

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.

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).

Article: **“Components of Physical Environment as Metaphors in Therapy”**

Learning objectives: After studying this article, the reader should be able to:

1. Understand the psychological significance and meaning of the components of physical environment (PhE) of the client.
2. Deal with components of PhE as metaphors that represent significant others or experiences.
3. Apply Dwairy’s model of metaphor therapy (1997b) on PhE.
4. Be aware of the various actions and manipulations that could be taken on PhE that may affect, consciously or unconsciously, the biopsychosocial experience of the client.

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 term describes the relationship between a client and his or her physical environment?
 - a. Object-relations.
 - b. Attachment.
 - c. Transitional object.
 - d. Mirroring.
 - e. Introjected objects.
2. Which answer is incorrect? Physical environment of the child has to do with:
 - a. Child’s needs.
 - b. Individual’s identity.
 - c. Individual’s status.
 - d. Individual’s experience.
 - e. Heredity.
3. Which sentence describes the relationship between traditional people and their PhE. They are:
 - a. Attached to PhE.
 - b. Own PhE.
 - c. Sell their property.
 - d. Individuated from PhE.
 - e. PhE is distinguished from the self.
4. In Play Therapy the child:
 - a. Creates images of the PhE.
 - b. Acts out his or her conflicts on PhE.
 - c. Is exposed to his real PhE.
 - d. Creates stories.
 - e. Learns how to destroy objects.
5. Desensitization is an intervention that addresses:
 - a. Internalized objects.
 - b. Stimuli that is related to trauma.
 - c. The whole PhE of clients who suffer from trauma.

- d. Child-parent attachment.
 - e. Loved objects in play therapy.
6. Talking about significant objects in therapy:
- a. Helps clients to deny emotions.
 - b. Confuses the clients.
 - c. Confuses the therapist.
 - d. Makes the client detached from the self.
 - e. Discloses a core conflict in the client's life.
7. Metaphorical changes are reflected in real changes in the following domains.
- a. Psychological
 - b. Biological
 - c. Social
 - d. Biopsychosocial
 - e. Psychosocial
8. Operating on significant objects in PhE influence the client's life:
- a. Only if the client is aware of its meaning.
 - b. Whether its meaning is conscious or remains unconscious.
 - c. Only if the client is unaware of its meaning.
 - d. Only when the client acts himself on the PhE.
 - e. Whether the change is known or unknown to the client.

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? _____

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

Signature _____ Date _____

Name: _____

Fax number: _____ Phone number: _____

Address: _____

Email: _____

Method of Payment:

Each completed course is \$25 for APA members and \$35 for non-members.

Credit Card (select one) American Express MasterCard Visa

Card Number: _____ Expiration Date: _____

Signature(same as name on card): _____

Check enclosed Make checks payable to APA

**American Psychotherapy Association
 Attn: CE Department
 2750 East Sunshine
 Springfield, MO 65804
 OR
 Fax (417) 823-9959**