

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: **“The Role of Authenticity in Healthy Psychological Functioning and Subjective Well-Being”**

Learning objectives:

1. Understand several major existing perspectives on authenticity and psychological functioning.
2. Recognize exposure to new, multicomponent conceptualization of authenticity and its measurement
3. Become familiar with data providing initial support for this conceptualization and measure.
4. Understand the implications the current conceptualization of authenticity and data may have for psychological functioning and subjective well-being

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. The components of authenticity presented in this article are:

- a. Awareness, understanding, archetype, modeling
- b. Awareness, unbiased processing, behavior, attentional
- c. Awareness, defensiveness, flexibility, dyadic
- d. Awareness, unbiased processing , behavior, relational orientation

2. Awareness refers to:

- a. Recognizing existing polarities in one’s personality.
- b. Trust in one’s motives, feelings, desires, and self-relevant cognitions.
- c. Acceptance of only those self-aspects deemed internally consistent with one’s overall self-concept.
- d. a, b, & c
- e. a & b

3. The Authenticity Inventory as a whole (i.e., composite) was found to be significantly related to which of the following variable(s)?

- a. Self-esteem level
- b. Contingent self-esteem
- c. Life satisfaction
- d. Net negative affect
- e. All of the above

4. The authors suggest that the behavioral component of authenticity may have implications for a particular aspect of psychological functioning and well-being. Which one of the following?
- Global appraisals of life satisfaction
 - Self-esteem processes
 - The frequency of experiencing positive or negative affects
 - Self-actualization
5. The authors propose the value of the Authenticity Inventory is that it offers a relatively broad conceptualization of authenticity that incorporates aspects of authenticity that previously have been implicated in well-being and psychological functioning
- True
 - False

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

(1=Poor 2=Satisfactory 3= Excellent)

- The author presented material clearly. 1 2 3
- The stated learning objectives were met. 1 2 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: _____

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

 Signature Date

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