



Test Questions and Evaluation

Instructions: In order to receive your CEU certificate via email, you must answer four of the five test questions correctly and complete the evaluation below. After completing this form email a copy to info@savorpodcast.com and pay the \$10 CEU fee at savorpodcast.com. If you have any questions about receiving your CEU please email us!

Episode: Bypassing Perfectionism

Date _____

Instructors: Danielle Beck-Ellsworth, PsyD, MFT, Kelly Hinds, RD, and Donna Otter, MA REAT

Name: _____

License Number: _____

Mailing Address: _____

Phone Number: _____

Email: _____

Test Questions: You must have a minimum of four correct in order to receive one CEU for listening to the episode.

Circle True or False to indicate your answer.

1. True or False: Expressive Arts Therapy differs from traditional art therapy in that it uses only one art modality.
2. True or False: Exploring the creative appetite is one of the first steps to incorporate art into daily life.
3. True or False: An important component of Expressive Arts Therapy is the interpretation of the art.
4. True or False: Expressive Arts Therapy challenges perfectionism by taking away the ability to “do it right”.
5. True or False: You do not have to be an artist to successfully participate in Expressive Arts Therapy.

Evaluation: Please rate the presenters and episode using the following scale

1-Poor 2-Fair 3-Good 4-Excellent

The presenters demonstrated expertise in the topic.	1	2	3	4
The episode met the advertised objectives.	1	2	3	4
The information provided will be useful in my practice.	1	2	3	4
The content was interesting & added to my knowledge.	1	2	3	4
The resources on the Savor website were useful.	1	2	3	4

I would listen to another episode with these presenters again. Circle one of the following:

Yes Maybe No

I would listen to another CEU Savor Episode in the future. Circle one of the following:

Yes Maybe No

Topics I would like to learn more about include: _____

Objectives:

1. **To define expressive arts therapy & identify those who are appropriate to participate**
2. **To discuss how expressive arts therapy can be used in the treatment of eating disorders**
3. **To explore ways to incorporate art/expressive art into one's daily life**
4. **To discuss how expressive arts therapy can be helpful in moving clients through body image issues**
5. **To identify various modalities used in expressive arts therapy**