

## ACCREDITATIONS

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**Target Audience:** Nurses, Pharmacists, Dietitians, Social Workers, Mental Health Professionals, Occupational Therapists, Physical Therapists, and allied Health Professionals.

Please refer to the table below for the organizations that have approved the Institute for Natural Resources as a sponsor of continuing education. You may wish to check with your own licensing board to determine whether the accreditations listed are acceptable to your board. **For the most updated accreditation information, please contact INR at info@biocorp.com.**

**Level of instruction:** Intermediate

PROFESSIONAL GROUP	ACCREDITING ORGANIZATIONS
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<b>Registered Nurses, Licensed Practical Nurses, &amp; Licensed Vocational Nurses</b> <b>Expiration Date</b> ANCC - 03/31/2022 CA Board of Nursing - 02/28/2023	Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.  California Board of Registered Nursing (#CEP06136); Illinois Board of Nursing (#236-000045); Iowa Board of Nursing (#288); Florida Board of Nursing (#FBN2139); Kansas Board of Nursing (#LT0140-0927)
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<b>Dentists, Dental Hygienists, &amp; Registered Dental Assistants</b> <b>Expiration Date</b> Dental Board of CA - 01/31/2022	INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 6 hours of continuing education credits. INR is approved by the Dental Board of California (#2089).
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<b>Pharmacists</b> <b>Expiration Date</b> 11/16/2023	The Institute for Natural Resources (INR) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-20-097-H04-P. This is a knowledge-based CPE activity. [Release date: 11/16/20]
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To obtain the 6 hours of credit (0.6 CEU) associated with this course, the pharmacist will need to complete and submit the following forms:

- 1) Program evaluation form
- 2) Post-Test (70% passing score)
- 3) Registration form

<b>Occupational Therapists &amp; Occupational Therapy Assistants (OTs, OTAs)</b> <b>Expiration Date:</b> 08/30/2022	INR is an AOTA Approved Provider of continuing education, Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.
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<b>Physical Therapists &amp; Physical Therapy Assistants (PTs, PTAs)</b> <b>Registered Dietitians (RDs); Dietetic Technicians, Registered (DTRs)</b> CPE Level 1, Type 175 Activity Number: 159152 Performance Indicators: 4.2.1, 4.2.8, 8.2.1, 8.2.3	Many state licensing boards for social workers have certified and approved INR as a provider of home study materials.  INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics (AND).
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<b>Social Workers</b> <b>Expiration Date</b> ASWB - 02/28/2022	The Institute for Natural Resources (INR) (Provider #1356) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. The Institute for Natural Resources (INR) maintains responsibility for the program. <b>ASWB Approval Period:</b> 02/28/2019 to 02/28/2022. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 continuing education clock hours.
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<b>Psychologists</b>	The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists INR maintains responsibility for this program and its content. Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology/Under License # PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs.
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## EXAMINATION

Please mark the correct answer clearly and keep a copy for your records.

### Multiple Choice

- Perception, attention, and thinking in the brain combine to produce:
  - a) Intuition
  - b) Cognitive appraisals
  - c) Moods
  - d) Brain stem shutdown
- Which of the following is NOT true about core beliefs?
  - a) Repeated similar cognitive appraisals create core beliefs.
  - b) Core beliefs strongly influence ongoing cognitive appraisals.
  - c) Core beliefs create emotions.
  - d) We don't want to give up our core beliefs.
- Which of the following is TRUE about emotions?
  - a) Reducing negative emotions may not increase positive emotions.
  - b) Fear is always an unhelpful emotion.
  - c) Emotions are not experienced in the prefrontal cortex.
  - d) S. M. shows extreme fear in response to external threats.
- Fast, automatic, and narrowly-focused responses driven by strong emotions are called:
  - a) Type A Personality Thinking
  - b) Type 1 Emotional Thinking
  - c) Type 2 Rational Thinking
  - d) Type 3 Coherent Thinking
- 23) Fear is a(n) \_\_\_\_\_ and anxiety is a(n) \_\_\_\_\_.
  - a) Emotion; mood
  - b) Mood; emotion
  - c) Feeling; physical state
  - d) Physical state; feeling
- In predicting school violence, Crisis Level 4 is:
  - a) Withdrawal, with a cognitive appraisal of no way out, hopelessness, and despair
  - b) Low self-worth and a cognitive appraisal of being hurt and humiliated
  - c) A final critical event that leads to private rituals, behavioral tryouts, and final acts
  - d) An attack
- Which of the following is NOT a best treatment for anxiety disorders?
  - a) Relaxation therapy
  - b) Electroconvulsive therapy
  - c) Psychotherapy
  - d) Mindfulness meditation
- The capacity to recover quickly from difficulties or toughness is called:
  - a) Resilience
  - b) Competence
  - c) Floating
  - d) Acceptance
- Non-judgmental observation, acceptance, and present-moment awareness are part of:
  - a) The Relaxation Response
  - b) Mindfulness-Based Stress Reduction
  - c) Cognitive Processing Therapy
  - d) Acceptance and Commitment Therapy
- Cognitive-behavioral therapies typically:
  - a) Involve changing Type 2 Emotional Thinking into Type 1 Rational Thinking
  - b) Involve changing Type 1 Rational Thinking into Type 2 Emotional Thinking
  - c) Involve changing Type 1 Emotional Thinking into Type 2 Rational Thinking
  - d) Involve changing Type 2 Rational Thinking into Type 1 Emotional Thinking
- The Benson-Henry Institute for Mind Body Medicine's four-step stress management process is called:
  - a) Stop, Redirect, Reprocess, and Behave
  - b) Pause, Reflect, Reframe, and Act
  - c) Consider, Breathe, Reflect, and Direct
  - d) Stop, Breathe, Reflect, and Choose
- Studies show \_\_\_ of men and \_\_\_ of women have experienced at least one extremely traumatic event in their lives.
  - a) 60%; 50%
  - b) 50%; 60%
  - c) 40%; 60%
  - d) 60%; 30%
- All of the following are DSM-5 Trauma- and Stressor-Related Disorders EXCEPT:
  - a) Reactive Attachment Disorder
  - b) Disinhibited Social Engagement Disorder
  - c) Panic Disorder
  - d) Adjustment Disorders
- Acute Stress Disorder develops in:
  - a) 30% of mild traumatic brain injuries
  - b) 19% of assaults
  - c) 25% of severe burns
  - d) 20% of industrial accidents
- On the Maris Suicide Lethality Continuum, the higher lethal risk of suicide is:
  - a) Suicide ideation (chronic)
  - b) Diffuse risky lifestyle
  - c) Suicide plan (specific, lethal)
  - d) Nonserious suicide attempt (nonfatal)
- Which of the following is TRUE about posttraumatic stress disorder (PTSD)?
  - a) Most people exposed to an extremely traumatic stressor do not develop PTSD.
  - b) The "C Criterion" for DSM-5 diagnosis is one or more intrusion symptoms.
  - c) Men are more likely to get PTSD than women.
  - d) Adult Developmental Trauma Disorder is a type of PTSD in the DSM-5.
- The COVID-19 pandemic has resulted in a spike in PTSD symptoms in the form of:
  - a) Serial Stress Syndrome
  - b) Dissociative Stress Disorder
  - c) Continuous Traumatic Stress
  - d) Acute Trauma Disorder
- Recent research by Polizzi et al shows people fare better in crisis situations when they embraced activities establishing the "3 Cs" of:
  - a) Control, Connection, and Coherence
  - b) Connection, Collaboration, and Control
  - c) Control, Coherence, and Carryover
  - d) Coherence, Collaboration, and Control
- The National Suicide Prevention Hotline number is:
  - a) 1-800-273-TALK (8255)
  - b) 1-888-276-TALK (8255)
  - c) 1-800-555-SAVE (7283)
  - d) 1-800-273-SAVE (7283)
- People helping people or animals in crisis can develop an extreme state of tension and preoccupation with their suffering that can create a secondary traumatic stress called:
  - a) Traumatic caregiving
  - b) Compassion fatigue
  - c) Helper Burnout Syndrome
  - d) Anxiolytic Concern