

# Flex Therapist CEUs

## Mindfulness Interventions in Physical Therapy

**1. Which is a form of cognitive-behavioral therapy that combines mindfulness and behavior change strategies?**

- A. Mindfulness-Based Stress Reduction
  - B. Acceptance and Commitment Therapy
  - C. Mindfulness-Based Cognitive Therapy
  - D. Cognitive Behavioral Therapy
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**2. What effects can mindfulness practice have on the body?**

- A. Decreased Heart Rate
  - B. Poor Emotional Regulation
  - C. Increased Systemic Inflammation
  - D. Increased Blood Pressure
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**3. Which type of meditation involves systematically directing attention to different parts of the body, turning to sensations, and promoting relaxation?**

- A. Breath Awareness Meditation
  - B. Body Scan Meditation
  - C. Guided Meditation
  - D. Mindfulness Meditation
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**4. Which scenario might a physical therapist not implement mindfulness-based interventions?**

- A. College Athlete with Performance Anxiety
  - B. Older Adult with Fear of Movement
  - C. A Young Adult with Four Years of Knee Pain
  - D. An Older Adult with Dementia Impacting Memory
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**5. Which outcome measures a patient's perspective on how they value things like family, friendship, work, education, and spirituality on a ten-point scale?**

- A. Values-Living Questionnaire
  - B. Five Facets of Mindfulness
  - C. Chronic Pain Acceptance Questionnaire
  - D. Philadelphia Mindfulness Scale
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**6. Which is correct regarding statistical support for the benefits of Mindfulness in physical therapy?**

- A. Statistically Significant Long-Term Benefits of Mindfulness
  - B. Moderate Long-Term Benefit of Mindfulness
  - C. Statistically Significant Short-Term Benefits of Mindfulness
  - D. Little Short-Term Benefits of Mindfulness
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**7. Which of the following is not a mental health benefit of mindfulness practice?**

- A. Improved Work Performance
  - B. Improved Attention
  - C. Stress Reduction
  - D. Sleep Improvement
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**8. What action should a physical therapist take for a patient with chronic shoulder pain who exhibits fear of movement and symptoms of an anxiety disorder?**

- A. Counsel the Patient with Cognitive Behavioral Therapy
  - B. Treat the Patient with Physical Based Interventions Only to Avoid Fixation on Pain
  - C. Refer the Patient to Mental Health Professional(s) and Treat in Physical Therapy
  - D. Don't Treat this Patient
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**9. What time period do the origins of mindfulness trace back to?**

- A. 11th Century
  - B. Fourth Century BC
  - C. First Century CE
  - D. Tenth Century BC
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**10. Which mindfulness-based intervention involves observing thoughts, emotions, and sensations from a detached and objective perspective?**

- A. Interoception
  - B. Reperceiving
  - C. Nonjudgment
  - D. Decentering
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