



Radically Open Dialectical Behavior Therapy

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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. Radically Open DBT is for
 - a. Disorders of under-control
 - b. Disorders of over-control
 - c. Disorders of optimal control

2. Over-controlled temperaments would not be described as
 - a. Perfectionistic
 - b. Organized
 - c. Delay gratification
 - d. Volatile

3. Which of these is not one of the 4 core deficits of over-control?
 - a. Lack Receptivity and Openness
 - b. Lack Social Connectedness and Intimacy
 - c. Lack Flexible Responding
 - d. Lack Structure

4. All of these diagnoses are considered emotionally constricted and risk averse (over-control) EXCEPT
 - a. Anorexia Nervosa
 - b. Autism Spectrum Disorder
 - c. Borderline Personality Disorder
 - d. Obsessive Compulsive Personality Disorder

5. Radically Open DBT is an evidence based treatment for people who are emotionally...
 - a. Dysregulated
 - b. Lonely
 - c. High disinhibition

6. Over-controlled bio-temperaments include all of the following EXCEPT:
 - a. Low reward sensitivity
 - b. High detailed focused processing
 - c. High inhibitory control
 - d. High reward sensitivity

7. Radical Openness is...
 - a. Letting go of fighting reality
 - b. Actively seeking the things one wants to avoid or may find uncomfortable in order to learn
 - c. Practicing acceptance and learning skills to regulate emotions

8. Self Enquiry is a skill that helps...
- a. Regulate emotions
 - b. Find quick solutions
 - c. Turn towards discomfort in order to learn
 - d. One stay closed minded
9. RO addresses over-controlled bio-temperament by first...
- a. Changing physiology
 - b. Changing thought patterns
 - c. Changing behaviors
10. RO-DBT is a ___ week treatment plan
- a. 10
 - b. 30
 - c. 50
 - d. 15