

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: **“No Way Is Way: The Power of Artistry In Psychotherapy”**

Learning objectives: After studying this article, the reader should be able to

1. Learn about Bruce Lees’ philosophy of Jeet Kun Do and how it relates to the practice of psychotherapy.
2. Understand that the practice of psychotherapy is as much an art as a science.
3. Understand that an art form is dependent on the self-expression, maturity and personal development of the artist.
4. Learn about how viewpoints from renowned leaders in psychology, counseling, spirituality, and Buddhist psychology relate to the art of psychotherapy.

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. Bruce Lee describes his philosophy as “No Way Is Way.” The underlying message for psychotherapist is:
 - a. Psychotherapy should be free to act as they wish during their professional careers.
 - b. The field of psychotherapy has very few boundaries, and psychotherapists should attempt to create these boundaries according to their personal values.
 - c. Although it is important for psychotherapists to learn theories and techniques, the artistry of psychotherapy relies on the expression of a therapist’s own unique healing potential at a particular moment.
 - d. As artists, psychotherapists should not learn standardized interventions, nor should they seek to improve the delivery of objective treatment modalities.
2. Bruce Lee states that it is important for practitioners to move beyond a reliance on one identified style or another. His reasoning is based on which of the following?
 - a. When someone learns a style in-depth, he or she is incapable of expressing his or her own self.
 - b. If someone relies only on one model developed by someone else, he or she will be “caged in” and limited to using only those patterns he or she has routinely practice.
 - c. Psychotherapy is ultimately formless and groundless, and therefore practitioners should discard the opinions of other clinicians.
 - d. In order to be successful, a psychotherapist should learn to utilize at least two or three styles so that a reliance on only one is not needed.
3. Which of the following principles did Bruce Lee learn from his practice of Gung Fu:
 - a. Gentleness, compassion and positive regard for others.
 - b. Being calm and centered throughout one’s practice.
 - c. Not only performing certain essential principles, but being them.
 - d. All of the above.
4. It is important for psychotherapists to discard old habits and prejudices in order to “directly intuit truth.” In psychotherapy, truth refers to:
 - a. Diagnostic criteria outlined in DSM-IV.
 - b. The inner, private, subjective meaning expressed by the client.
 - c. The conceptualization of a client’s concerns from the perspective of an empirically tested psychotherapy theory.
 - d. Ultimately, truth is impossible to ascertain in psychotherapy.

5. As opposed to relying on techniques developed by one school of psychotherapy, Arnold Lazarus proposed that practitioners learn to:
 - a. Remain flexible in their repertoires, like chameleons adapting to the needs of a particular client.
 - b. Be proficient with cognitive restructuring exercises so that clients can learn to de-escalate self-defeating thought.
 - c. Be eclectic in order to use certain identified approaches at different times during the treatment process.
 - d. All of the above.

6. Although Bruce Lee died at the age of 33, shortly before his death he acknowledged that, should he leave this world behind at any moment, he would have no regrets. This statement was based on which of the following reasons:
 - a. He viewed life as a process, and throughout the life cycle he believed that he sincerely did his best personally and professionally.
 - b. He realized that life may end at any time, and therefore there is no logical reason to spend energy thinking about the future.
 - c. He felt that he had accomplished all that he set out to do in his life
 - d. He believed that his legacy would outlive him, thus he was not concerned with death.

7. Bruce Lee's art is one of mind-body awareness and connection to the subject of the endeavor. Which statement below correctly describes other theorists' perceptions of this crucial aspect of psychotherapy:
 - a. Carl Rogers described this as "vicarious understanding."
 - b. Heinz Kohut described this as "presence."
 - c. James Bugental described this as "tapping into the core of one's being."
 - d. Deepak Chopra described this as using one's buddha-nature."

8. Which of the following statements accurately describes the Dalai Lama's perspective on human suffering:
 - a. All life is suffering, and suffering is inevitable.
 - b. Psychotherapy is helpful in battling suffering by providing external means of creating happiness.
 - c. Most of human suffering is self-created, and therefore can be battled through internal means.
 - d. Suffering can be reduced or eliminated by satisfying our personal ambitions and life goals.

Evaluation: (1-3 rating section) Please circle one (1=Poor 2=Satisfactory 3= Excellent)

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

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

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