

“COGNITIVE BEHAVIOR THERAPY OVERVIEW” (A340)

Videoconference Webcast

Original Broadcast Date: November 28, 2018

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT
Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the videoconference webcast listed above. In order for Education and Consultative Services (formerly OERP) to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CEUs. After finishing, sign as indicated on the second page and return both forms by mail to:

Nancy Mundy
Education and Consultative Services of
UPMC Western Psychiatric Hospital
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

Multiple choice and TRUE/FALSE Questions

1. Dysfunctional thoughts are thoughts that aren’t true. TRUE/FALSE
2. ANT stands for
 - A. Anthropomorphic Negative Thoughts
 - B. Automatic Negative Thoughts
 - C. Automatic Nice Thinking
 - D. Advantageous Negative Thoughts
3. The CBT Triad consists of
 - A. Thinking, Feeling, Doing
 - B. Helpful, Unhelpful, Automatic thoughts
 - C. Agenda, Content, Homework
 - D. Feelings, Emotions, Affect
4. Challenging automatic negative thoughts helps to change them TRUE/FALSE
5. “Everyone is against me” is an example of what type of cognitive distortion
 - A. Predicting the future
 - B. Mind reading
 - C. Black/White thinking
 - D. Emotional reasoning
6. A good question to use to challenge a distorted thought is
 - A. Is it helpful?
 - B. How does it make you feel?
 - C. What’s the thought?
 - D. Are you sad?
7. CBT stands for
 - A. Cognitive Be Thoughts
 - B. Cognitive Behavior Therapy
 - C. Conduct Behavior Therapy
 - D. Counseling Behavior Therapist
8. Thoughts affect feelings and actions. TRUE/FALSE

9. ABC stands for
 - A. Activating event, Beliefs, Consequences
 - B. Act, Be, Control
 - C. Actions, Behaviors, Conduct
 - D. Affect, Beliefs, Cognitions
10. Sleep restriction was mentioned as a behavioral intervention to address
 - A. Insomnia
 - B. Substance abuse
 - C. Schizophrenia
 - D. Bipolar disorder
11. CBT is
 - A. Passive, life-long, collaborative
 - B. Insight-oriented, problem-based, reality-centered
 - C. Scientific, active, collaborative
 - D. Client-centered, defense-based, time-limited
12. Behavioral activation is one type of CBT homework . TRUE/FALSE

After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the "https://" text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/T340-VC>

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**APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR
General CEUs, CADC, NBCC, Psychologists, and
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INSTRUCTIONS: In order for Education and Consultative Services (formerly OERP) to record the credit you earn by viewing this program, we request that you follow the directions below:

1. Print your name, address and email address below.
2. Sign the statement affirming your attendance at the session.
3. Return with payment to:

Nancy Mundy
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Western Psychiatric Hospital
3811 O'Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

I hereby affirm that I viewed the videoconference webcast indicated above:

Signature

Date Completed

PLEASE PRINT CLEARLY:

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TYPE OF CREDIT: Please Indicate Your Certification Needs

<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> CEU: General Continuing Education Credit
<input type="checkbox"/> NCC: National Certified Counselors
<input type="checkbox"/> Psychologist
<input type="checkbox"/> SW/LPC/LMFT: Social Work (LCSW, LSW)

PAYMENT ENCLOSED:

\$30

Check # _____ (Check payable to Education and Consultative Services)

Online credit card payment can be made at the following link:

<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=220928>

You can either email these two forms to Nancy Mundy at mundnl@upmc.edu and pay with online credit card or send to the above address with check payment. If your score is 80% or above, you will receive a certificate via email or contacted to retake. If you have any questions, contact Nancy Mundy at mundnl@upmc.edu