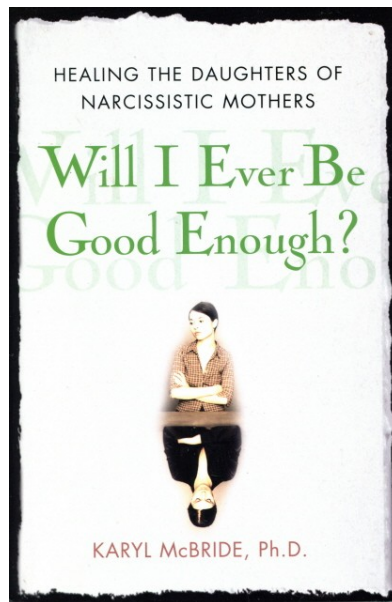




Home Study Continuing Education Program



Will I Ever be Good Enough? **By Karyl McBride, PhD** **7 CE Hours Credit**

Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648
800 376-3345—Fax: 508 420-3360
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Home Study Program

Instructions

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 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 at the end of this test packet.
 - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

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We are approved to offer Continuing Education credit for Social Workers, Nurses, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Registered Dietitians, Substance Abuse Counselors, Licensed Alcohol and Drug Abuse Counselors, LADCs (I-III) and Massachusetts Educators.

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Certification Exam

Will I Ever Be Good Enough? Healing The Daughters of Narcissistic Mothers. By Karyl McBride, Ph.D.

Select one response for each question below.

1. The narcissistic person requires excessive admiration.

- ☐ a. True ☐ b. False

2. The narcissistic person is not often envious of others.

- ☐ a. True ☐ b. False

3. Without empathy and love from a mother, a daughter lacks a true emotional connection and therefore feels that something is missing.

- ☐ a. True ☐ b. False

4. Narcissistic mothers never feel that their daughter is a threat.

- ☐ a. True ☐ b. False

5. Separating emotionally from the mother as a daughter grows older is not crucial to psychological growth.

- ☐ a. True ☐ b. False

6. The daughter of a narcissistic mother sees herself essentially as her mother sees her.

- ☐ a. True ☐ b. False

7. When a daughter achieves a goal, the narcissistic mother is often not supportive because it takes away from her and the time her daughter has to spend with her.

- ☐ a. True ☐ b. False

8. The parent with a substance abuse problem will never seem narcissistic.

- ☐ a. True ☐ b. False

9. Most daughters of narcissistic mothers report that if they had good relationships with their fathers, their mothers were intensely jealous of them.

- ☐ a. True ☐ b. False

10. When two daughters are being raised by the same narcissistic mother, more times than not, they take on the identical roles.

- ☐ a. True ☐ b. False

11. The narcissistic family hides profound pain.

- ☐ a. True ☐ b. False

12. Workaholism does not, like addiction, numb the pain.

- ☐ a. True ☐ b. False

13. The self-saboteur is the high achiever's internal twin.

- ☐ a. True ☐ b. False

14. Self-sabotaging behavior is not an internal struggle within the daughter of a narcissistic mother.

- ☐ a. True ☐ b. False

15. Typically, the daughter of a narcissistic mother will choose a spouse who can meet her emotional needs.

- ☐ a. True ☐ b. False

16. Overachievers often find men who need to be taken care of.

- ☐ a. True ☐ b. False

17. Often the main reason that daughters of narcissistic mothers seek therapy is because of relationship failures with their partners.

- ☐ a. True ☐ b. False

18. The daughter begins to heal when she accepts the fact that that her mother is narcissistic.

- ☐ a. True ☐ b. False

19. In true narcissism, the narcissist rarely experiences something called a narcissistic injury.

- ☐ a. True ☐ b. False

20. If a mother has a full-blown narcissistic personality disorder, the chances of effective treatment for her are slight.

- ☐ a. True ☐ b. False

21. Many people misconstrue forgiveness as condoning the original offending behavior.

- ☐ a. True ☐ b. False

22. Daughters of narcissistic mothers rarely report that they have difficulty with female relationships.

- ☐ a. True ☐ b. False

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

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

- ☐ a. True ☐ b. False

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

- ☐ a. True ☐ b. False

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

☐ a. True ☐ b. False

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

☐ a. True ☐ b. False

27. I would recommend this program to others.

☐ a. True ☐ b. False

Will I Ever Be Good Enough?
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 *Will I Ever Be Good Enough?* 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.
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I am seeking CE credit for the following profession(s):

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_____ **Nurses:** _____

_____ **Dietitian:** _____

Certification Number