changes in behavior, physical functioning and environment as well.

- a. True b. False

7. In helping patients identify their moods, rating the intensity of the mood is not important.

- a. True b. False

8. An example of an automatic thought is, "I need a drink."

- a. True b. False

9. Thought records help patients develop a set of skills that can lead to positive behavior change.

- a. True b. False

10. We have automatic thoughts all the time.

- a. True b. False

11. It is important for patients to write down all evidence that may demonstrate that their "hot" thought is not 100% true.

- a. True b. False

12. Alternative or balanced thoughts reflect new meanings of situations based on all the available evidence.

- a. True b. False

13. When our patients' experiments don't turn out as we hoped they would, it is time to problem solve, not quit.

- a. True b. False

14. The deepest level of cognition is the core belief.

- a. True b. False

15. Identifying core beliefs about the self will never be enough to understand a recurrent problem.

- a. True b. False

16. Negative core beliefs about others usually develop from traumatic or persistently negative interactions with other people.

- a. True b. False

17. Assumptions and automatic beliefs are not the roots of our automatic thoughts.

- a. True b. False

18. When we are depressed we imagine that the future will be completely negative.

- a. True b. False

19. Depression does not just describe a mood; it also involves changes in our thinking, behavior and biology.

- a. True b. False

20. The thoughts that characterize anxiety are the same as the thoughts that characterize depression.

- a. True b. False

21. The cognitive component of anger involves the perception of being mistreated or perceiving others as being hurtful or unfair.

- a. True b. False

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

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

- a. True b. False

23. The authors, Dennis Greenberger, Ph.D. and Christine Padesky, Ph.D., were knowledgeable in the content area.

- a. True b. False

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

- a. True b. False

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

a. True b. False

26. The course information contributes to achieving personal, professional goals.

a. True b. False

27. I would recommend this program to others.

a. True b. False

Mind Over Mood 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 *Mind Over Mood* 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:

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Marstons Mills, MA 02648
Fax: (508) 420-3360

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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