



Working Through Triggers: Emotion-Focused Self-Supervision Techniques for Eating Disorder Clinicians
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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. What was the title of the IJED paper referenced?
 - a. Therapist Ratings of Guidelines in the Delivery of Family-Based Therapy for Eating Disorders
 - b. Clinician Adherence to Guidelines in the Delivery of Family-Based Therapy for Eating Disorders
 - c. Medical Monitor Guidelines in the Delivery of Family-Based Therapy for Eating Disorders
2. What percentage of participants were in supervision in the study referenced?
 - a. 30%
 - b. 50%
 - c. 95%
3. Which of the following disciplines was not represented in the study results?
 - a. social work
 - b. occupational therapy
 - c. psychiatrists
4. Which of the following treatment decisions was not included in the clinical decisions that evoked emotion?
 - a. Determining the degree of involvement of critical/ dismissive parents
 - b. Determining the best fit for an outpatient referral
 - c. Determining the degree of involvement of non-custodial/ alienated parents
5. What is the most important reason why clinicians need and deserve extra tools to help them manage emotions and triggers:
 - a. To reduce their experience of occupational stress / injuries
 - b. To improve the work environment
 - c. To improve business practices
6. Clinicians are thought to _____ their perception of the influence of emotion on clinical decision-making practices.
 - a. over-estimate
 - b. under-estimate
 - c. accurately estimate
7. When clinicians report on the extent to which they believe their colleagues' emotions influence their clinical decision-making practices, they:
 - a. report higher numbers than when reporting on their perceptions of themselves
 - b. report lower numbers than when reporting on their perceptions of themselves
 - c. report equal numbers when compared to reporting practices relating to their perceptions of themselves

8. In this model, what are triggers?

- a. Freudian slips
- b. expressions of archetypes
- c. emotional memories

9. Which of the following practices is not included in the EFFT model for clinician block work:

- a. dream analysis
- b. tree metaphor
- c. Process of Emotional Self-Exploration

10. The Process of Emotional Self-Exploration is not:

- a. informed by works of Gottman, Mate, EFT and EFFT
- b. a solo or group activity
- c. pay-per-use