



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 four 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.

---

#### Mentoring: Retaining Students in Counseling Doctoral Programs

1. Mentoring experience benefit the larger university by contributing to the \_\_\_\_\_ of the counseling students.

- a. Promotion
- b. Motivation
- c. Retention
- d. Enthusiasm

2. As a valuable part of mentoring \_\_\_\_\_ is a multi-faceted approach that emphasizes overseeing counseling professional responsibilities such as teaching, supervision and providing guidance to faculty and peer mentors.

- a. Gatekeeping
- b. Limiting advancement
- c. Counseling
- d. Advocacy

3. \_\_\_\_\_ is one of the long-term benefits of mentoring beyond supporting student retention.

- a. Academic content knowledge
- b. Diversity growth
- c. Improved counselor educator professional identity
- d. Advocacy for clients

#### Testing Constructed Awareness for Complex Trauma and Prolonged Grief: An ABA Design Study

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

- a. Thoughts, emotions, behaviors
- b. Sensory experiences, cognitive processes, physiological responses
- c. Thoughts, sensations, external senses
- d. Visualization

5. 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. Tuning
- d. Be ignored unless a professional concern presents itself

6. What was the primary method used to analyze symptom changes in this single-case ABA design study?

- a. Qualitative interviews
- b. Percentage of nonoverlapping data (PND)
- c. Regression analysis
- d. Thematic coding

**Social Class and Counseling Experiences of College Students from Low-Income Backgrounds**

7. Social class is only based on income.  
 a. True  
 b. False
8. For Black and African American participants in the study, social class was highly connected to racial identity.  
 a. True  
 b. False

**The Effectiveness of Child-Centered Play Therapy with Preschool Children in Poverty**

9. Child-Centered Play Therapy is a developmentally responsive intervention that can address which of the following:  
 a. Self-concept  
 b. Self-responsibility  
 c. Self-coping  
 d. All of the above
10. Fewer than \_\_\_\_\_ percent of children from disadvantaged backgrounds acquire the critical skills needed for academic achievement.  
 a. 50%  
 b. 30%  
 c. 20%  
 d. 15%

---

**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.

**Signature:**

**Date:**

Name:

PCA Number:

E-mail address:

Phone Number: