

# ON-LINE SELF STUDY EXAM FORM

**In order to receive CE credit, each participant is required to:**

**Read** the related continuing education article.

**Complete the exam** by circling the chosen answer for each question. Be sure to answer all questions and to give only one response per question unless otherwise stated in the question. Unanswered questions will be marked as incorrect.

**Complete the evaluation form.**

**Mail or fax** the original or a photocopy of the signed exam page and the completed evaluation form for each article that credit is requested for, along with a \$25.00 fee to:

American Psychotherapy Association  
Attn: CE Department  
2750 East Sunshine  
Springfield, MO 65804.

OR Fax to: 417-823-9959

If the exam is passed with a grade of 70 percent or above, a certificate of completion for 1.0 continuing education credit will be mailed. The participants that do not pass the exam are notified as such and will have a second opportunity to complete the exam. Any questions, grievances or comments can be directed to the CE Department at telephone (417) 823-0173, Fax (417) 823-9959, or email: [cedept@americanpsychotherapy.com](mailto:cedept@americanpsychotherapy.com).

*Continuing education credits for participation in this activity may not apply toward license renewal in all states. It is the responsibility of each participant to verify the requirements of his/her state licensing board(s).*

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Article: “**Psychological Issues in the Assessment and Management of Chronic Pain**”

Learning objectives:

1. the objectives of the psychological evaluation of the patient with chronic pain
2. the assessment tools used in the standard pain center evaluation protocol
3. the most commonly used psychological approaches to the therapy of patients with chronic pain
4. the different methods of achieving relaxation training in patients with chronic pain

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**Exam: Please circle the chosen answer for each question. Be sure to answer all questions and give only one response per question unless otherwise stated in the question.**

1. Which of the following is an objective of the psychological evaluation of the patient with chronic pain?
  - a. To evaluate the patient’s premorbid psychological state.
  - b. To formulate a DSM-IV diagnosis.
  - c. To evaluate the likelihood of the development of a chronic pain-related disability.
  - d. All of the above
  - e. None of the above.
2. Which of the following assessment tool is not commonly used in a standard pain evaluation protocol?
  - a. Projective drawing tests
  - b. MMPI
  - c. BDI
  - d. All of the above
  - e. None of the above
3. Commonly used psychological approaches in treating the patient with chronic pain include:
  - a. Guided imagery
  - b. Progressive muscular relaxation
  - c. Biofeedback
  - d. All of the above
  - e. None of the above

4. In cognitive restructuring, patients with chronic pain are taught to:
    - a. Distract themselves
    - b. Identify maladaptive thoughts
    - c. Relax
    - d. All of the above
    - e. None of the above
  
  5. The initial step in the cognitive-behavioral approach to chronic pain is:
    - a. Relaxation training
    - b. Cognitive restructuring
    - c. Education
    - d. Hypnosis
    - e. None of the above
- 

**Evaluation: (1-3 rating section) Please circle one**

(1=Poor 2=Satisfactory 3= Excellent)

1. The author presented material clearly. 1 2 3
2. The stated learning objectives were met. 1 2 3
3. New knowledge or technique was gained. 1 2 3

**Comment section:**

4. What change(s) do you plan to make in your practice as a result of reading this article? \_\_\_\_\_

5. Additional comments: \_\_\_\_\_

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Statement of completion: I attest to having completed the CE activity myself.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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