

“MANAGING ADULT SELF-INJURY” (A064)

Videoconference

Quiz for General CEUs, Act 48, CADC, CPRP, NBCC, PCHA, Psychologist, and Social Work/LPC/LMFT
Continuing Education Credit (2.0 credit hours)

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Jennifer Lichok
WPIC/OERP
3811 O’Hara Street
Champion Commons, Third Floor
Pittsburgh, PA 15213

TRUE/FALSE – Please indicate whether the statement below is true or false.

1. **Self-injurious behavior is more common in females than males.**
 - A. True
 - B. False
2. **Nearly 50% of individuals diagnosed with borderline personality disorder report having been sexually abused during childhood.**
 - A. True
 - B. False
3. **It is not important to discuss past coping methods with self-injurers as these methods have evidently been ineffective.**
 - A. True
 - B. False
4. **Safety plans should be static over time.**
 - A. True
 - B. False
5. **Safety plans should be individualized to meet each client’s needs.**
 - A. True
 - B. False
6. **Safety plans should be complex and require a great deal of concentration.**
 - A. True
 - B. False

MULTIPLE CHOICE – Please select the BEST answer.

7. **The biosocial theory of borderline personality disorder described in the presentation is attributed to which of the following?**
 - A. Aaron Beck
 - B. Sigmund Freud
 - C. Myrna Weissman
 - D. Marsha Linehan

8. **Which of the following is not a characteristic of borderline personality disorder?**
- A. Past history of abuse
 - B. Shifts of mood lasting only a few hours
 - C. Two potentially self-damaging behaviors
 - D. Chronic feelings of emptiness
9. **Which of the following are functional causes of self-injurious behavior?**
- A. Self-punishment
 - B. Distraction
 - C. Grounding
 - D. All of the above
10. **Which of the following is the preferred treatment modality for individuals with borderline personality disorder?**
- A. Interpersonal psychotherapy
 - B. Dialectical behavior therapy
 - C. Interpersonal and social rhythms therapy
 - D. Rational emotive therapy

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- \$30 for Act 48, CADC, CEU, CPRP, NBCC, PCHA, Psychologist, or Social Work credit.

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