



Continuing Education Questionnaire

Topic: The Benefits of Cognitive Behavioral Therapy to Assist Client's With a Traumatic Brain Injury

Date: August, 27, 2021

Write Your Name: _____

Once this form is completed, please submit to institute@neurorestorative.com

1. Who was Cognitive Behavioral Therapy created by?
 - a. Aaron Beck
 - b. John smith
 - c. David Williams
 - d. Aaron Berk
2. What are the 3 components of The Model?
 - a. Feelings, Thoughts, Insights
 - b. Actions, Results, Thoughts
 - c. Decisions, Feelings, Thinking
 - d. Thoughts, Decisions, Feelings
3. What is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique?
 - a. Meditation
 - b. Mindfulness
 - c. Emotions
 - d. Peaceful thinking



Continuing Education Questionnaire

4. What is a way you can emotionally buffer?
 - a. Watch television
 - b. Eat
 - c. Go shopping
 - d. All of the above

5. What is the name of this breathing method? Method: In through your nose (short inhales) and out through your mouth (long exhales-4-5 seconds)
 - a. Internal breathing
 - b. Diaphragmic breathing
 - c. Pursed lip breathing
 - d. Exhalation

6. What do our bodies need to survive?
 - a. Grains
 - b. Oxygen
 - c. 10 hours of sleep per night
 - d. Fruit

7. What are feelings or vibrations felt in the body?
 - a. Emotions
 - b. Thoughts
 - c. Actions
 - d. Results



Continuing Education Questionnaire

8. What is the CBT Cycle?
- a. Think-Act-Results
 - b. Feel-Act-Results
 - c. Act-Think-Feel
 - d. Think-Feel-Act
9. What is a benefit of CBT intervention?
- a. You keep having the same thoughts
 - b. You change your thoughts and perspective to better serve you
 - c. You develop more distorted thinking patterns
 - d. You do not need to change your thinking so it is easy
10. What is a relaxation strategy?
- a. Resting after a long day
 - b. Taking a walk outside
 - c. Taking a warm shower
 - d. All of the above