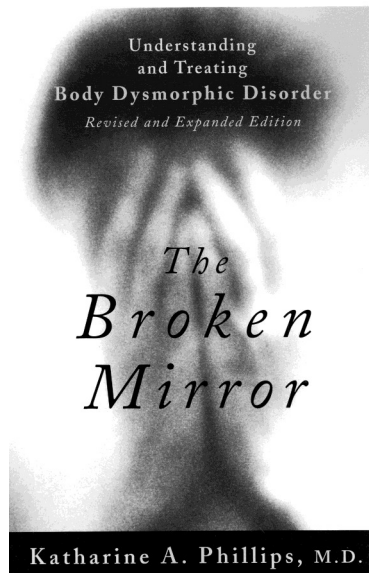




Home Study Continuing Education Program



The Broken Mirror.

Understanding and Treating Body Dysmorphic Disorder.

Katherine A. Phillips, MD

12 CE Hours Credit

Commonwealth Educational Seminars

1020 West Barnstable Rd

Marstons Mills, MA 02648

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800 376-3345—Fax: 508 420-3360

Home Study Program

Instructions

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 2. Read the book or article.**
- 3. Complete the test with a score of 75% or better.**
 - a. You may take it online if you wish.**

Please refer to the instructions on the registration page at the end of this test packet.
 - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

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Questions? Phone: (800) 376-3345 or email to:
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We are approved to offer Continuing Education credit for Social Workers, Psychologists, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Substance Abuse Counselors, Licensed Alcohol and Drug Abuse Counselors, LADCs (I-III) and additionally, in Massachusetts and California, RNs and LPNs.



Certification Exam

The Broken Mirror.

Understanding and treating Body Dysmorphic Disorder.

Please select one response for each question below.

1. Research on Body Dysmorphic Disorder (BDD) is perhaps 30 to 40 years behind that of other major psychiatric disorders.

- a. True b. False

2. Although Freud treated “the Wolf Man” he never mentioned BDD symptoms in his description of his patient.

- a. True b. False

3. When BDD is severe it can destroy virtually every aspect of one’s life.

- a. True b. False

4. According to the DSM-IV definitions, someone whose only concern is that she is too fat and who is significantly underweight should be diagnosed with BDD.

- a. True b. False

5. Using self-report questionnaires, studies have found as many as 13% of college students can be diagnosed with BDD.

- a. True b. False

6. BDD can be misdiagnosed as it can produce symptoms of other disorders, such as social phobia.

- a. True b. False

7. Most people with BDD actually think about their appearance less than one hour per day.

- a. True b. False

8. Most people with BDD recognize that they see themselves differently than others do.

- a. True b. False

9. Research findings suggest that people with the delusional and non-delusional forms of BDD respond to the same medication – SSRIs.

- a. True b. False

10. Most BDD behaviors are time-consuming and hard to resist or control.

- a. True b. False

11. Less than 50% of people with BDD excessively check mirrors during the day.

- a. True b. False

12. The most common problem that BDD causes is interference with relationships and social activities.

- a. True b. False

13. People with BDD often try to cope by using alcohol or drugs.

- a. True b. False

14. BDD usually begins during adolescence. The author found that 2/3rds of people range from age 9 to 23 years old.

- a. True b. False

15. More than 50% of BDD sufferers reported a sudden onset of concerns.

- a. True b. False

16. While it may be difficult to differentiate mild BDD from normal adolescent appearance concerns, more moderate and severe BDD can easily be diagnosed in this age group.

- a. True b. False

17. Dr. Phillips suggests that neurobiological, psychological and sociocultural factors probably contribute to BDD's occurrence.

- a. True b. False

18. BDD's many similarities to OCD provides additional support for the theory that BDD involves neurochemical abnormalities.

- a. True b. False

19. A genetically-based predisposition to worry or obsess– or to BDD specifically– definitely does not provide a necessary cornerstone for BDD’s development.
- a. True b. False
20. Vanity, stress and puberty are factors which cause BDD.
- a. True b. False
21. In a 1997 study published in Psychology Today magazine, more than half of all women said they were unsatisfied with their appearance.
- a. True b. False
22. Barriers to getting effective treatment for BDD include lack of knowledge about BDD, embarrassment, shame and guilt.
- a. True b. False
23. A majority of people with BDD respond to Cognitive Behavioral Therapy.
- a. True b. False
24. While all antidepressants effectively treat depression, it appears that only the SRI antidepressants effectively treat BDD.
- a. True b. False
25. SRIs usually begin to work gradually.
- a. True b. False
26. Cognitive-Behavioral Therapy is the least studied and least promising type of psychotherapy for BDD.
- a. True b. False
27. The following symptoms improve with CBT: BDD symptoms, depression symptoms, body image, self-esteem and social anxiety.
- a. True b. False
28. Surgery and dermatologic treatment are effective treatments for BDD.
- a. True b. False
29. Ineffective treatment for BDD includes diet, natural remedies, hypnosis, reassurance and uncovering a presumed trauma.
- a. True b. False

30. If BDD coexists with another disorder, one may assume it is “secondary” due to the other disorder.

- a. True b. False

31. As with OCD, BDD is characterized by compulsions and obsessions.

- a. True b. False

32. Eating disorders such as anorexia and bulimia often co-occur with BDD.

- a. True b. False

33. BDD has many similarities to, and is probably related to OCD, social phobia, depression and eating disorders.

- a. True b. False

34. Although a person may obsess about their BDD, they generally can maintain strong, nurturing family relationships.

- a. True b. False

35. It is helpful if family members can recognize BDD symptoms, take them seriously and talk openly about BDD.

- a. True b. False

36. The odds are that most people with BDD who try psychiatric treatment will benefit.

- a. True b. False

You have now completed the exam. Please answer the following evaluation questions.

Your answers do not affect your test score:

37. I have completed all the requirements for this home study course without any assistance from others.

- a. True b. False

38. The author, Katherine Phillips, MD, was knowledgeable in the content area.

- a. True b. False

39. I am better able to recognize the behavior and symptoms of Body Dysmorphic Disorder (BDD).

- a. True b. False

40. I am better able to provide advice to family members and friends on how to cope with this disorder.

a. True b. False

41. I am better able to comprehend the most effective treatment plans for sufferers of BDD.

a. True b. False

42. The content of this course was appropriate for my profession.

a. True b. False

43. The course information was relevant and can be applied to practice.

a. True b. False

44. The course information contribute to achieving personal, professional goals.

a. True b. False

45. I would recommend this program to others.

a. True b. False

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The Broken Mirror Certification Test
You may take this certification test online.

1. Log on to CommonwealthSeminars.com
2. At the bottom of the column on the left, click on "Take Your Test"
3. Click on *The Broken Mirror* in the books listing.
4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.
5. Take the test and submit it.
6. Download and print your Certificate of Completion.

Or you can fill out this printed test and send it to us.
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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (____) _____ e-mail: _____@_____

I am seeking CE credit for the following profession(s):

Profession	License Number	State
____ Psychologist (APA):	_____	_____

____ Social Work (ASWB): _____

____ Certified Counselor (NBCC): _____

____ LMHC (NBCC): _____

____ Drug/Alcohol Counselor/LADC:(NAADAC): _____

____ Licensed Marriage/Family Therapist (NBCC): _____

____ Nurse: _____

Certification Number