



Test Questions and Evaluation

Instructions: In order to receive your CEU certificate via email, you must answer four of the five test questions correctly and complete the evaluation below. After completing this form email a copy to info@savorpodcast.com and pay the \$10 CEU fee at savorpodcast.com. If you have any questions about receiving your CEU please email us!

Episode: Toughen Up, Cry Baby! (Highly Sensitive People)

Date: 10/14/2015

Instructors: Danielle Beck-Ellsworth, PsyD, MFT and Kelly Hinds, RD,

Name: _____

License Number: _____

Mailing Address: _____

Phone Number: _____

Email: _____

Test Questions: You must have a minimum of four correct in order to receive one CEU for listening to the episode.

Circle True or False to indicate your answer.

1. True or False: Highly sensitive people (HSP) are mainly women who struggle with controlling their feelings.
2. True or False: Danielle and Kelly are HSPs.
3. True or False: HSPs have also been described as intuitive.
4. True or False: Dr. Elaine Aron has written a book on HSPs that provides research on the validity of the HSP personality trait.
5. True or False: HSPs should expect other people to change and adapt for their needs.

Evaluation: Please rate the presenters and episode using the following scale

1-Poor 2-Fair 3-Good 4-Excellent

The presenters demonstrated expertise in the topic.	1	2	3	4
The episode met the advertised objectives below.	1	2	3	4
The information provided will be useful in my practice.	1	2	3	4
The content was interesting & added to my knowledge.	1	2	3	4
The resources on the Savor website were useful.	1	2	3	4

I would listen to another episode with these presenters again. Circle one of the following:

Yes Maybe No

I would listen to another CEU Savor Episode in the future. Circle one of the following:

Yes Maybe No

Topics I would like to learn more about include: _____

Objectives:

1. **To provide a screening tool for HSPs.**
2. **To explain the behaviors, cognitions, and emotions of a HSP.**
3. **To discuss strategies for HSPs to set boundaries and to comfortably adapt in an environment that overstimulates them.**
4. **To validate the concerns and struggles of a HSP.**
5. **To explore the positive side of being a HSP.**