

Mindfulness and Self-Attunement

Satellite Webcast

Social Work CEU Quiz

March 14, 2017

(Select only the one best answer)

1. Mindfulness is a form of meditation originally developed from the Theravada tradition of _____:
A) Hinduism
B) Islam
C) Buddhism
D) Judaism

2. The conscious knowledge of one's own character, feelings, motives, and desires, having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions is _____.
A) Anosognosia
B) Self-awareness
C) Personality traits
D) Sub-conscious

3. Rates of interpersonal trauma are lower in women living in low-income urban areas.
A) True
B) False

4. Recent research has found that specialized trauma training (Mindful Based Stress Relief) significantly increased compassion satisfaction and decreased compassion fatigue and burnout and had a positive influence on the body.
A) True
B) False

5. Self-care includes knowing your physical, emotional and psychological limitations:
A) True
B) False

Name: _____

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