

***Internal Family Systems Therapy: Leveraging Parts Work to Engage Clients
in Eating Disorder Treatment and Recovery***

Presented By Gerald Baird, LCMHC

Credit: One (1) Continuing Education Credit Awarded

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

1. The three categories of parts in Internal Family Systems (IFS) therapy are:
 - a. Managers, Exiles, and Burdens
 - b. Exiles, Protectors, and Managers
 - c. Firefighters, Managers, and Protectors
 - d. Managers, Firefighters and Exiles

2. Self in IFS therapy is best described as:
 - a. A helpful protector part
 - b. The part of you that is not a part
 - c. A narcissistic part
 - d. The adult ego

3. Retrieval in IFS therapy is best described as:
 - a. Recovering lost trauma memories
 - b. Identifying effective coping skills to use when triggered
 - c. Removing an exile from a distressing scene and relocating the exile to a better imaginary or real place
 - d. Finding and beginning a conversation with a new part

4. The purpose of the “feel toward” question in IFS therapy is:
 - a. Identify whether Self-energy is or is not present
 - b. Encourage the client to become more emotionally expressive
 - c. Fulfill the client’s expectations that therapy will include discussions about emotions
 - d. Change a Self-to-part relationship into a part-to-part relationship

5. What is the purpose of asking a protector, “What would happen if you stopped doing this job?”
 - a. To reduce extreme behaviors by threatening the protector
 - b. Identify what the protector is protecting
 - c. To encouraging facing fears as a form of exposure therapy for the protector
 - d. To encourage the protector to do a better job of protecting

6. When IFS therapy is successful, the client’s internal system is:
 - a. Free from the negative influence of protectors
 - b. Unitary rather than multiple
 - c. Egoless
 - d. Self-led

7. The primary therapeutic stance in IFS can best be described as:
 - a. Directive
 - b. Non-pathologizing
 - c. Theoretical
 - d. Heretical

8. The unblending process in IFS therapy allows the client to:
 - a. Get rid of all their parts
 - b. Contact a reluctant or hidden part
 - c. Separate from a part
 - d. Force a part to step back

9. In IFS therapy, the actions of a client's extreme parts are viewed by the therapist as:
 - a. Damaging
 - b. Well-intentioned
 - c. Defensive
 - d. Inappropriate

10. If a client reports feeling afraid of a part, the therapist knows the client is describing a:
 - a. Part-to-part relationship
 - b. Part-to-Self relationship
 - c. Self-to-part relationship
 - d. Exiled relationship