

MENTAL HEALTH EDUCATION AND TRAINING INITIATIVE

Core Skills Training – Pre-assessment

1. Cognitive Restructuring is a skill that is helpful to people coping with:
 - a. Depression
 - b. Anxiety
 - c. Both Depression and Anxiety
 - d. None of the above

2. To practice deep breathing effectively, students should:
 - a. Hold their breath for as long as they can, and then breathe out slowly
 - b. Breathe only through their mouth
 - c. Breathe through their nose, focusing on the rising and falling of their stomach
 - d. Try to think of other things than their breathing

3. Progressive Muscle Relaxation involves:
 - a. Tensing and releasing all muscles of the body at one time
 - b. Tensing and releasing muscles one muscle group at a time
 - c. Tensing muscles until they are exhausted so that your body will become relaxed
 - d. Getting a massage to relax different muscle groups progressively

4. Name three type of cognitive distortions often used by anxious or depressed students:

5. Training in Systematic Desensitization is best explained as:
 - a. Creating a fear hierarchy and exposing the student to different feared objects/situations while they practice relaxation techniques
 - b. Systematically relaxing different muscle groups
 - c. Immediate exposure to the most feared object/situation of an anxious student
 - d. Walking a student through imagined fearful situations

Learning Session Two

SBHC: _____

Initials: _____

6. Activity Scheduling is a skill most often used with students who suffer from:
 - a. Posttraumatic Stress Disorder
 - b. Substance Abuse
 - c. Depression
 - d. ADHD

7. The process of interrupting disturbing or unwanted thoughts by shouting “stop” or by snapping a rubber band on one’s wrist is referred to as:
 - a. Thought Elimination
 - b. Thought Stopping
 - c. Thought Blocking
 - d. Thought Interrupting

8. The most effective cognitive behavioral interventions for Disruptive Behavior Disorders involve:
 - a. Self-monitoring
 - b. Teacher and Parent management
 - c. Cognitive Restructuring
 - d. Refusal Skills

9. Name three skills that are helpful for students with anxiety:

10. Name three components of parent training for students with disruptive behavior disorders:
