



Title: Outpatient Eating Disorder Treatment Team Dilemmas & Solutions: Assessments, Interventions & Avoiding Common Pitfalls

Presenter: Melissa Taylor, 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. Which characteristic is not identified in the presentation as a characteristic that clients with eating disorders value in their provider:
 - a. Acceptance
 - b. Commitment
 - c. Expertise
 - d. Vitality
 - e. Challenge
2. Which of the following is not a response that providers gave when asked about the difficulties they have when working with clients who have eating disorders:
 - a. Report worrying more about patients due to severity of medical issues
 - b. Can start to doubt themselves as a clinician after a client's death
 - c. Find it difficult to work with the personality traits of clients
 - d. Spend extra time for continuity of care with treatment team members
 - e. Report going on vacations more frequently than other treatment providers
3. According to the research given in this presentation, the following diagnoses are commonly co-occurring among clients with eating disorders: (pick all that apply)
 - a. Obsessive Compulsive Disorder
 - b. Major Depressive Disorder
 - c. Generalized Anxiety Disorder
 - d. Post-traumatic Stress Disorder
 - e. Substance Abuse Disorders
 - f. Oppositional Defiant Disorder
4. When treating outpatients, BMI is the most important factor in deciding level of care for a client.
 - a. True
 - b. False
5. According to the American Diabetes Association, the most common eating disorder associated with DMT1 is Anorexia Nervosa:
 - a. True
 - b. False
6. Women who have been diagnosed with an eating disorder are more likely to cease breastfeeding after _____.
 - a. 3 months
 - b. 6 months
 - c. 1 month
 - d. 9 months
7. Exercise should be encouraged with the ED population when (pick all that apply):
 - a. The client wants to exercise
 - b. When the client has been medically cleared
 - c. It approved by the dietitian
 - d. The therapist feels that the client can contain exercise patterns
 - e. When the client is not reporting injury
8. Which of the following is not a Dialectical Behavioral Therapy skill identified in this presentation that can be used with eating disorder clients to help reduce distress around recovery:
 - a. STOP
 - b. Mindfulness
 - c. Radical Acceptance
 - d. Writing a values list of what is important to them
9. Identify the activities that dietitians find helpful to do in sessions to help expose clients to challenging food situations
 - a. Eat Snack in Session
 - b. Eat Meal in Session
 - c. Mindful Meals or Snacks
 - d. Kitchen Organization
 - e. Grocery shopping
 - f. All of the above
10. Zone plans can achieve the following therapeutic goals in the recovery process (pick all that apply):
 - a. Plan allows for some room for marginal slips and lapses.
 - b. It requires accountability and communication between all treatment team members
 - c. Gradual interventions with choices and accountability ultimately with child
 - d. Parents in charge of following through with consequences
 - e. Opportunity to have client begin to feel controlled