

JPCA Test to Earn CE Credit

*Note:* Earn 2 Free Continuing Education Credits by reading selected articles in this issue. Read the articles identified below and answer 7 of the 10 questions correctly to earn 2 CE credit.

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**A Review of Rural and Urban School Counseling: Exploring Implications for Successful Post-Secondary Student Outcomes (pp. 2-8**)

1. According to the literature, rural school counselors are likely to experience which of the following challenges:

[ ]  a. lack of resources and funding

[ ]  b. feelings of isolation

[ ]  c. difficulty separating work and private lives

[ ]  d. all of the above

2. Lapan, Whitcomb, and Aleman (2012) found that college and career counseling services reduced \_\_\_\_\_\_\_ in Connecticut schools.

[ ]  a. dropout rates

[ ]  b. disciplinary incidents

[ ]  c. peer conflicts

[ ]  d. unexcused absences

**Defining School Counselors’ Roles in Working with Students Experiencing Homelessness (pp. 9-19)**

3. Which one of the following is NOT recommended as a way that school counselors can help to identify students experiencing homelessness?

[ ]  a. Disseminate information on the McKinney-Vento Act to staff and communities.

[ ]  b. Approach families in a non-judgmental way.

[ ]  c. Be direct and use the term “homeless” when working with families to ask them about their loss of housing.

[ ]  d. Build a relationship with the homeless liaison for the school.

4. According to the article, what federal legislation is most important for school counselors to know in order to advocate to remove the barriers faced by students experiencing homelessness?

[ ]  a. McKinney-Vento

[ ]  b. No Child Left Behind

[ ]  c. IDEA

[ ]  d. Every Student Succeeds

**Case Conceptualization for Depressive Disorders: Improving Understanding and Treatment with the Temporal/Contextual Model (pp. 20-**

5. Taken from Beck's model of cognitive counseling, the Temporal/Contextual model of case conceptualization defines a "hot thought" as:

[ ]  a. One that causes an emotional reaction, usually based on current environmental stimuli and beliefs about those events

[ ]  b. One that causes a physiological reaction, including blushing, sweating and the sensation of warmth

[ ]  c. One that is based on logic and disconnected from emotional response

[ ]  d. One that is based on hormonal reactions to stress, usually accompanied by feelings of depression and anxiety

6. Depressive disorders:

[ ]  a. Are caused by a single precipitating biochemical factor

[ ]  b. Are not impacted by genetic or biological influences

[ ]  c. Are not influenced by environmental events and stressors

[ ]  d. Are multiply determined with a complex etiology

**The Role of Mindfulness in Reducing Trauma Counselors’ Vicarious Traumatization**

7. All of the following have been identified in past research as outcomes of vicarious trauma in clinicians except

[ ]  a. decreased vulnerability with others

[ ]  b. cynical views and beliefs regarding human nature

[ ]  c. suicidal ideation

[ ]  d. feelings of helplessness

8. Which of the following is a potential detriment to increases in awareness of stress responses on behalf of practicing clinicians working with trauma survivors?

[ ]  a. the clinician may work too hard to manage self-awareness and unintentionally damage rapport with the client

[ ]  b. the clinician will experience difficulty recalling important information

[ ]  c. the clinician's awareness will result in an increase in depressive symptoms

[ ]  d. the clinician's awareness will result in a decrease in self-esteem

**Defining Child Abuse for Professional Counselors as Mandated Reporters in Pennsylvania under the newly amended Child Protective Services Law**

7. Nationally, 75% of abused children were categorized as victims of

[ ]  a. neglect

[ ]  b. physical abuse

[ ]  c. sexual abuse

[ ]  d. emotional abuse

8. Which of the following provides guidance to States by identifying a minimum set of acts or behaviors that define child abuse and neglect?

[ ]  a. U.S. Department of Health and Human Services

[ ]  b. Child Abuse and Neglect Data System (NCANDS)

[ ]  c. Administration on Children, Youth, and Families

[ ]  d. Child Abuse Prevention and Treatment Act (CAPTA)

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[ ]  I certify that I have completed this test without receiving any help choosing the answers.

**Feedback**

Please rate the following items according to the following scale:

5 – Superior 4 – Above Average 3- Average 2 – Below Average 1 – Poor

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| --- | --- | --- | --- | --- | --- |
|  | Superior | Above Average | Average | Below Average | Poor |
| The authors were knowledgeable on the subject matter  | [ ] 5 | [ ] 4 | [ ] 3 | [ ] 2 | [ ] 1 |
| The material that I received was beneficial | [ ] 5 | [ ] 4 | [ ] 3 | [ ] 2 | [ ] 1 |
| The content was relevant to my practice | [ ] 5 | [ ] 4 | [ ] 3 | [ ] 2 | [ ] 1 |
| This journal edition met my expectations as a mental health professional | [ ] 5 | [ ] 4 | [ ] 3 | [ ] 2 | [ ] 1 |
| How would you rate the overall quality of the test? | [ ] 5 | [ ] 4 | [ ] 3 | [ ] 2 | [ ] 1 |

Comments/Suggestions?

**Instructions**

**Email:** Complete the test, sign the form, and email to: **PCA.profdev@gmail.com.** Allow 2-4 weeks for processing.

**For further assistance, please contact Ashley Deurlein, Professional Development Chair of the Pennsylvania Counseling Association at PCA.profdev@gmail.com**

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