

AVMA Life and Pet Poison Helpline Recorded Webinar— Receiving RACE-Approved Continuing Education

**Adverse Childhood Experiences, Moral Stress, and Veterinary Mental Health
Presented by Dr. Elizabeth Strand
Recorded live on January 26, 2016**

In order to receive 1 hour of RACE-approved, non-interactive CE for reviewing the recording of this webinar, the candidate must fulfill the following:

- View the PowerPoint/webinar in its entirety
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Post-test for ***Neural-integration and the Reversal of Poor Wellbeing in Veterinary Medicine.***

- 1) T/F – When a person “flips their lid” according to the hand model of the brain, it means the pre-frontal cortex is not functioning well.
 - a. True
 - b. False

Answer:

2. List three (3) Health Mind Behaviors according to Dan Siegel, MD:

Answer:

3. T/F – Exercise can be as powerful as an anti-depressant for treating depression.
 - a. True
 - b. False

Answer:

4. A good “moral climate” in a veterinary clinic is one that:
- Has clear standards for how every ethical dilemma should be addressed.
 - Has a process where people feel comfortable sharing and getting feedback about moral dilemmas.
 - Has an expectation that people handle moral dilemmas on their own.

Answer:

5. T/F – Changing automatic thoughts have no impact on anxiety or depression.
- True
 - False

Answer: