

# 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@amerianspsychotherapy.com](mailto:cedept@amerianspsychotherapy.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: **“Psychotherapy with the Religious Athlete”**

Learning objectives:

1. Recognize that for many athletes, religiosity is a psychosocial variable that may exert a significant influence on therapeutic delivery and outcome.
2. Know specific ways in which religion can be utilized in psychotherapy with religious athletes.
3. Recognize instances when religion may be a causal factor in psychopathology.
4. Understand how to tailor performance enhancement interventions that take into account the religious beliefs and values of the athlete.

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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. When conducting structured goal-setting and performance enhancement interventions, it is of minimal importance to understand the religious beliefs of the athlete.
  - a. True
  - b. False
2. Religion may provide answers to existential questions through passages in scripture that reflect compassion, personal dialogue with a Supreme Being, and/or emotional support associated with participation in religious activities.
  - a. True
  - b. False
3. Prayer may help athletes in coping with difficult circumstances by providing:
  - a. Validation
  - b. Hope
  - c. Comfort
  - d. All of the above
4. Some purposes for using religion in psychotherapy with religious athletes may be:
  - a. To provide a source of social support
  - b. To build a trusting and empathic therapeutic relationship.
  - c. To create meaningful prayers or self-statements that provide a sense of validation, hope and comfort.
  - d. All of the above.

5. Religious cognitions and self-statements may be used to tailor performance enhancement interventions (e.g., relaxation, self-dialogue) for religious athletes.

- a. True
- b. False

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**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 \_\_\_\_\_

Name: \_\_\_\_\_

Fax number: \_\_\_\_\_ Phone number: \_\_\_\_\_

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