



The Internal Family in Nutritional Self Care: An IFS Perspective on Healing with Food

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Credit: One (1) Continuing Education Credit Awarded

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

1. Which of these is **not** included among the parts of the system in Internal Family Systems Theory?
 - a. Managers
 - b. Victims
 - c. Exiles
 - d. Firefighters

2. In IFS theory, which is the correct term for the guiding force that, when absent, allows the parts to devolve to their more harmful, extreme expressions?
 - a. Intuition
 - b. Wisdom
 - c. Self
 - d. Spiritual Knowing

3. Which of the following is a job of the child in the feeding relationship, according to Ellyn Satter's Division of Responsibility?
 - a. Deciding whether to eat
 - b. Deciding where to eat
 - c. Deciding what is offered
 - d. Deciding when to eat

4. Which of the following is **not** a job of the parent in the feeding relationship, according to Ellyn Satter's Division of Responsibility?
 - a. Deciding whether the child eats something
 - b. Deciding what is being offered
 - c. Deciding where food will be eaten
 - d. Deciding when meal time is

5. Which of the following is an example of a parent trying to do the child's jobs?
 - a. Child complains of being hungry and gets a snack 30 minutes before dinner.
 - b. Parent decides that dinner will be at 6 o'clock and will be served at the kitchen counter.
 - c. Parent decides that the family will have pizza dinner on Friday night while watching a movie.
 - d. Parent requests that the child eat 3 bites of broccoli before getting a second serving of pasta.

6. Which of the following is an example of an adult appropriately playing the role of provider/parent for themselves?
 - a. Staying within a strict calorie limit each day.
 - b. Making a rough meal plan for the week, taking into account budget and schedule.
 - c. After eating a big lunch out with friends, compensating by skipping dinner.
 - d. Chronically getting home from work to realize there is no food available, and then eating popcorn for dinner.

7. Which of the following dysfunctional eating behaviors can be conceptualized as the child role taking over the parent/provider role?

- a. Compulsive exercise
- b. Chronically chaotic, reactive eating
- c. Strict calorie counting
- d. Orthorexic tendencies, "unhealthy" foods are off limits

8. Which of the following behaviors can be conceptualized as the parent role taking over the child role?

- a. Eating popcorn all day
- b. Forgetting to eat all day and then bingeing after work
- c. Forcing yourself to eat broccoli even though you hate it
- d. Making and sticking to a grocery budget

9. Which of the following is a feature of the child role within an adult individual in nutritional self care?

- a. Does what feels good in the moment
- b. Considers budgetary factors in meal plan
- c. Takes gentle nutrition into account
- d. Considers scheduling limitations

10. Which of the following is a feature of the adult/provider role within an adult individual?

- a. Thinks of the big picture when deciding how to practice nutritional self care
- b. Is fundamentally intuitive and embodied
- c. Must make sure eating is carefully controlled and optimized
- d. Only ever eats what tastes the best