

**“EATING DISORDERS IN SPORTS AND PERFORMERS
” (A347)**

Videoconference Webcast

Original Broadcast Date: February 26, 2020

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

DIRECTIONS: Complete this test after viewing the videoconference webcast listed above. In order for UPMC Western Psychiatric Hospital to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CEUs. After finishing, sign as indicated on the second page and return both forms by mail to:

**Nancy Mundy
OERP/WPH
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213**

TRUE/FALSE and Multiple Choice Questions

1. Eating Disorders are less prevalent in athletes.
TRUE/FALSE

2. Orthorexia and Atheltica Anorexia are not found in the DSM-5.
TRUE/FALSE

3. There are 4 limbs of yoga. TRUE/FALSE

4. Yoga is being incorporated to some eating disorder treatment facilities. TRUE/FALSE

5. Orthorexia is characterized by
 - a. Being overly cautious to eat only "healthy" foods
 - b. Bingeing and purging
 - c. Increased exercise to match caloric consumption
 - d. High depressive episodes

6. Which of these items is not a reason why athletes are more susceptible to eating disorder?
 - a. Pressure from team mates and parents
 - b. Fear of Failure
 - c. Supportive parents
 - d. Low self esteem

7. What is the female athlete triad?
 - a. Eating Disorder, Low Self Esteem, Poor performance in school
 - b. Eating Disorder, Osteoporosis, poor performance in sport
 - c. Eating Disorder, Osteoporosis, Amenorrhea
 - d. Eating Disorder, Amenorrhea, Poor performance in sport

8. What is not a sport that is commonly associated with Eating Disorder?
 - a. Football
 - b. Dancing
 - c. Synchronized Swimming
 - d. Running

9. Yoga Nidra is
 - a. A way to increase the sympathetic nervous system
 - b. A breathing technique
 - c. Yogic Sleep
 - d. A form of yoga that uses many 108 poses.

10. According to Jon Kabat Zinn, mindfulness is
 - a. a way to put or place in a specific way.
 - b. the awareness that arises from paying attention, on purpose, in the present moment and nonjudgmentally
 - c. The union of mind, body, and spirit
 - d. A great way to relax

11. Goals of yoga in a therapeutic setting do NOT include
 - a. Learning how to sit with uncomfortable feelings
 - b. Recognizing emotions within the body
 - c. Enhancing mind body connection
 - d. Losing weight

12. 12. What is an example of focused attention meditation?
 - a. Yoga Nidra
 - b. Imagery guided meditation (going to the beach)
 - c. Sitting with thoughts for 3 minutes
 - d. Falling asleep

After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the "https://" text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/T347-VC>

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**APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR
General CEUs, CADC, NBCC, Psychologists, and
Social Work/LPC/LMFT (2.0 CREDIT HOURS)**

INSTRUCTIONS: In order for UPMC Western Psychiatric Hospital to record the credit you earn by viewing this program, we request that you follow the directions below:

1. Print your name, address and email address below.
2. Sign the statement affirming your attendance at the session.
3. Return with payment to:

Nancy Mundy
OERP/WPH
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

I hereby affirm that I viewed the videoconference webcast indicated above:

Signature

Date Completed

PLEASE PRINT CLEARLY:

	Mailing Address		
Name	City	State	Zip Code
Phone #	Email address		

TYPE OF CREDIT: *Please Indicate Your Certification Needs*

<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> CEU: General Continuing Education Credit
<input type="checkbox"/> NCC: National Certified Counselors
<input type="checkbox"/> Psychologist
<input type="checkbox"/> SW/LPC/LMFT: Social Work (LCSW, LSW)

PAYMENT ENCLOSED:

\$30

Please make credit card payment at the following link:

<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=215397>

Send these two forms to the above address. If your score is 80% or above, you will receive a certificate via email. If you have any questions, contact Nancy Mundy at mundynl@upmc.edu or 412-204-9090.

Continuing Education Credit

Each program is offered for the designated number of continuing education credits

CERTIFIED ADDICTION COUNSELORS: CADC

Western Psychiatric Hospital, Office of Educational Resources and Planning is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.



COUNSELORS: NCC

Western Psychiatric Hospital is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

National Certified Counselors are required to accrue 100 clock hours of continuing education activities that meet guidelines in each five-year certification period. There is no restriction on the percentage of those hours that may be accrued from distant learning courses.



PSYCHOLOGISTS

UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 2.0 continuing education credits.

LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT

The indicated number of clock hours of continuing education is provided through UPMC Western Psychiatric Hospital's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For more information, call (412) 204-9085.

MENTAL HEALTH PROFESSIONALS: CEU

Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.