



Body Image Interventions: 6 Fundamental Areas of Healing

Presenter: Amy Harman, LMFT, CEDS

Credit: One (1) Continuing Education Credit Awarded

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

1. The AED report recommends...
 - a. Treatment of body image is an equally important goal in treatment.
 - b. Treatment of body image as a good idea, but not a goal for treatment.
 - c. Treatment of body image isn't necessary, so don't make it a goal in treatment.
 - d. Treatment of body image is too hard, so don't make it a goal in treatment.

2. Sexual objectification is empowering if...
 - a. The person is over the age of 18.
 - b. The person is fat.
 - c. The person represents a minority group.
 - d. Never.

3. Helpful body image interventions do not include:
 - a. Metaphor
 - b. Positive Affirmations
 - c. Weight loss
 - d. Mindfulness
 - e. Fat acceptance
 - f. Media literacy

4. Which of these statements is false?
 - a. You can have fat on your body without having fat in your arteries.
 - b. You can have fat in your arteries without having very much fat on your body.
 - c. Thigh and hip fat are associated with lower rates of cardiovascular disease and diabetes, especially in women.
 - d. People who are "overweight" should diet to decrease risk of cardiovascular disease and diabetes, even if they end up yo-yo dieting.

5. Which group does the most damage to body image when engaged with on social media?
 - a. Family members
 - b. Peers within 5 years older or 5 years younger.
 - c. Friends who are older by more than 5 years.
 - d. Friends who are younger by more than 5 years.

6. Wholeness includes areas of...
 - a. Physical, social, emotional
 - b. Intellectual, spiritual, financial
 - c. Environmental, diet, exercise
 - d. Both a and b.

7. Which statement does not describe Positive Body Image Heritage?
 - a. It is the messages about our body our parents gave us.
 - b. It is the messages we pass on to the next generation.
 - c. It is impossible to receive from your parents.
 - d. It is the presenter's own concept.

8. All are questions that increase media literacy, except:
 - a. How much does the product cost?
 - b. Who created this media product?
 - c. What body shapes are shown more positively or negatively than others?
 - d. How have the images in this media product been manipulated?

9. All are ways to limit negative influences from social media, except:
 - a. Stop following accounts that are disrespectful to women's bodies.
 - b. Follow "fitspiration", not "thinspiration".
 - c. Stop following accounts that glamorize thinness, food restriction, and extreme exercise.
 - d. Follow accounts that promote positive body image.

10. As a body image therapist, these will help you help your clients:
 - a. Practice what you preach, never struggle with body image
 - b. Practice what you preach, address your own fat phobia
 - c. Increase media literacy, don't worry about working on your own body image
 - d. Be vulnerable with clients, diet only occasionally