

CEU Test Questions on
**Attachment, Detachment, Nonattachment:
Achieving Synthesis**

[*Journal of Heart-Centered Therapies* 5(1), Spring 2002, 3-94]

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. Mary Ainsworth (1972) described four phases in the development of attachment in early childhood, based on observations of babies in Uganda and in Baltimore. They are:
 - a. preattachment, attunement, empathy, secure attachment
 - b. preattachment, attachment-in-the-making, clear-cut attachment, goal-corrected partnership
 - c. preattachment, attunement, self-reflection, internalized sense of lovability
 - d. none of the above

2. Avoidant infants on reunion with the parent very often approach her only until reaching a certain proximity, and then veer away.
 - a. That proximity is usually a distance of about three feet, that is just out of the parent's reach
 - b. The change from approach to avoidance is smooth, unhesitating, and appears mechanical.
 - c. The child has learned to avoid any communication of dependence.
 - d. all of the above

3. The following personality traits develop out of parental attunement:
 - a. secure attachment, the capacity for intimacy, and a healthy sense of self identity
 - b. the child's experience of feeling alive
 - c. the tendency to rely on external confirmation to maintain self-esteem and the sense of identity
 - d. both a and b

4. The important role of the father is described by which statement(s)?
 - a. Fathers' attributes which increase attachment with their children are emotional supportiveness, encouragement, meshing, attentiveness, positive affect, praise, and non-intrusiveness during exploration.
 - b. Secure exploration is facilitated mainly by fathers.
 - c. Infant attachment to father and a father's sensitivity during play with his toddler are related to more active and less avoiding coping styles in adolescence.
 - d. all of the above

5. The construct of openness to experience represents tolerance for the unfamiliar and a loosening of fixed anticipations. Which statement(s) are true?
 - a. Tolerance for childishness and daydreaming are aspects of openness to experience.
 - b. Females tend toward openness to *inner* experience; males to *outer* experience.
 - c. Openness to experience, while a stable aspect of personality, cannot be quantified.
 - d. Openness to experience is not related to defensiveness or spirituality.

6. Jeremy Holmes' dialectical model of attachment suggests that:
 - a. detachment provides autonomy, as well as the seeds of avoidance and isolation.
 - b. attachment provides intimacy, and is shadowed by the possibility of ambivalence and clinging.
 - c. nonattachment provides disidentification from psychic pain, and yet is linked with severe psychopathology such as borderline personality disorder.
 - d. all of the above

7. Detachment, or aloneness, is:
 - a. avoidance, isolation, and fear of intimacy.
 - b. one-in-the-same with loneliness.
 - c. a basic-level human need in the process of development over the life span, parallel to and of the same valence as attachment.
 - d. all of the above

8. The positive aspect of nonattachment is primarily its contribution to the development of integration and meaning in life. Which is true?
 - a. Abraham Maslow defines wisdom as "involved disinvolvement."
 - b. Nonattachment means living with commitment to the path without attachment to the outcome.
 - c. Disidentification with an addiction is a clever form of denial.
 - d. all of the above

9. Roberto Assagioli's work on balancing and synthesis of opposites is represented by which statement(s)?
 - a. Psychological life is a continual tension between differing tendencies, and as a continual effort to establish equilibrium.
 - b. The "middle way of compromise," "the happy medium," is such a synthesis.
 - c. Disidentifying from either of the opposites requires *cognitive flexibility*, the capacity for *diffuse attention*, and a conscious *inner witness*.
 - d. both a and c

10. Lieberman and Pawl observed three major adaptive solutions to the double-bind predicament faced by the severely disturbed anxiously attached infant, i.e., the parent's simultaneous indispensability and unavailability. Which statement is false?
 - a. One is *recklessness and accident proneness*, in which the child's exploration is unsafe.
 - b. One is *freezing*, occurring in infants as young as 5 months old.
 - c. One is *precocious competence*, or "parentified" children who give care to the parent.
 - d. One is *inhibition of exploration*, avoiding the environment, and perhaps mother as well.

11. Seriously insecure attachment creates a dissociated core of the self, an absence of self. Which statement is false?
 - a. It reflects a breach in the boundaries of the self, creating in Peter Fonagy's words "an openness to colonization" by the mental states of important attachment figures.
 - b. Borderline personality disorder is perhaps best understood as an attachment disorder.
 - c. In the extreme this becomes the defense depersonalization, or soul disconnection.
 - d. These individuals utilize hyperactivating strategies but not deactivating strategies.

12. The child's response to negative parental treatment can be generalized as follows:
- the avoidant child develops a deactivating strategy to ward off stressful experiences, and the ambivalent/ preoccupied child develops a hypervigilance strategy to detect and disarm them.
 - the ambivalent/ preoccupied child develops a deactivating strategy to ward off stressful experiences, and the avoidant child develops a hypervigilance strategy to detect and disarm them.
 - the child will always use *defensive exclusion* and *defensive misattribution* as a defense.
 - both a and c
13. Applying attachment theory concepts to the intrapsychic realm of ego states and shadows of the individual unconscious, which statement(s) are true?
- Ego strength is achieved through attachment, or identification, with the successful functioning of the ego system (without going to the extreme of rigid identification).
 - Ego resilience is achieved through ego detachment, or disidentification, without going to the extreme of depersonalization.
 - Ego nonattachment is achieved with the synthesis of attachment/ detachment.
 - all of the above
14. A child's instinct to initiate and pursue attachment is universal and complex, and may be observed as a series of self-attachment sequences,
- including conception, initiating the onset of labor, and "delivery self-attachment."
 - including "healthy narcissism."
 - including many "practicing" periods of unrestrained exuberance for newfound freedom.
 - including unresolved conflicts and repressed traumatic memories.
15. Research has documented a connection between attachment style in adults and attitude toward death. Which statement is false?
- In general, secure persons report less fear of death than insecure persons.
 - In general, securely attached people's positive attitude toward life assists them to transcend the fear of death through developing a sense of "symbolic immortality," that is, a personal sense of continuity and lastingness.
 - In general, avoidant people suppress their fear of death, and do not develop a sense of symbolic immortality. This lack of a sense of personal continuity is only reflected in below-awareness expression of the fear, not at a conscious level.
 - In general, anxious-ambivalent people carry a high sense of symbolic immortality, and exhibit higher fear of death below-consciousness, but not at a conscious level of awareness.
16. Microsuicide can be defined as behaviors, communications, attitudes, or life-styles that are self-induced and threatening to one's physical health, emotional well-being, or personal goals. Which is true?
- Underlying the paralyzing behavior of indecision is often a deep unconscious demand for certainty and absoluteness: "to be unwilling to choose is a choice in fact – for death. Life hangs in the air, un-lived."
 - Progressive self-denial, withdrawal, withholding, destructive dependency, and physically harmful life-styles function as defenses against separation and death anxieties.
 - both a and b
 - neither a nor b

17. The _____ state is characterized by synchronization between hemispheres and persisting alpha waves, is experienced as “effortless concentrated attention,” and can be induced by hypnosis, meditation, or breathwork.
- transcendent
 - hypnoidal
 - “quiet alert”
 - egolessness
18. We can use knowledge of our clients’ attachment style to better structure our psychotherapeutic intervention. For example,
- an individual in the avoidant/dismissing category tends to contain and suppress emotions, minimize the importance of psychological experience, intimacy, relationships and attachment, and often speak in the second or third person.
 - a disorganized individual is largely dissociated from any emotions related to their unresolved trauma or grief; therefore, treatment revolves around overcoming the habitual dissociation pattern, retrieving lost memories, retrieving dissociated or abandoned parts of oneself, and reconnecting to missing emotional reactions to events in one’s history.
 - an individual in the resistant/preoccupied category tends to have attachment-related emotions uncontained and unorganized, and often feel overwhelmed and even tormented by emotions, so their treatment revolves around containing and managing their emotions.
 - all of the above
19. Research is beginning to document that individuals with different attachment styles use addictions to achieve different purposes. Which statement is true?
- Adults with a dismissing attachment style drink alcohol to enhance positive affect.
 - Adults with preoccupied attachment style drink alcohol to reduce negative affect.
 - both a and b
 - neither a nor b
20. Research indicates that the therapist’s attachment organization influences treatment outcome, and that
- secure therapists are more able to challenge their dismissing clients’ desire not to engage in interpersonal or intrapsychic problem solving, and their preoccupied clients’ overtly dependent demands.
 - insecure therapists are more likely to become entangled with insecure clients, responding to their superficially presented needs rather than to their underlying needs.
 - secure therapists are comfortable with unpredictability, disorder, and ambiguity.
 - 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*