



Using Acceptance and Commitment Therapy (ACT) in Eating Disorder Treatment

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Credit: One and a Half (1.5) Continuing Education Credit Awarded

Posttest (For reference only. You must take and pass the test online for CE credit.)

1. ACT is considered what wave of CBT?
 - a. First
 - b. Second
 - c. Third
 - d. Fourth

2. Which of the following is NOT considered a core process on the ACT Hexaflex?
 - a. Defusion
 - b. Exercise
 - c. Acceptance
 - d. Self as a concept

3. What is the dark side of 'feel goodism'?
 - a. Clients might become so happy they don't have to see us.
 - b. Clients might travel and miss appointments.
 - c. It doesn't allow space for experiencing challenging emotions and can lead to shame if our clients do experience those emotions.
 - d. There is no dark side to 'feel goodism'.

4. If _____ drives the bus, we will not have a guided direction and will feel stuck.
 - a. Fear
 - b. Values
 - c. Money
 - d. Social media

5. If _____ drive the bus, we will be more likely to find greater meaning and purpose.
 - a. Fame
 - b. Money
 - c. Fear
 - d. Values

6. How is process based therapy different from outcome based therapy?
 - a. Focuses on very specific goals and numbers
 - b. Focuses on online therapy
 - c. Focuses on punishing clients for making mistakes
 - d. Focuses on direction rather than destination

7. Values, according to ACT:
 - a. Are about reaching a final destination
 - b. Are the same as goals
 - c. Are finally, completely accomplished
 - d. Are about process, not outcome

8. What is defusion?
- When you are able to recognize your thoughts, feelings, emotions, and body sensations as separate from you as a person
 - When thoughts, feelings, emotions, and body sensations run our lives
 - Using essential oils in your practice
 - A cognitive distortion
9. Which of the following is **not** a potential barrier to using ACT?
- Lack of self-compassion
 - Flexibility
 - Focusing on right vs. wrong instead of workability
 - Being stuck on blame instead of response-ability
10. Which of the following is **not** a suggested way to use language in ACT?
- “And” instead of “but”
 - Verbally defuse
 - “Willing” instead of “Want”
 - Ignore your challenging feelings
11. _____ is inevitable, _____ is not.
- Suffering; pain
 - Perfection; failure
 - Pain; suffering
 - Happiness; sadness
12. The self-as-context is also known as:
- The observer self
 - Your ideal self
 - Inner child
 - Judgmental self
13. ACT stands for:
- Accept Common Therapy
 - Acceptance and Commitment Therapy
 - Act and Consider Things
 - Acknowledge Comparison Today
14. _____ is associated with lower compassion fatigue and greater compassion satisfaction:
- Running marathons
 - Midnight snacks
 - Psychological flexibility
 - Ignoring feelings
15. Who is considered the founder of ACT?
- Steven Hayes
 - Sigmund Freud
 - Alfred Adler
 - Virginia Satir