

# 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, tuning 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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