

Treating Trauma and Stressor-Related Conditions by Marilyn Luber

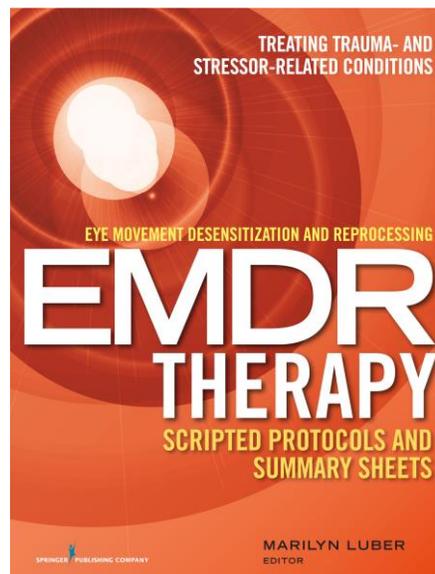
BOOK STUDY PROGRAM

Post-test

To complete the book study program and earn CEs, you must complete the online quiz and evaluation. Links are provided with your order. What follows are 72 questions based on the information presented in *Treating Trauma and Stressor-Related Conditions* by Marilyn Luber.

The 12 EMDRIA credits and 12 NBCC* CEs will be dated on the day you pass the quiz. You must score 75% or better, but you can take the test multiple times if needed.

**NBCC is approved for most Masters-level Mental Health Professional Disciplines*



Chapter 1 – Child Attachment Trauma Protocol

Debra Wesselmann, Cathy Schweitzer, and Stefanie Armstrong

1. Advantages cited by the authors for having a family therapist as part of the clinical team are:
 - a. To help the child fit better into the parent's style of parenting
 - b. To strengthen attachment security by helping parents respond with greater sensitivity to their children's emotions
 - c. To provide occasional EMDR therapy
 - d. To provide a break from EMDR therapy

2. Benefits of resource development exercises include the following **except**:
 - a. To strengthen attachment security
 - b. To improve self- regulation

- c. To address current triggers
 - d. As an alternative to communicating with the family therapist
3. Common NCs related to attachment trauma cited by the authors include all **except**:
- a. I deserve to be abandoned
 - b. I am safe
 - c. Parents are mean
 - d. I do not belong
4. Skills which the authors indicate are often needed include all **except**:
- a. Self-awareness
 - b. Self-regulation
 - c. Creativity
 - d. Communication
5. Regarding the PLAYING BABY EXERCISE, the following are true **except**:
- a. It is commonly most applicable for children seven and younger
 - b. The therapist reinforces the child's feelings of shared pleasure and closeness with the parent (s)
 - c. It is conducted with all available parents at the same time
 - d. Is conducted with one parent at a time
6. Regarding the "LOLLIPOP" GAME, this game is designed to increase feelings of closeness with the parent (s)

True or False

7. Regarding the MAGICAL CORD OF LOVE EXERCISE, this exercise is designed to help the child feel:
- a. Occasionally attached
 - b. Constantly attached
 - c. Conditionally attached
 - d. Confidently unattached
8. Regarding the CIRCLE OF CARING EXERCISE, this exercise is designed to increase the child's awareness of
- a. Those that love them in present-day life
 - b. Those that once love them
 - c. Those that may love them in the future
 - d. Those that don't know them but would love them if they did
9. Regarding the SAFE PLACE FOR THE INNER CHILD EXERCISE, all of the following are true **except**:
- a. It helps parents understand the child's sudden fearful or aggressive behaviors
 - b. It creates a way to manage sudden dysregulating feelings
 - c. This concept can be reinforced effectively with nesting dolls
 - d. The imagery associated with this exercise should only be used in the safe confines of a therapy session

10. Regarding the SONGS FOR YOUNGER CHILDREN, parents and therapists are advised to
 - a. Teach children how to compose songs
 - b. Pick from three well tested meaningful songs
 - c. Make up lyrics that provide positive messages children need to hear
 - d. None of the above

11. Advantages of having parents present during EMDR processing sessions include all except:
 - a. Increasing the parent's level of empathy for what the child has endured
 - b. Increasing the child's sense of protection and safety
 - c. Helping the child have courage to feel their feelings
 - d. To keep notes to improve parenting strategies

12. The Rescue Interweave guides the child to imagine rescuing their parents, and thus feeling empowered and protective.

True or False

Chapter 2 – Working on Attachment Issues with EMDR Therapy: The Attachment Protocol
Anna Rita Verardo and Maria Zaccagnino

13. The theoretical framework which guides this protocol is based upon attachment theory developed by:
 - a. John Bowlby
 - b. Dr. Benjamin Spock
 - c. Erik Erickson
 - d. Jean Piaget

14. Mary Ainsworth identified the following as patterns of attachment except:
 - a. Secure style
 - b. Avoidance style
 - c. Ambivalent style
 - d. Disorganized style

15. Characteristics of the disorganized style of attachment include all **except**:
 - a. Lack of an organized strategy to handle the stress of separation and reunion
 - b. Behavior and inconsistent and contradictory ways
 - c. Goal oriented approaches to attachment
 - d. Development of multiple incompatible self-with-other relationship styles

16. Consistent with the five categories identified by Main, Kaplan, and Cassidy (1985), entangled/preoccupied includes oscillation between positive and negative representations of the attachment emotions regarding himself and others.

True or False

17. Standardized measures mentioned by the authors that can be used to assess information relevant to treating attachment difficulties include all **except**:
 - a. Adult Attachment Interview

- b. Parent Development Interview
 - c. Beck Depression scale
 - d. Adult Childhood Experiences Scale
18. As stated in this chapter, it is important to gather information about the dynamics of activation of the client's caregiving system. The PDI tool can further help assess following **except**:
- a. Periods of parent-child separation
 - b. Periods of hostility connected with the activation of the caregiving system
 - c. Experiences of hopelessness connected with the activation of the caregiving system
 - d. None of the above
19. The chapter shows clinicians what to look for concerning client's narratives and what types of violations of Grice's maxims they are making.

True or False

20. In reviewing the narratives, it is recommended that clinicians pay particular attention to certain dynamics that are reflected in the client's description of the narrative episodes. These include all **except**:
- a. Acceptance
 - b. Neglect
 - c. Pressure to achieve
 - d. Role reversal

Chapter 3 – EMDR Therapy for Traumatized Patients with Psychosis

Berber van der Vleugel, David van den Berg, Paul de Bont, Tonnie Staring, and Ad de Jongh

21. The most prominent psychotic symptoms are:
- a. Hallucinations
 - b. Delusions
 - c. Hallucinations and delusions
 - d. None of the above
22. Common examples of auditory verbal hallucinations include all except:
- a. Commands
 - b. Visual distortion
 - c. Negative comments
 - d. Possible answer
23. A distinguishing feature of hallucinations is that they are only manifested in psychotic disorders associated with schizophrenia.

True or False

24. The following are mentioned as distinguishing features of delusions **except**:
- a. They are often strong convictions
 - b. The yield to reasonable evidence contrary to the conviction
 - c. The most prevalent delusion is paranoia

- d. Delusions can arise as explanations for unsettling experiences
25. As cited in the chapter (Morrison, Frame, & Larkin, 2003, trauma and psychosis can interact in the following ways **except**:
- a. PTSD can exert a negative influence on psychotic symptoms
 - b. Psychotic symptoms can exacerbate PTSD
 - c. The experience of psychotic symptoms can be traumatic
 - d. Yet, trauma does not increase the risk for the development of psychosis
26. Prevalence of comorbidity of PTSD in patients with psychosis is closest to the following range
- a. 0% to 15%
 - b. 15% to 30%
 - c. 30% to 45%
 - d. 45% to 60%
27. Approximately what percentage of men and women with psychosis report sexual or physical abuse as a child
- a. 0% to 25%
 - b. 25% to 50%
 - c. 50% to 75%
 - d. 75% 200%
28. Types of imagery that are the most dominant and psychosis include all **except**:
- a. Images of feared catastrophes
 - b. Visualizations of the perceived origin or content of the symptom
 - c. Diluted images of positive experiences
 - d. Images of negative life experiences related to the symptoms
29. EMDR therapy and trauma memory reprocessing can be expected to cure schizophrenia.

True or False

30. Case conceptualization can include the following **except**:
- a. Explaining EMDR therapy
 - b. Gathering information about the client and integrating it with theory on what might be causing or maintaining symptoms
 - c. Organizing information that can guide the process of therapy
 - d. Generating insight
31. The two-method model diagram assists the therapist in:
- a. Determining target memories for two features of psychosis
 - b. Conducting dual treatment of EMDR and CBT
 - c. Allowing two therapists to treat the client simultaneously
 - d. Allowing two therapists to treat the client sequentially
32. The third method of target selection identifies:
- a. Earliest memories associated with trauma
 - b. Earliest memories associated with negative beliefs

- c. Unrealistic and terrifying expectations related to psychosis
 - d. Treatment goals
33. In adapting the EMDR standard protocol to this clinical population, it is recommended that sessions be highly structured and that instructions be clearly formulated and in short sentences. Examples consistent with this include all **except**:
- a. Keeping instructions clearly formulated and in short sentences
 - b. Using a structured approach in Phase 2 to examine how experiences and symptoms are connected
 - c. Actively keeping the client focused during Phase 4
 - d. Returning back to target to the specific image used to establish the NC and PC
 - e. At the end of each session, clarifying why the client needs continued treatment

Chapter 4 – EMDR Integrative Group Treatment Protocol© Adapted for Adolescents (14–17 Years) and Adults Living with Ongoing Traumatic Stress
 Ignacio Jarero and Lucina Artigas

34. The protocol featured in this chapter is an adaptation of the:
- a. EMDR-IGTP for performance enhancement
 - b. EMDR-IGTP for early intervention
 - c. EMDR-IGTP for resource development
 - d. None of the above
35. For this group protocol, the critical incident consists of number of stress related events and continue over an extended period of time.

True or False

36. As described by For Jarero and Uribe (2011, 2012), acute trauma situations are related not only to time frame, but also to:
- a. Level of trauma
 - b. Age of the person when trauma occurred
 - c. Posttraumatic safety period
 - d. Time of day of trauma
37. The authors recommend an individual interview to screen potential clients and determine if they are appropriate for the group protocol. Clients with “red flag” conditions are often diverted to individual therapy rather than the group protocol. These “red flag” conditions include all **except**:
- a. Signs of a dissociative disorder
 - b. Suicide attempts
 - c. Limited recall of the event
 - d. Substance abuse
38. The ration of Emotional Protection Team (EPT) staff to participants is approximately:
- a. 1 to 5
 - b. 1 to 10
 - c. 1 to 15

- d. 1 to 20
39. In the Phase 3 Assessment, adolescents and adults are asked to “remember what happened during the event.” With children, team leaders asked the participants to close their eyes and “run a mental movie of:
- a. What it was like before the diagnosis”
 - b. The worst part of receiving the diagnosis”
 - c. Everything that happened just before the cancer diagnosis until the present moment”
 - d. The most recent experience related to the diagnosis”
40. Between group reprocessing sessions, the EPT staff:
- a. Provides individual EMDR sessions
 - b. Does not provide individual EMDR sessions
 - c. Does not provide interact with clients
 - d. None of the above

Chapter 5 – Reaching the Unseen First Responder with EMDR Therapy: Treating 911 Trauma in Emergency Telecommunicators
Jim Marshall and Sara G. Gilman

41. Two primary responsibilities of 911 telecommunicators (911 TCs) include call taking and:
- a. Dispatching
 - b. Training first responders
 - c. In the field responsibilities
 - d. Post incident debriefing
42. Examples cited of the type of things 911 TC’s may need to do crisis include the following **except**:
- a. Delivering immediate verbal interventions
 - b. Guiding in the delivery of a baby
 - c. Instructing a caller in first-aid procedures such as CPR
 - d. Driving an officer to the site of an incident
43. The adage “out of sight, out of mind” is referenced by the authors to mean:
- a. 911 TC’s do not visually see traumatic events so can more readily put them out of mind
 - b. 911 TC’s are out of sight of first responders so are not as apt to be criticized in their line of duty
 - c. 911 TC’s and the potentially traumatizing nature of their duties are often unseen and their needs are often neglected
 - d. 911 TC’s can be more casual in their work because no one will notice
44. Still, Lilly & Allen (2015) found that what percentage of telecommunicators acknowledged symptoms consistent with PTSD
- a. 15%
 - b. 25%
 - c. 35%
 - d. 45%
45. As the very first responders, 911 TC’s often receive the most raw sounds of anguish.

True or False

46. Regarding the inclusion of 911 TC's and critical incident debriefing, 911 TC's:
- Are expected to lead critical incident debriefing sessions
 - In many police and sheriff departments, they are not included in debriefing sessions
 - Are always included in debriefing sessions as a matter of law
 - Are never allowed in debriefing sessions
47. The authors site the LEO Emotional Code that many 911 TC's learn to adhere to including all **except**:
- Being self-controlled and strong at all times
 - Feeling no vulnerable emotions
 - Telling other dispatchers of their feelings
 - Avoiding expressing emotions
48. As presented by the authors, dispatchers often do not feel respected as evidenced by all of the following **except**:
- Often feeling that the first responders they dispatch do not show them the same level of respect and appreciation that the dispatchers provide to them
 - Experiencing callers who are uncooperative, rude, and demeaning
 - Hearing statements like, "I don't want to talk to you. You're just a dispatcher!"
 - Being called just to chat
49. The authors recommend diving right into the EMDR therapy work in a directive way which is reassuring to dispatchers rather than wasting time getting to know the work experience and needs of the dispatcher

True or False

50. One quality mentioned by the authors which dispatchers need for their job but can be often misunderstood and problematic outside of the workplace is:
- High-speed cognitive processing
 - Good common sense
 - A "take charge" attitude with others
 - Organizational skills

Chapter 6 – EMDR Therapy and Grief and Mourning
Roger M. Solomon and Therese A. Rando

51. As mentioned in the introduction, EMDR therapy can treat complicated mourning by addressing the following **except**:
- Frozen or stuck aspects of distress is experiences that interfere with mourning
 - Unblocking normal mourning processes
 - Focusing exclusively on the recent loss
 - Processing emotions that complicate mourning
52. Related to Rando's six "R" process of mourning, which of the following is **not included**:

- a. Recognize
 - b. Revert
 - c. Relinquish
 - d. Reinvest
53. Related to Rando's six "R" process of mourning, react refer each of the following **except**:
- a. Experiencing the pain
 - b. Giving expression to the reactions to the loss
 - c. Distancing from the loss
 - d. Possible answer identifying secondary losses
54. Related to Rando's six "R" process of mourning, readjusting to move adaptively to the new world without forgetting the old includes all **except**:
- a. Revising the assumptive world
 - b. Developing a new relationship with the deceased
 - c. Reinforcing old familiar ways of being in the world
 - d. Forming a new identity
55. High risk elements for traumatic bereavement include all of the following **except**:
- a. Violence
 - b. A human caused event
 - c. Untimeliness
 - d. Predictable and anticipated
56. As stated, traumatic bereavement is the state of having suffered the loss of a loved one when grief and mourning are complicated or overpowered by:
- a. Traumatic stress is brought about by its circumstances
 - b. The person has successfully grieved past experiences
 - c. Copes well with the current challenges
 - d. None of the above
57. The 6 "R" processes help anticipate a linear psychological path to recovery:
- True or False
58. Key indicators for readiness to process the trauma memory include all **except**:
- a. Approximately 30 days of past
 - b. The client can feel the emotional impact
 - c. The client can stay present with the emotions
 - d. The client can articulate and reflect on the impact of the loss
59. Unresolved issues from the past can include all **except**:
- a. Attachment issues
 - b. Trauma issues
 - c. Interpersonal conflicts which have been adequately resolved
 - d. Past and present general functioning
60. If the client's feelings are raw and they cannot identify and NC, the author recommends that:

- a. The clinician should not proceed
- b. It can be helpful to simply skip the NC's and PC's
- c. Extended time should be used to be sure to identify NC's and PC's
- d. Resourcing should be administered
- e. Past and present general functioning

Chapter 7 – Healer, Heal Thyself: A Commonsense Look at the Prevention of Compassion Fatigue
Catherine M. Butler

61. The author mentions three common consequences for professionals which include all except indicators of the need for self-care
- a. The impact of vicarious trauma
 - b. Compassion fatigue
 - c. Increase stamina in the face of adversity
 - d. Burnout
62. Three assessment skills which are recommended to clarify understanding include the following **except**:
- a. Professional Quality of Life (ProQoL) Self-Test
 - b. The Compassion Fatigue Self-Test
 - c. The Life Stress Self-Test
 - d. The “I Lost My Sense of Humor” Scale
63. Herbert Freudenberger coined the term burnout in 1974 and defined it as:
- a. “The state of mental and physical exhaustion caused by one’s professional life.”
 - b. “An indicator that it is time to take a day off”
 - c. “A common early career reaction that helps build resilience”
 - d. None of the above
64. The U.S. National Library of Medicine notes that burnout is associated with the following **except**:
- a. Emotional exhaustion
 - b. Alienation from job activities
 - c. Cynical attitude toward work
 - d. Enhanced performance at work
65. Compassion fatigue is most closely associated with:
- a. Primary traumatic stress
 - b. Secondary traumatic stress
 - c. Tertiary traumatic stress
 - d. Vicarious trauma
66. The “phenomenon of the transmission of traumatic stress by bearing witness to the stories of traumatic events” is mentioned as an indicator of
- a. Primary traumatic stress
 - b. Secondary traumatic stress
 - c. Tertiary traumatic stress
 - d. Vicarious trauma

67. As described metaphorically by the author, while life does not have a danger music soundtrack it does have:

- a. Its own melodies
- b. Drama
- c. Warning signs
- d. Narrative anthems

68. While psychological stress reduces quality of life, it is not impact length of life.

True or False

69. In reference to the work of Dr. Gabor Mate, emotional competence requires the following **except**:

- a. The capacity to feel emotions to increase awareness of stress
- b. The ability to express emotions effectively
- c. The capacity to distinguish between present day reactions related to past experiences
- d. Inability to transcend human needs

70. Mathier suggests blending work and life circumstances and answering self-care related questions such as the following **except**:

- a. What are my warning signs?
- b. What things do I have control over?
- c. Why can't I handle a higher level of stress like others seem to?
- d. What stress reduction strategies to I enjoy?

71. Psychological well-being is a byproduct of psychologically oriented care, and not affected by exercise, appetite, and good sleep.

True or False

72. Gray describes the need for true play in an adult life which can include following qualities **except**:

- a. Being self-chosen and self-directed
- b. Committing to a play period that is predetermined and binding in time length
- c. Activity in which means are more valued than ends
- d. Imaginative and removed in some way from "real" and "serious" life activities