



How to Better Feel: Using Acceptance and Commitment Therapy in the Treatment of Eating Disorders
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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. Which of the following is NOT a barrier to using Acceptance and Commitment Therapy?
 - a. Lack of self-compassion
 - b. Lack of finances
 - c. Focusing on right and wrong vs. workability
 - d. Being stuck on blame vs. response-ability

2. The self-system begins in...
 - a. Infancy
 - b. Middle adulthood
 - c. Adolescence
 - d. Parenthood

3. _____ happens when we use language and tools in ways that are ineffective or problematic.
 - a. Flexibility
 - b. Inflexibility
 - c. Motivation
 - d. Progress

4. The point of ACT is not to feel BETTER but to better _____.
 - a. Cry
 - b. Dance
 - c. Feel
 - d. Follow your meal plan

5. Which of the following is an example of verbal defusion?
 - a. Opposite action
 - b. Catharsis
 - c. Painting
 - d. "I notice that I'm having the thought that I am fat."

6. Self as context, or the observer self, is best connected with through _____ rather than intellectual understanding.
 - a. Experience
 - b. Facebook
 - c. DVDs
 - d. Podcasts

7. Which of the following is not true, according to ACT?
 - a. Values cannot be right or wrong.
 - b. Values are not goals. Values are never finally completed accomplished.
 - c. Values are about PROCESS, not outcome.
 - d. Values are about what the clinician thinks should happen in therapy.

8. Which of the following is an effective intervention to use with adults struggling with body image?
 - a. Focus on function vs. size
 - b. Lose weight
 - c. Become an influencer
 - d. Join an MLM.

9. Body image is the mental representation an individual creates of themselves, as well as the _____ response to that representation:
 - a. Financial
 - b. Hypothetical
 - c. Emotional
 - d. Verbal

10. Which of the following is not an example of using language in ACT?
 - a. "And" instead of "but"
 - b. Verbally defuse
 - c. "Willing" instead of "Want"
 - d. Speak to your mind as if it were a separate entity
 - e. Performing an interpretative dance