



## Psychedelic Medicine & Other Innovative New Treatments for 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 true regarding psychedelics:
  - A. Psychedelics are addictive
  - B. Psychedelics need to be taken daily for years
  - C. Psychedelics produce a non-ordinary state of consciousness
  - D. Psychedelics decelerate the therapeutic process
2. Which is NOT one of the components of Ketamine-Assisted Psychotherapy?
  - A. Dosing Session
  - B. Restorative Session
  - C. Integration Session
  - D. Preparatory Session
3. How do psychedelics “relax” tightly-held prior beliefs?
  - A. By “cooling down” the brain’s stressful thoughts and feelings
  - B. By tightening loosely-held beliefs
  - C. They don’t. Psychedelics actually strengthen the hold of tightly-held beliefs.
  - D. By “heating up” the brain, causing an increase in plasticity
4. Which of the following is the correct meaning of the abbreviation *E F-KAP*?
  - A. Emotion-Focused Ketamine-Assisted Psychotherapy
  - B. Efficient-Fusion Ketamine-Assisted Psychotherapy
  - C. Empathetic-Functions Ketamine-Assisted Psychotherapy
  - D. Engineered-Focused Ketamine-Assisted Psychotherapy
5. Which of the following is NOT true regarding eating disorders?
  - A. There’s an urgent need for new treatments
  - B. They require a full medical work-up and clear diagnosis in order to treat
  - C. They are serious conditions that sometimes require immediate care
  - D. Psychedelic-assisted psychotherapy offers promising hope for ED treatment
6. Which of the following is the only on-label use for Ketamine?
  - A. Major depressive disorder
  - B. Anesthesia
  - C. PTSD
  - D. OCD

7. Which is a key difference between Ketamine and Spravato?
- A. Spravato is FDA approved for use as an anesthetic, Ketamine is not
  - B. Spravato only contains esketamine, whereas Ketamine contains arketatime and esketamine
  - C. Ketamine is administered via nasal spray, Spravato is usually administered IM, IV, or orally
  - D. Ketamine is FDA approved for Treatment-resistant depression and Major Depressive disorder with suicidal ideation, Spravato is not.
8. Which is NOT a step in emotion processing?
- A. Transforming Emotion
  - B. Accessing Emotion
  - C. Squashing Emotion
  - D. Modulating and Understand Emotion
9. What makes MDMA unique among psychedelic-type medicines?
- A. MDMA
  - B. MDMA does not show promise for treatment of eating disorders
  - C. Administration of MDMA corresponds with decreased mood
  - D. MDMA helps promote acceptance of and empathy for self and others.
10. Which of the following is TRUE regarding Ketamine-Assisted Psychotherapy?
- A. At low doses, ketamine shrinks awareness
  - B. Dosing should be followed by a psychotherapy session within the following week
  - C. Ketamine increases fear of painful emotions/memories
  - D. In contrast to ketamine without therapy, KAP decelerates growth and change