

CEU Test Questions on
Healing the Body-Mind

[*Journal of Heart-Centered Therapies* 9(2), Autumn 2006, 75-137]

Circle the correct answer and mail this answer sheet, with \$50 payment, to:
The Wellness Institute, 3716 – 274th Ave SE, Issaquah, WA 98029
or FAX to 425-391-9737 and call credit card payment in to 425-391-9716
You will receive a certificate of completion by return mail

1. The prefrontal cortex, including the hippocampus:
 - a. controls emotional thought, including rage, fear, aggression, and arousal.
 - b. is capable of making mindful conscious choices of behavior by giving context to experience.
 - c. provide the “early warning system” called neuroception
 - d. both a and c

2. The neuropeptide oxytocin:
 - a. is released in the brain during activities that help establish social bonds.
 - b. is only released when people sense that their environment is safe.
 - c. is intricately involved in emotionally healing chronic states of stress, anxiety, and depression, as well as spiritually awakening.
 - d. all of the above

3. When people are emotionally distressed (anxious, angry, depressed), the most active sites in the brain are circuitry converging on:
 - a. the amygdala, part of the brain’s emotional center.
 - b. the right prefrontal cortex, a brain region important for hypervigilance.
 - c. the sympathetic nervous system, the brain’s reaction to threat.
 - d. both a and b

4. Chronic persistence of the undischarged parasympathetic freeze response:
 - a. does not lead to chronic physical symptoms of immune deficiency and a shortened lifespan.
 - b. does not create damage to the brain’s hippocampus.
 - c. creates learned helplessness.
 - d. none of the above

- 5., Which statement is true?
 - a. The more powerful the emotion, the more our subjective sense of time is altered.
 - b. One’s repertoire of survival skills remains confined to those that were acquired before the trauma.
 - c. PTSD is classified as an anxiety disorder, yet it involves a fear of a threat in the *future*.
 - d. all of the above

6. Who said, “The life process takes place in a constant alternation of expansion and contraction”?
 - a. Stanley Keleman
 - b. Wilhelm Reich
 - c. Steven Porges
 - d. Bessel van der Kolk

7. The Polyvagal Theory is an explanation offered by Steven Porges of how the autonomic nervous system switches the body on and off in order to regulate physiological response. Which is false?
- Excessive activation of the sympathetic nervous system leads to isolation, demotivation, immobilization, and potentially death.
 - The sympathetic nervous system is powerful and difficult to switch off once activated.
 - The (older) dorsal vagus branch is interconnected with the first three chakras.
 - The (newer) ventral vagus branch is interconnected with the heart and throat chakras.
8. Heart rate variability (HRV) is the natural rise and fall of the heart rate in response to one's breathing, blood pressure, hormones, stress and emotions, and:
- when one feels happy, the body/brain experiences order and coherence.
 - one's breath provides a bridge between conscious and voluntary regulation and unconscious, involuntary regulation.
 - studies show a link between anxiety disorders, hostility and depression and the body/brain's experience being disordered and erratic.
 - all of the above
9. The Theory of Structural Dissociation offered by Ellert Nijenhuis suggests that a traumatized person develops an "emotional" part of the personality and an "apparently normal" part of the personality that has failed to integrate the traumatic experience. Which is false?
- The emotional personality carries memories somatically, and often pre-verbally.
 - The apparently normal personality lives life dissociated from body and emotions.
 - Traumatized individuals' memories of traumas that are available to their emotional personality are always also available to their apparently normal personality.
 - The emotional personality can be structurally dissociated within itself, e.g., in Complex PTSD.
10. The Theory of Structural Dissociation proposes a continuum of dissociation complexity with three levels marking a range of trauma-related disorders:
- simple PTSD; complex PTSD, DES and DDNOS; and DID.
 - simple PTSD; Borderline Personality Disorder; and DID.
 - simple PTSD; Structural Dissociation; and DID.
 - none of the above
11. Dissociation involves disengaging from the external world and attending to stimuli in the internal world. Which statement is true?
- The hippocampus, which plays a major role in memory formation, is not related to the phenomenon of dissociation.
 - The area of the body that is *not* feeling (*parasympathetic dissociation*) can be equally as important an indicator of stored trauma as body parts that *do* feel (*sympathetic dissociation*).
 - Hyperarousal (fight/flight) and hypoarousal (freeze) in the face of threat or stress each lead to the same form of dissociation.
 - The kind of dissociation described by those with PTSD - altered sense of time, reduced sensations of pain, absence of terror or horror - resembles the characteristics of those who have responded with fight/flight to a traumatic threat.

12. The emotional operating systems conceptualised by Panksepp consists of seven primordial sets of emotion: FEAR, RAGE, SEEKING, LUST, PANIC, CARE and PLAY. Which statement is false?
- The SEEKING system contributes in a fundamental way to our active engagement with the world; the shadow side of seeking is frustration, disappointment, and lack.
 - The RAGE emotional operating system works in opposition to SEEKING, aroused by frustration, attempts to curtail freedom of action, when one is “cheated” out of something promised or expected, or when one feels betrayed.
 - The FEAR system is essentially the ‘fight, flight or freeze’ reflex, and it interacts with the RAGE circuits, contributing to the choice of or balance between fight and flight reactions.
 - PANIC is the name given to separation-distress, with two circuits: a cold one takes information about stimuli and associates it to a time and place (active involvement of the hippocampus) and also makes it available for conscious reflection (activated cortex); and a hot circuit goes directly from stimuli to response (reflexive amygdala action) bypassing the sense-making structures.
13. There are marked gender differences in the response to traumatic violence. Which statement is true?
- Females are more likely to dissociate and males more likely to display a classic “fight or flight” response.
 - Abused men and boys tend to identify with the aggressor and later victimize others whereas abused women are prone to become attached to abusive men who allow themselves and their offspring to be victimized further.
 - Temporal lobe areas of the brain (where aggression circuitry is concentrated) are more active in males, while cingulate areas (where nurturance and other social emotional circuitries are concentrated) are more active in females
 - all of the above
14. Psychological bypass, or *spiritual depression*, involves preoccupation with the trauma at the expense of other life experiences, and trauma re-enactment. The mechanism for trauma re-enactment for the person whose attachment style is
- preoccupied* is to focus on “what is missing, what might have been, what never can be,” idealizing the pre-trauma past.
 - avoidant* is to focus on “doing what I have to do, getting on with it. I will deal with this on my own,” discounting the value of what has been lost and inflating a positive self image.
 - disorganized* is to be highly anxious about what is missing, but yet fearfully avoidant about it, dismissing its value, and at the same time diminishing his own.
 - all of the above
15. One way to conceptualize spiritual advancement is through the body’s subtle energy system with its two seemingly opposite branches, and the kundalini that rises through a special third branch. Which statement is false?
- The primordial force, kundalini energy, lies dormant in the base of the spine, in the instinctual unconscious (Jung’s *somatic unconscious*).
 - The primordial force flows through the two unconscious energy channels, the *pingalā* (sympathetic) and *idā* (parasympathetic).
 - The three channels follow separate paths in their upward journey, crossing paths at each chakra but not meeting until the third eye.
 - The three channels continue upward from the third eye chakra to the crown chakra.

16. Steven Porges' poly-vagal theory confirms the principle that:
- less stimulation is more effective for a challenged nervous system.
 - the intervention does not require a safe environment.
 - a healthy therapist/client relationship is the foundation of the self-regulation process.
 - brainstem regulation cannot be repaired once it becomes dysfunctional.
17. Effective facilitation of healing from trauma involves cultivating in the client an acute awareness of inner body sensations by
- helping clients to distinguish and describe the various and often subtle qualities of sensation.
 - pointing out subtle sensorimotor and gross muscular movements through "contact" statements.
 - asking open-ended questions that require awareness (mindfulness) to answer.
 - all of the above
18. Interrupt a client's unconscious, autonomic patterns somatically with
- a timely reminder to monitor the heart rate variability.
 - a timely reminder to breathe more shallowly.
 - reverse the effect of vaso-constriction or dilation by applying topical heat or cold.
 - encouragement to contain any urge to yell or scream.
19. An example of effective cathartic release is:
- unwinding* the paralyzed energy in limbs or head, initiating a sympathetic response (fight/flight) to replace the deeply embedded parasympathetic response (freeze).
 - kinesthetic reframing* of fearful paralysis into proactive movement (kicking, yelling "No!").
 - meditation.
 - both a and b
20. We work to assist the client to reconnect memories and emotions to events.
- It is helpful when a client mistakenly attributes emotional arousal to the current triggering circumstance rather than to a source incident in their history.
 - Clients who tell their history without emotion, having physiological activation without recognizing its emotional connections, will benefit from connecting the two.
 - The connection between the physiological reaction and the source of the trauma is always laid down accurately at the highly stressful time of an early trauma.
 - all of the above

*Circle the correct answer and mail this answer sheet, with \$50 payment, to:
The Wellness Institute, 3716 – 274th Ave SE, Issaquah, WA 98029
or FAX to 425-391-9737 and call credit card payment in to 425-391-9716
You will receive a certificate of completion by return mail*