



***Partnering with Partners: Treating Eating Disorders Through a Couples' Counseling Lens***

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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 the following is not a reason to include partners in treating eating disorders?
  - A. Supportive and healthy relationships improve outcomes
  - B. People in recovery have identified a supportive partner as the #1 most significant factor in healing
  - C. The partner has caused the eating disorder and needs to be blamed
  - D. The individual and the system they exist in are heavily intertwined if not inseparable
  
2. Which is not a research study or program that supports the inclusion of partners in treatment?
  - A. UCAN
  - B. UNITE
  - C. SEFT
  - D. IOU
  
3. How should you provide psychoeducation to partners of people with eating disorders?
  - A. Catch them doing something wrong, and then point it out
  - B. Assess for their needs and proactively offer them non-shaming example of possible pitfalls
  - C. Meet with the partner without the identified patient's consent
  - D. Hand them a pamphlet
  
4. Which is not a misconception that partners often have about eating disorders?
  - A. Eating disorders are not dangerous
  - B. Eating disorders are complex conditions relating at a variety of genetic, intrapsychic, interpersonal and cultural factors.
  - C. Recovery from an eating disorder should be easy
  - D. Eating disorders are a white teenage girl's disease
  
5. Which information are partners likely to need?
  - A. How to fix the eating disorder
  - B. How to fix a flat tire
  - C. How to tell when an avocado is ripe
  - D. What to expect as their loved one enters into recovery
  
6. Which is not a maladaptive pattern that partners sometimes use?
  - A. Strong-arming
  - B. Guilt-tripping
  - C. Day-tripping
  - D. Nagging

7. Which is a role from Karpman's Drama Triangle?
  - A. The provocateur
  - B. The raconteur
  - C. The rescuer
  - D. The denominator
  
8. Which is a consideration in systems thinking about eating disorders in couples?
  - A. What are the functions of the eating disorder within the couple?
  - B. How did the partner cause the eating disorder?
  - C. Which member of the couple is right?
  - D. How can the partner heal the loved one's eating disorder?
  
9. Which is a common dynamic found in eating disorder couples?
  - A. White knight syndrome
  - B. Blue beard syndrome
  - C. Orange Julius Complex
  - D. It's not easy being green
  
10. Which is the most important skill to offer couples who are dealing with an eating disorder?
  - A. Dieting tips
  - B. Communication skills
  - C. Blame allocation strategies
  - D. Parenting skills