



Title: *The Competency of Compassion: A Cornerstone of Healing and Recovery*

Presenter: Michael E. Berrett, PhD, CEDS

Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. According to Kristen Neff, (2011) self-kindness refers to which of the following:
 - a. The tendency to be caring and understanding with ourselves rather than harshly critical or judgmental
 - b. An evaluation of our worthiness as individuals, a judgment that we are good, valuable people
 - c. Feeling that we are superior to others
2. Which is NOT a roadblock to compassion:
 - a. Judgment of self
 - b. Judgment of others
 - c. Fear of being hurt
 - d. Having a busy job
3. According to Berrett (2017) “compassion” is a specific competency and practice which is a part of more general and broad constructs and environments of emotional support and gratitude.
 - a. True
 - b. False
4. Gilbert and Proctor’s research on Self-Compassion and Shame addressed the following:
 - a. Group therapy interventions
 - b. Family therapy interventions
 - c. Work on client’s shame
 - d. Work on client’s self-compassion
5. Which is NOT a primary way to increase self-love and self-compassion?
 - a. Engage in the practice of self-forgiveness
 - b. Giving oneself good intent
 - c. Remember our legitimate suffering in difficult or traumatic experiences
 - d. Simply saying “That’s alright” when we consciously choose to violate our own internalized values and principles of living
6. In Germer and Neff’s (2013) work on Mindful Self Compassion Training, which of the following is NOT a title of one of the eight weekly therapeutic practice sessions?
 - a. Discovering mindful self-compassion
 - b. Practicing loving-kindness meditation
 - c. Living deeply
 - d. Being a helper
 - e. Transforming relationships
7. Which of the following is NOT one of the three processes for cultivation of compassion suggested by Gilbert (2012)?
 - a. Being open to compassion from others
 - b. Being compassionate to others
 - c. Learning to control distractions in our lives
 - d. Developing a compassionate approach towards oneself
8. Neff (2003) suggested three “faces” of compassion. Which of the following is NOT one of those three?
 - a. Self-kindness
 - b. Being a “people person”
 - c. Common humanity
 - d. Mindfulness
9. Berrett (2016) suggested core competencies of compassion. Which one of the following is NOT one of those seven suggested competencies?
 - a. Intention of compassion
 - b. The ability to notice
 - c. Ability to see worth and goodness
 - d. Making sure your own needs are always met first
 - e. Imagination of client suffering
10. The competency of “engagement” would be best typified by the following:
 - a. Saying to another, “Let me know if you need anything”
 - b. Saying to another, “Here I am – ready to talk, and help, and work by your side”