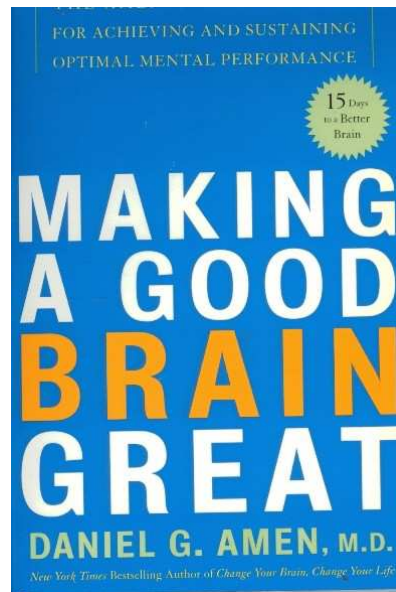




Home Study Continuing Education Program



Making A Good Brain Great **By Daniel G. Amen, M.D.**

8 CE hours credit

Commonwealth Educational Seminars

1020 West Barnstable Rd
Marstons Mills, MA 02648
800. 376.3345 - Fax: 508. 420.3360
info@commonwealthseminars.com
Www.Commonwealthseminars.com



Home Study Program

Instructions

1. Purchase/obtain the book or article.
2. Read the book or article.
3. Complete the test with a score of 75% or better.
 - a. You may take it online if you wish. Please refer to the instructions on the registration page of the test packet.
 - b. You may take the test more than once at no cost.
4. Download the Certificate immediately.
5. If you are not taking the test online, please mail or fax the test to:

Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: 800) 376-3345 or email at
info@CommonwealthSeminars.com

We are approved to offer Continuing Education credit for Social Workers, Psychologists, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Substance Abuse Counselors, Licensed Alcohol & Drug Abuse Counselors, LADCs (I-III), NAADAC members and additionally, in Massachusetts, RNs and LPNs.

Commonwealth Educational Seminars Certification Exam

Making a Good Brain Great

by Daniel G. Amen, MD

Select one response for each question below.

1. You do not have to lose consciousness in order to have a significant brain injury.

- a. True b. False

2. The prefrontal cortex is involved with executive functions such as planning, forethought, judgment, impulse control and expressing what is on your mind.

- a. True b. False

3. The deep limbic system is not involved in setting a person's emotional tone.

- a. True b. False

4. The hippocampus is one of the first areas damaged by Alzheimer's disease.

- a. True b. False

5. If doctors immediately turn to stimulant medications for everyone who has ADD, they make four of the six types worse.

- a. True b. False

6. Ninety-five percent of people with Alzheimer's disease are not diagnosed until they are in the moderate-to-severe stages of the illness.

- a. True b. False

7. Caffeine increases dopamine levels in the same way that amphetamines do.

- a. True b. False

8. Research in the past few years has not shown that a diet rich in Omega-3 fatty acids may help promote a healthy emotional balance and positive mood in later years.

- a. True b. False

9. Eating fat and protein only is a healthy long-term way to eat for your body and your brain.

- a. True b. False

10. The best thing about the Atkins Diet and its many clones is that it gets rid of most simple sugars.

- a. True b. False

11. It is a good idea to limit video games.

- a. True b. False

12. The Sydney Older Persons Study found that high exercise levels in persons seventy-five years and older reduced the risk of Alzheimer's Disease and other dementia.

- a. True b. False

13. Brain Gym is a technique known worldwide to enhance learning and coordination.

- a. True b. False

14. There is now scientific proof of something people have long suspected. Beautiful women make men stupid.

- a. True b. False

15. Adrenaline and cortisol do not help us deal with acute stress.

- a. True b. False

16. Neurogenesis is the process that develops and maintains the functional capacity of the circuits by replacing neurons that are killed or damaged.

- a. True b. False

17. It is not true that all forms of cardiovascular disease increase brain aging.

- a. True b. False

18. Acetyl-L-carnitine has been reported to improve mental focus, enhance energy, and slow aging.

- a. True b. False

19. Ginkgo biloba is a powerful antioxidant that is best known for its ability to enhance circulation, memory and concentration.

- a. True b. False

20. Like most mammals, humans have the ability to make their own vitamin C.

- a. True b. False

21. In a number of recent studies SAME has performed as well as conventional antidepressant medications.

- a. True b. False

22. Studies have shown that valerian does not appear to be helpful many types of anxiety disorders nor for people with performance anxiety nor for those who get stressed in daily situations like traffic.

- a. True b. False

23. Brain SPECT imaging is a proven reliable measure of cerebral blood flow.

- a. True b. False

24. Whereas an MRI shows the physical anatomy of the brain, a SPECT shows brain functional activity.

- a. True b. False

25. I have completed all the requirements for this home study course without any assistance from others.

- a. True b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

26. The content of this course was appropriate for my profession.

- a. True b. False

27. The course information was relevant and can be applied to practice.

- a. True b. False

28. The course information contributed to achieving personal, professional goals.

- a. True b. False

29. I would recommend this program to others.

- a. True b. False

**Making A Good Brain Great
Certification Test**
You may take this certification test online.

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
- 3. Click on *Making A Good Brain Great* in the books listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

**Or you can fill out this printed test and send it to us.
Please fill in the following information and Mail/fax it to:**

**Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (____) _____ e-mail: _____@_____

I am seeking CE credit for the following profession(s):

Profession	License Number	State
____ Psychologist (APA):	_____	_____

____ Social Work (ASWB):	_____	_____
--------------------------	-------	-------

____ Certified Counselor (NBCC):	_____	_____
----------------------------------	-------	-------

____ LMHC (NBCC):	_____	_____
-------------------	-------	-------

____ Drug/Alcohol Counselor/LADC:(NAADAC):	_____	_____
--	-------	-------

____ Licensed Marriage/Family Therapist (NBCC):	_____	_____
---	-------	-------

____ RN/LPN MA or CA:	_____	_____
-----------------------	-------	-------

Certification Number: