



*Stage One Trauma Work Within Eating Disorder Stabilization*

Emily Jean Hackett, MS, EdS, NCC, LCMHC

**Credit:** One (1) Continuing Education Credit Awarded

**Post-Test (For reference only. You must take and pass the test online for CE credit.)**

- 1) Which type of trauma history seems to be most closely linked to development of eating disorder pathology?
  - a. Physical abuse
  - b. Sexual abuse
  - c. Natural disaster
  - d. Death/illness of a loved one
  
- 2) How many stages are included in the model this Stage One Trauma presentation focuses on?
  - a. 3
  - b. 5
  - c. 4
  - d. 6
  - e. 2
  
- 3) All of the following are examples of how to talk about trauma history in stage one EXCEPT:
  - a. limiting details shared
  - b. affirming the truth of the trauma
  - c. processing memories
  - d. exploring the residual impacts of trauma experience in one's current life
  
- 4) Once the parameters of one's WOT are understood, the goal transitions to 'narrowing' the window.
  - a. True
  - b. False
  
- 5) What is NOT an example of possible hyperarousal symptoms
  - a. Flashbacks
  - b. Hyperventilation
  - c. Anger outburst
  - d. Conversion response
  - e. Dissociation
  - f. Numbness
  - g. A, B, & C
  - h. D, E, & F
  
- 6) The TIPP acronym stands for:
  - a. Time, Intentionality, Planning, & Practicing
  - b. Tight Breath, Intense Emotions, Panic, & Projecting Emotions
  - c. Temperature change, Intense Activity, Paced Breathing, & Progressive Muscle Relaxation
  - d. Temperament, Intelligence, Pathology, & Patterns of Interaction

- 7) What are the three roles of the trauma reenactment cycle?
- Victim, perpetrator, & non-protecting bystander
  - Victim, perpetrator, & mediator
  - Victim, perpetrator, & witness
- 8) What is not a common example of trauma reenactment behavior?
- Eating disorder symptoms
  - Abusive relationship patterns
  - Risk taking behavior
  - ADHD symptoms
  - Poor boundaries
- 9) The anecdote to the Internalized victim role is:
- The Survivor
  - The Empowered Self
  - The Thriver
- 10) What is not a tactic used to enact the Advocate Self?
- Exploring anger
  - Seeking justice in everyday life
  - Trying to identify other's needs/wants
  - Assertiveness skills