

**Northwest Law & Mental Health Conference  
Continuing Education Test Form**

## **Natasha Tracy**

Session Speaker #8

### **Living with a Mental Illness and Modern, Yet Insufficient, Treatments**

#### **Summary**

A personal account of the difficulties and decisions about medication adherence from one of the foremost public speakers and writers on the subject. Natasha Tracy will discuss why a person might not want treatment even if they are very sick. She'll talk about why people with bipolar disorder, specifically, opt to discontinue treatment and whether those who harm others have the right to refuse treatment. The rights of society vs. the rights of the individual will be discussed.



**Natasha Tracy**  
@natasha\_tracy

An award-winning mental health writer and author of **Lost Marbles: Insights into My Life with Depression and Bipolar**.

#### **Learning Objectives**

- Gain an understanding of what a real life with bipolar disorder and be able to apply this when working with others with mental illness.
- Gain an understanding of what treatment for serious mental illness really feels like to understand those with mental illness and the impacts of treatment outside of possible positive effects.
- Understand why a person might not be medication adherence to work with those with mental illness to increase adherence likeliness.
- Understand the impact of medication nonadherence and the rights people have to choose not to be medicated to better empathize with those who have chosen not to be treated and increase the likelihood of future treatment.

## Test Process

Download and print this test form.

Watch the 65 minute video, Living with a Mental Illness and Modern, Yet Insufficient, Treatments, with Natasha Tracy.

Complete the ten question test on page three of this form.

You must score 70% or better to receive credit for this test. If your score is lower than 70%, we will send you a message via email and you may retake the test.

To receive **1.25 hours clinical social work** continuing education credit, accredited through the NASW of Oregon, return the completed form and finished test by postal mail with a check for \$25 to:

**Northwest Law & Mental Health Conference**  
**PO Box 3641 Portland, Oregon 97208**

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Signature

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Date

## TEST QUESTIONS

### 1. What is the diagnosis of the speaker?

- A Depression
- B Personality Disorder
- C Bipolar Disorder
- D Anxiety

### 2. What was the age of onset of the speaker's illness?

- A 12
- B 15
- C 18
- D 30

### 3. The speaker describes an unusual surgical remedy. What is it?

- A Lobotomy
- B Vagus nerve stimulation
- C Deep brain stimulation
- D Anterior cingulotomy

### 4. The speaker had electroshock therapy. What was the symptom which caused her to stop therapy?

- A Aphasia
- B Cognitive dysfunction
- C Nausea
- D Tremors

### 5. How many years did the speaker search for a solution for her illness before healing began?

- A 3
- B 6
- C 9
- D 12

### 6. What is anosognosia?

- A Denial
- B A form of amnesia
- C A neurological condition
- D A right hemisphere lesion

### 7. What side effects has the speaker experienced?

- A Dizziness and headache
- B Fatigue and oversleeping
- C Major weight gain
- D All of the above

### 8. Why might make a person be medication non-adherent?

- A Lack of access to physicians
- B Fear of hospitalization
- C Enjoyment of symptoms
- D All of the above

### 9. What is the speaker's position on forced treatment?

- A When ill, patients should be medicated
- B Patient's right to refuse treatment should be reserved
- C Families should advise the attending physician
- D A person has the right to be ill

### 10. What does the speaker say was not taken into account when authoring "human rights"?

- A Unlimited freedom of expression
- B Managed health care systems
- C Institutional racism
- D Mental illness

## ANSWER FORM - circle your answer

- |     |   |   |   |   |
|-----|---|---|---|---|
| 1.  | A | B | C | D |
| 2.  | A | B | C | D |
| 3.  | A | B | C | D |
| 4.  | A | B | C | D |
| 5.  | A | B | C | D |
| 6.  | A | B | C | D |
| 7.  | A | B | C | D |
| 8.  | A | B | C | D |
| 9.  | A | B | C | D |
| 10. | A | B | C | D |