

CEU Test Questions on
Ego States in Heart-Centered Therapies
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1. One way of describing the phenomenon of ego states is that one becomes *absorbed* in a particular state:
 - a. absorption is defined as confining one's attention to narrow segments of reality
 - b. absorption is a state of trance
 - c. absorption is a form of dissociation from one's own current experience
 - d. all of the above

2. Ego state therapy is a therapeutic approach which
 - a. deals only with overt, verbal aspects of the personality
 - b. postulates the psychic structure of id, ego, and superego
 - c. recognizes that every individual incorporates numerous discreet ego states
 - d. is used primarily to treat Multiple Personality Disorder

3. The first clinician to explicitly formulate the concept of "ego states" was
 - a. Paul Federn
 - b. John Watkins
 - c. Arthur Deikman
 - d. Sigmund Freud

4. Anna Freud's concept of "developmental lines" explains how
 - a. a child follows one clear path of development
 - b. pathology results from a failure in normal human development in one or more areas of growth
 - c. an individual comes to feel overwhelmed by instinctual drives
 - d. all of the above

5. Federn elaborated on Freud's concepts of *libido* and *mortido*:
 - a. hypnotic trance weakens mortido energies within psychotherapy
 - b. mortido energies increase with traumatic experience, leading to repression.
 - c. a chronic condition of mortido being out of balance with libido is *insidious trauma*
 - d. all of the above

6. Harry Stack Sullivan's interpersonal theory of psychiatry includes the concept that
 - a. an *introject* is a dissociated part of one's personality
 - b. an *introject* is an ego state that has been projected onto another
 - c. an *introject* is a relatively stable personality structure which mirrors treatment one has received from significant others
 - d. an *introject* is another name for ego state

7. Where do ego states come from? How do they arise initially? Helen Watkins identifies three sources:
 - a. normal differentiation
 - b. pathological development arising from trauma
 - c. pathological development arising from parental introjects
 - d. all of the above

8. Ego states that split off at the occurrence of trauma, betrayal or loneliness in childhood
 - a. serve as a dissociative defense
 - b. become soul fragments
 - c. are the shadow aspects of personality
 - d. are lost permanently

9. The process of psychologically releasing introjects is
 - a. relatively easy for the client and the therapist
 - b. like a man clinging to them like a drowning man to a straw
 - c. the process of “giving back” to caregivers what they taught their children
 - d. as simple as acknowledging self-limitations

10. Which of the following statements regarding Jung’s work are true?
 - a. Jung refers to identification with the persona as an instance of *possession*
 - b. Jung identified the collective unconscious as an autonomous complex
 - c. complexes become autonomous when they accumulate enough psychical energy to usurp the executive function of the ego and work against the overall good of the individual.
 - d. both a and c are true

11. Which of the following statements regarding ego boundaries are true?
 - a. dissolved ego boundaries result in psychosis
 - b. diffused ego boundaries allow internalizing introjected parental traits without assimilating them
 - c. dissociated ego states are the defense of repression
 - d. all of the above

12. The goal of ego state therapy is
 - a. creating rigid, non-flexible ego state boundaries
 - b. collapsing all the individual’s ego states into one unified ego state
 - c. increased permeability of ego state boundaries, and improved harmony among ego states
 - d. none of the above

13. The process of reframing identified by Bandler includes
 - a. identifying and communicating with the ego state responsible for the dysfunctional behavior.
 - b. separating the behavior pattern (early behavioral decision) from intention
 - c. negotiating with the ego state to replace the old pattern with a new pattern that satisfies the original intention.
 - d. all of the above

14. Watkins discussed “non-egotized” parts of the personality, accessed through “de-egotizing” parts of the body and asking them to express unconscious thoughts or desires, for example:
- ideo-motor signals*
 - the Gestalt technique of *giving a voice to a body part or sensation*
 - automatic writing*
 - all of the above
15. Jung used the term *depotentialization* of the ego to describe
- the *loosening of associations* that forms the primary disorder in schizophrenia
 - the paradox that we develop our sense of self by seeing through the illusion of self
 - a neurotic preoccupation with or identification with relationships, pleasure, or comfort
 - an exaggerated importance attributed to ego
16. Ego states created in moments of trauma may be predominantly somatic. Which are true?
- a “somatic ego state” of pervasive immobilization is a contradiction in terms
 - traumatized children seldom get sick due to hyperarousal of the stress response systems
 - dissociated memories are “physically contained” within the somatic symptoms
 - b and c only
17. A basic tenet of a developmental ego state approach to psychotherapy is
- the individual has ego states of varying completed and incomplete developmental stages
 - most neurotic symptoms can be seen as age-appropriate behavior
 - completion of developmental stages does not correlate with one’s level of self-actualization
 - psychopathology is seldom the outcome of fixations at points of unresolved ego development
18. Which is a principle of any developmentally based psychotherapy enumerated by Greenspan?
- people operate at different developmental levels in different aspects of their lives
 - people’s self-image has meaning only in the context of the developmental level that organizes it
 - we assess the developmental deficits presented by our client, and address him/her at the actual level of functioning rather than at the age-expectant level of functioning
 - all of the above
19. Developmental level can be assessed in several ways, including
- the more a client tends to talk in undifferentiated somatic feeling states, the less developmentally advanced he/she is
 - acting out emotions rather than verbalizing them is indicative of early resolved development
 - global feeling states indicate less primitive development
 - difficulty constructing patterns out of their behavior indicates early resolved development
20. The personality’s desires for transcendence and autonomy can clash, each one undermining the other:
- the desire for transcendence making autonomy seem like *alienation* (loss of connection)
 - the desire for autonomy making transcendence seem like *annihilation* (loss of self).
 - the desire for transcendence and autonomy making development seem like *regression*
 - a and b only

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