

**Parts Work: Integrating Internal Family Systems with Ketamine for Eating Disorders**

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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. According to IFS, the \_\_\_\_\_ is the confident, compassionate, whole person at the heart of every individual.
  - a. Core Being
  - b. Inner Healer
  - c. Self
  - d. Inner Voice
2. Which of the following is not a basic assumption of IFS?
  - a. There is no such thing as a bad part.
  - b. The human mind is subdivided into a limited number of parts.
  - c. You have all the resources you need inside of you. However, you may not always have access to those resources due to a polarization of inner parts
  - d. IFS aims to help parts discover their non-extreme roles.
3. In the IFS system, there are two primary types of parts \_\_\_\_\_ and \_\_\_\_\_.
  - a. Fighters and Exiles
  - b. Protectors and Exiles
  - c. Managers and Followers
  - d. Exiles and Leaders
4. What is ketamine's on-label use?
  - a. Depression
  - b. Suicidality
  - c. Anesthesia
  - d. Chronic Pain
5. Which of the following was not an outcome of the group-based KAP study that took place at Center for Change?
  - a. Improvements in depression & anxiety
  - b. G-KAP was well-tolerated and safe
  - c. Feasibility of implementing in a residential treatment center
  - d. Increased cost when using a group-based format
6. Which of the following best summarizes an IFS-based approach to treating eating disorders?
  - a. Setting the "part" free from the disordered eating roles it took on
  - b. Conceptualizing recovery as battling "Ed"
  - c. Embracing the eating disorder as an essential part of who you are
  - d. The need to "kill off "Ed" and all behaviors established by Ed

7. Which of the following does not explain why Parts Work can be helpful to pair with ketamine treatment?
  - a. Awareness of parts often emerges spontaneously during ketamine sessions.
  - b. Doing Parts Work as preparation provides a framework for understanding parts that could emerge in sessions.
  - c. Seeing the nature of their parts helps clients become more compassionate towards aspects of themselves they have difficulty embracing.
  - d. Without adjunctive ketamine, Parts Work cannot adequately lead to feeling more complete or whole.
8. Which of the following is not one of the “8 C’s of Self,” according to IFS?
  - a. Confidence
  - b. Control
  - c. Compassion
  - d. Curiosity
9. What are the three main steps of ketamine-assisted psychotherapy (KAP)?
  - a. Preparation, Dosing, Integration
  - b. Preparation, Dosing, Psychotherapy
  - c. Screening, Therapy, Follow-up
  - d. Screening, Dosing, Psychotherapy
10. Which of the following are important considerations for integration integrating ketamine-assisted therapy within conventional treatment models?
  - a. There is no dietary preparation required for ketamine therapy.
  - b. Adolescents are not suitable candidates for KAP treatment.
  - c. KAP addresses comorbidities, rather than direct eating disorder pathology, thus ED specialists do not to be involved in treatment planning.
  - d. KAP can serve to reduce fears related to recovery and increase psychological openness so that ED-specific interventions are easier to receive.