



PENNSYLVANIA COUNSELING
ASSOCIATION
A Branch of the American Counseling Association

Journal of the Pennsylvania Counseling Association

Continuing Education (CE) Test

Directions: After reading the journal articles, complete 4 steps to earn 2 CE credits. First, complete the test with a score of at least 8/10. Second, complete the feedback form. Third, complete your demographic information, and finally e-mail all information to the PCA professional development chair, Kenya Johan at PCA.profdev@gmail.com. Please allow 2-4 weeks for processing. You will receive your CE certificate via e-mail.

Graduate Counseling Students' Perceptions of a Maker Therapy Workshop: A Pilot Study

1. The current study defined Maker Therapy (MT) as, "the intentional use of makerspace ideology and interventions to achieve therapeutic goals."
 - ☐ a. True
 - ☐ b. False
2. Makerspaces have gained momentum across local, state, national, and global communities, serving as platforms for fostering creative expression through activities in STEAM. What does the acronym STEAM stand for?
 - ☐ a. Scientists, Teachers, Engineers, Acrobats, and Magicians
 - ☐ b. Science, Technology, Engineering Art, and Math
 - ☐ c. School, Technology, Engineering, Art, and Music
 - ☐ d. Digital Making, Analog Making, and Therapeutic Making

Adult Play Activities: Utilizing Concepts of Trauma-Focused Therapy to Work with Distressed Clients

3. COVID-19 impacts adult mental health, especially conditions such as depression and trauma.
 - ☐ a. True

☐ b. False

4. Under the influence of trauma, neurological mechanisms can impair the ability of cognitive processing.
 - ☐ a. True
 - ☐ b. False

Learning More About Incels by Analyzing What They Post on the Internet

5. Which is NOT a theme found by the researchers in their analysis of incel ideology?
 - ☐ a. Mental Health Needs
 - ☐ b. Empathy and Community
 - ☐ c. Importance of Physical Factors
 - ☐ d. Hatred of Women
6. Incels often use research, data, anecdotes, and small experiments to support their beliefs.
 - ☐ a. True
 - ☐ b. False

Outside In: An Indoor Model for Ecotherapy in the Treatment of Trauma

7. How is ecotherapy defined?
 - ☐ a. The practice of gardening in therapy sessions
 - ☐ b. The ability of interaction with nature to enhance healing and growth

- ☐ c. A type of talk therapy conducted outdoors
☐ d. A method of cognitive behavioral therapy

8. Which physiological measures have been demonstrated with ecotherapy?

- ☐ a. Increased heart rate and blood pressure
☐ b. Decreased Cortisol levels
☐ c. Increased Muscle tension
☐ d. Decreased Sleep quality

An Examination of the Developmental Progression of Pre-Practicum Counseling Student

9. According to the research article, what are the five themes that emerged from the analysis of pre-practicum counseling students' experiences?

- ☐ a. Anxiety, confidence, questioning techniques, interpersonal dynamics, and goal setting

- ☐ b. Internal experience, session structure, questions, balancing multiple skills, and practicing advanced skills
☐ c. Emotional regulation, cognitive processing, client rapport, intervention planning, and ethical considerations
☐ d. Self-disclosure, confrontation, silence, paraphrasing, and reflection of feeling

10. What did the researchers identify as a significant benefit of using the dyad log approach?

- ☐ a. It reduced the need for in-person supervision
☐ b. It provided instructors with a method to assess students' ongoing progress
☐ c. It eliminated anxiety among pre-practicum students
☐ d. It served as a grading tool to evaluate student performance

Feedback

Please rate the following items:

	Superior	Above Average	Average	Below Average	Poor
The authors were knowledgeable on their subject matters.					
The material that I received was beneficial.					
The content was relevant to my practice.					
The journal edition met my expectations as a mental health professional.					
How would you rate the overall quality of the test?					

Please provide any comments or suggestions for the journal below:

- ☐ I certify that I have completed this test without receiving any help choosing the answers.

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