



Title: Recovery is Possible: What Motivates Clients to Change?

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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. Recovered patients reported that keeping some unhealthy relationships was positive for their recovery if they
 - a. Set clear boundaries
 - b. Only went out to eat with the other person
 - c. Were never positive for their recovery
2. The 24 hour honesty rule is
 - a. A tool to allow patients to self-correct for negative behavior
 - b. A means for patients to continue to be dishonest in recovery
 - c. A rule to only use with adolescent clients
3. Patients report that consistency and structure is a critical factor in recovery, and they reported the following things were helpful:
 - a. Having consistency in my schedule
 - b. Having a meal plan
 - c. Staying busy but not too busy
 - d. All of the above
4. Patients report "reaching out for support" was a critical factor in recovery, as well as:
 - a. Continuing outpatient treatment
 - b. Having a team I trust
 - c. Taking my medication
 - d. All of the above
5. Recovered patients report self-care is critical for recovery. Which one was not listed as important for self-care:
 - a. Journaling and affirmations
 - b. Buying a dog
 - c. Making/scheduling time for myself
 - d. Taking a bath
6. Recovered patients reported that "arbitrary recovery timelines" were obstacles in their recovery. What did patients describe?
 - a. Unrealistic expectations about recovery
 - b. No goals for recovery and timelines
 - c. Family pressure to recover now
 - d. All of the above
7. Structure in recovery can be very helpful and should include:
 - a. Meal and sleep schedule
 - b. Daily exercise program
 - c. Daily grocery shopping and calorie counting
 - d. Listening to podcasts about eating disorders
8. Some body image interventions include:
 - a. Clothing challenge days
 - b. "Cleaning out" your closet
 - c. Buying new clothes
 - d. All of the above
9. Recovered patients reported "not wanting to be controlled" was a barrier to their recovery. An example of this is:
 - a. Refusing to see outpatient team and stopping medications
 - b. Going out with friends on a Friday night
 - c. Getting a recovery tattoo
 - d. Eating safe foods
10. Recovered patients report that social media was very helpful in their recovery.
 - a. True
 - b. False