



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.

Constructed Awareness and Memory Reconsolidation: An Integration of Trauma Counseling and Neuroscience

1. What are the three primary "building blocks" in Constructed Awareness?

- ☐ a. Thoughts, emotions, behaviors
- ☐ b. Thoughts, sensations, external senses
- ☐ c. Sensory experiences, cognitive processes, physiological responses
- ☐ d. Cognitive, emotional, and behavioral components

2. In Constructed Awareness (CA), what is the process called when a client shifts awareness between thoughts, sensations, and external senses during memory reconstruction?

- ☐ a. Grounding
- ☐ b. Centering
- ☐ c. Visualization
- ☐ d. Tuning

Preventing Child Sexual Abuse Through Improved Understanding and Treatment of People with Pedophilic Disorder

3. What is the primary goal of Cognitive-Behavioral Therapy (CBT) for individuals with pedophilic disorder?

- ☐ a. To eliminate sexual thoughts
- ☐ b. To replace pharmacological treatments

- ☐ c. To develop self-control and reduce impulsivity
- ☐ d. To change sexual preference from children to adults

4. Most individuals who sexually abuse children meet the diagnostic criteria for pedophilic disorder.

- ☐ a. True
- ☐ b. False

Navigating the Dissertation Process: Ten Strategies for Counselor Educators

5. Attrition for doctoral students is high and frequently occurs during the dissertation process.

- ☐ a. True
- ☐ b. False

6. Reflective listening should not be used when giving and receiving feedback.

- ☐ a. True
- ☐ b. False

Minority Stress Theory as a Broaching Framework for Clinical Supervision

7. Which of the following best describes "broaching" in the context of cross-racial counseling?

- ☐ a. The counselor's ability to avoid discussing cultural differences to maintain therapeutic neutrality
- ☐ b. The counselor's deliberate and intentional efforts to discuss racial, ethnic, and cultural concerns that may impact the therapeutic process
- ☐ c. A technique used only when clients specifically request discussions about their cultural background
- ☐ d. The process of ending therapeutic relationships when cultural differences become apparent

8. According to Meyer's (2003) minority stress model, distal stressors are internal, subjective processes such as identity concealment and internalized stigma.

- ☐ a. True

- ☐ b. False

Race-Related Stress, Burnout, and Locus of Hope in Black Mental Health Professionals

9. Which of the following variables was found to be positively correlated with burnout?

- ☐ a. Locus of hope family
- ☐ b. Compassion satisfaction
- ☐ c. Vicarious trauma
- ☐ d. Institutional support

10. According to the study, which factor was the most significant predictor of burnout among Black counselors?

- ☐ a. Institutional racism
- ☐ b. Individual racism
- ☐ c. Cultural racism
- ☐ d. Lack of social support

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?					

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