



Posttest

Communication 101: Essential Skills to Support Caregivers

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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. The best communication practice recommendations include:
 - a. Invoke a power struggle
 - b. Don't take "no" for an answer
 - c. Boundary setting
 - d. Bargaining

2. Mealtime Experiences should include:
 - a. All family members eat together
 - b. It's okay for your loved one to eat alone in their room
 - c. Provide a calm, relaxed experience that may include a simple game
 - d. Eating at home only, no restaurant dining

3. Assertive communication:
 - a. Isn't necessary for a healthy environment
 - b. Asserts parental views
 - c. Avoids power struggles and is open and direct
 - d. Is only necessary between partners not children

4. Examples of poor self-care include:
 - a. Saving your favorite candle
 - b. Self-forgiveness
 - c. A nature walk
 - d. Putting yourself first

5. The role of the caregiver includes:
 - a. Listening to a loved one and correcting their distorted thoughts.
 - b. Support loved one by assisting them to sit through uncomfortable emotions
 - c. Support loved one by providing their dietary requests
 - d. Communicating passively avoid "rocking the boat."

6. An ideal communication style includes:
 - a. Achievement statements
 - b. Subliminal statements
 - c. Dichotomous statements
 - d. Automatic heuristic statements

7. Communication pitfalls with the eating disorder population include:
 - a. Laissez-faire approach
 - b. Assertive approach
 - c. Conventional approach
 - d. Supportive approach

8. Example of a healthy boundary includes:
 - a. Utilizing personal judgements
 - b. Removing “dysfunctional control”
 - c. Use of hierarchical methods
 - d. Use of a designated leader

9. Components of a trusting relationship include
 - a. Complying with loved one’s meal expectations
 - b. Encouraging loved one’s to design their own meal plan
 - c. Insist your loved one tell you their “story”
 - d. Encourage loved one’s to remove self-blame

10. An example of a supportive communication includes which type of statement?
 - a. “I know you are afraid of ice cream, but it’s really no big deal.”
 - b. “You have to follow your dietitian’s meal plan.”
 - c. “I know ED prefers you to skip breakfast, how about we eat together?”
 - d. “Just eat one more protein and I’ll take you shopping for a new shirt.”