

Posttest

*Inside the Mind of an Emotional Eater: "The Deeper Work" for FULL 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. Binge eating disorder was added to the DSM-5 in:
  - a. 2011
  - b. 2013
  - c. 2015
  - d. 2017
2. Research consistently cites a strong relationship between these two variables:
  - a. Psychologists & dietitians
  - b. Medication & compulsive overeating
  - c. Weight loss & happiness
  - d. Binge eating disorder & higher weight
3. Inside the Mind of an Emotional Eater is a framework for:
  - a. Understanding common psychological issues that can lead to the development of emotional and binge eating
  - b. Researching the neurobiology of a person affected by compulsive overeating
  - c. Treating the hormonal patterns associated with the chronic urge to binge eat
  - d. Developing treatment programs for people affected by chronic dieting
4. Many people who experience themselves as having a limited tolerance for emotional and environmental stimulation, also tend to identify as:
  - a. A person with ADHD
  - b. An empath
  - c. A Highly Sensitive Person
  - d. A caretaker
5. The presenters' framework for helping people psychologically and emotionally heal from chronic emotional and binge eating is called:
  - a. The Deeper Work
  - b. The Missing Piece
  - c. The Real Self
  - d. The No-Diet Approach
6. This healing framework helps people create a liberating relationship with food, body, \_\_\_\_\_, and others.
  - a. Weight
  - b. Self
  - c. Life
  - d. Soul

7. The presenters teach people how to approach their Emotional Self with these two things:
  - a. Acceptance & Resilience
  - b. Skills & Distractions
  - c. Validation & Mindset
  - d. Compassion & Curiosity
  
8. This psychological “gift” can help people resolve and heal painful past experiences with their key attachment figures:
  - a. Therapy
  - b. Forgiveness
  - c. Hypnosis
  - d. Re-parenting
  
9. The presenters are developing “Emotion-Focused Weight Care©,” which is a framework for:
  - a. Approaching personal weight goals with Self-love, rather than Self-hate
  - b. Teaching doctors how to stop promoting weight loss
  - c. Ensuring healthy weight loss
  - d. Convincing people to forgo their personal weight goals
  
10. When is it most appropriate for people to engage in the work of “Emotion-Focused Weight Care©”?
  - a. At the beginning of their healing journey
  - b. After they begin to eat healthy and no longer overeat
  - c. After they understand the psychological function of their disordered eating and have worked to heal the underlying psychological issues
  - d. Before beginning Intuitive Eating