



Title: *Finding Self Again: The Dismantling of Eating Disorder and Trauma Identity*

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Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

- 1) Which of the following are NOT one of the proposed six spiritual pathways to recovery:
 - a. Creating a language of spirituality
 - b. Listening to the heart
 - c. Activities of spiritual ritual
 - d. Seeking the therapeutic mirror of spiritual identity
- 2) Which of the following are well described by the phrase “listening to the heart”:
 - a. Intuition
 - b. Inspiration
 - c. Attunement
 - d. Ways of knowing beyond cognition
 - e. All of the above
- 3) Which of the following are “core components” or one of the “9 p’s of personhood” proposed by Allen (2003) and Berrett (2018):
 - a. Passion
 - b. Purpose
 - c. Principles
 - d. Potential
 - e. a, b and c
 - f. a, b, and d
 - g. all of the above
- 4) Spiritual identity can be best conceptualized in which of the following ways:
 - a. Accepting and embracing who we are and who we might become
 - b. Seeking the “higher self” or the “best in oneself”
 - c. The label of any religious organization of affiliation
 - d. All of the above
 - e. a & b
- 5) Assessment of which of the following aspect of a client’s life can increase understanding of identity at a deeper level:
 - a. The client’s reasons to recover
 - b. The client’s model of and criterion for self-worth
 - c. The client’s gifts, strengths, and offerings
 - d. All of the above
- 6) Which of the following is NOT an identity related assessment question:
 - a. Please tell me what you know about who you are?
 - b. Please tell me what you ate for dinner last night?
 - c. If you could change one thing in this world – what would you change and why?
- 7) In the development of the eating disorder, patients become disconnected from their understanding of who they are, what they are worth, their personal goodness, and the gifts of self which they have to offer this world.
 - a. True
 - b. False
- 8) Treatment interventions for identity reclamation and reconstruction include which of the following:
 - a. Addressing core components of personhood
 - b. Telling the truth and telling your story
 - c. Creating structure around yourself to ward against addictive choices
 - d. a and b
 - e. b and c
- 9) Treatment interventions for identity reclamation and reconstruction include which of the following:
 - a. Ending the cycle of self-punishment and embracing feelings
 - b. Getting involved in pet therapy
 - c. Overcoming helplessness, avoiding avoidance, and doing hard things
 - d. a and b
 - e. a and c
- 10) Improving a sense of self can be enhanced by giving, receiving, and deepening love. Which of the following is NOT an intervention for increasing love in one’s life:
 - a. Teaching clients how to notice love in their lives and write those down
 - b. Helping clients examine how they refuse and reject love in their lives and encourage a change
 - c. Ask someone for needed help
 - d. Encourage clients to avoid vulnerability in relationships