



Posttest

A Leap of Faith & Little Parachutes: 10 Key Elements of Supporting Eating Disorder Clients to Safely Land in Recovery

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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. Consistency and structure in outpatient care includes: (circle all that apply)
 - A. Setting small obtainable, measurable, daily, goals
 - B. Putting your plan on paper
 - C. Daily and weekly family/support check in's
 - D. Taking a nap.

2. Honesty is critical in the recovery process, some key components include: (circle all that apply)
 - A. 24 Hour Honesty Rule
 - B. Pick an accountability person
 - C. Daily honesty log
 - D. Waiting at least a week to be honest

3. Reaching out for support in recovery is important because (circle all that apply)
 - A. patients tend to dwell on past mistakes
 - B. patients have guilt and embarrassment about behaviors
 - C. patients feel isolated and alone
 - D. Patients don't need extra support in the beginning of recovery

4. Avoiding situations due to negative body include:
 - A. Body Image Challenges
 - B. Going to a swimming pool
 - C. Going on a date
 - D. Taking a bath

5. Social re-engagement interventions include
 - A. Social assignments: going to the mall, going groups or taking a community course.
 - B. Taking a nap
 - C. Reading a book outside
 - D. Sitting in the dark

6. Recovery is hard, self-correction involves: (Circle all that apply)
 - A. Learning from past mistakes
 - B. Writing out a plan on paper
 - C. Being Honest
 - D. Forgetting about the behavior and starting over on Monday

7. The Positive Affirmation assignment is:
 - A. Sitting with your dog and saying positive things
 - B. Hand writing 365 positive affirmations
 - C. Sitting by running water and reading
 - D. Mirror work

8. Self-care can include: (circle all that apply)
 - A. Journaling
 - B. Coloring
 - C. Sitting by running water
 - D. Writing negative phrases on your arm as a means of self harming

9. These 10 therapeutic interventions:
 - A. Will work for everyone
 - B. Will work for patients 30 years and younger
 - C. Can be tools that patients can implement, and see which work best for them
 - D. Will work best for patients with no history of relapse.

10. A full recovery is possible:
 - A. Only if a patient receives 24-hour intensive care
 - B. Only if a patient implements all 10 elements
 - C. when patients learn from past mistakes and self-correct
 - D. when patients have had their eating disorder less than 4 years.