

CEU Test Questions on
Corrective Emotional Experience in the Therapeutic Process
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1. “Corrective emotional experience” was first suggested as a further step in the therapeutic process after cathartic release by:
 - a. Franz Alexander
 - b. Sigmund Freud
 - c. Otto Rank
 - d. Abraham Maslow

2. We identify these categories of corrective emotional experiences, related to the three primary existential themes of worthiness, personal power, and identity
 - a. building ego strength through release of shame and reclaiming worthiness
 - b. building agency through release of helplessness and reclaiming personal power
 - c. building authenticity through release of dissociation and identification and reclaiming self-reflective identity
 - d. all of the above

3. Ego strengthening is essentially a process of releasing shame, and reclaiming the “real self” identity that was lost in early trauma. Which of these statements is true?
 - a. shame plays a minor role in creation of the “false self”
 - b. Freud spoke of the ego being built on the residue of previous identifications
 - c. if a child’s caregiver feels anxious when the child feels anger, jealousy, or fear, the child learns to identify these feelings as “bad,” and begins to experience shame
 - d. both b and c

4. *Containing* the client’s experience, in Bion’s conceptualization, is:
 - a. reenacting the original parental inhibition against expression
 - b. encouraging the client to project feelings onto the therapist, who then holds the transference
 - c. empathically experiencing the client’s affective expression and transmuting or digesting it into a more useful form
 - d. none of the above

5. Winnicott stated that “The state prior to that of aloneness is one of unaliveness, and the wish to be dead is commonly a disguised wish to be not yet alive.” Which statement is false?
 - a. through the release of shame we strengthen the client’s commitment to life, passion for life
 - b. the client’s child ego state becomes anxious when the therapist offers unconditional acceptance
 - c. social disconnection results in loneliness; a deeper level of disconnection is from one’s own libido
 - d. the process of splitting away from the ‘true self’ has at its foundation shame

6. Anger unexpressed is self-destructive. The consequences of repressed anger include:
 - a. memory loss or distortions
 - b. immunological compromise
 - c. more fear and anxiety, vulnerability and isolation, detachment, and powerlessness
 - d. all of the above

7. The treatment technique of the “informed child process” involves
 - a. bringing greater concreteness to autobiographical memories
 - b. informing the child ego state what his/her erroneous beliefs are, and assisting the client’s adult ego state to teach the truth to that child within
 - c. assuring the client that current feelings of inadequacy originated in unrealistic expectations in childhood
 - d. recognizing the futility of the attempt to be a “perfect little boy or girl”

8. Affect attunement does *not* incorporate the experience of
 - a. being witnessed and tracked
 - b. intimately understood through an interpersonal relatedness
 - c. communication that enables a parent to amplify and normalize her child’s negative emotions
 - d. having dissociated feelings identified by name, validated, and normalized

9. Corrective experience for a person who did not complete the introjection of a healthy nurturing caregiver, or the healthy introjections were outweighed by unhealthy introjections, include
 - a. the transitional corrective experience in which her adult experiences being nurtured and parented appropriately
 - b. rejecting a more secure experience of being held and soothed
 - c. distancing from the therapist as a way to develop separateness and autonomy
 - d. distancing emotionally from the child ego states within

10. A human need critical for the achievement of higher-order needs of autonomy and individuation is that of *agency*, the individual’s experience that he freely chooses his actions and that he can potentially make the choices based on the dictates of his own intrinsic needs and strivings. Which statement is false?
 - a. if the caretaking adult’s needs become the reference for the self-definition of the child prior to the child’s developing a sense of agency, the result is an other-centered role identity
 - b. to change her self concept and move forward, the client must recognize the other-centered nature of her role identity
 - c. agency brings movement toward contingent self-esteem and dependence on social approval
 - d. bringing the choice of role and identity into consciousness results in the experience of agency

11. Alexander and French asserted that the principal curative power of treatment occurs as the patient gains the emotional perception that he is no longer a child and no longer subject to the unconscious behavior patterns put in place at that time. Which statement is true?
 - a. the client makes that shift when he can express his aggressiveness toward the therapist without being punished
 - b. the client’s here and now self shares consciousness with the earlier perceptions of self which were dissociated because they were so painful
 - c. the self of today, the reality ego, strengthens the fragile regressed ego state.
 - d. all of the above

12. Mastery is a generic construct under whose wings are the related concepts of
- self-efficacy, locus of control, empowerment, positive future thinking
 - trust and hope, ego strengthening, self-resourcing, psychical energy and vitality
 - both a and b
 - none of the above
13. The existential belief that “Openness to experience allows for the greatest possible expansion of personal expression.” Openness to experience may be operationalized as:
- remaining non-defensive in the face of our deepest anxieties
 - non-defensiveness, willingness to share experiences, openness to the unknown and unknowable, to emotions, ideas and spirituality, and to seeming incompatibilities
 - reframing of unhappiness, pain, suffering, and anguish into something positive
 - all of the above
14. Motivation can be intrinsic or extrinsic. Which statement is true?
- there are three forms of extrinsic motivation: external (acting to get rewards or avoid punishment), introjected (acting to avoid self-imposed guilt or anxiety), and identified (acting in accordance with felt personal values)
 - intrinsic motivation is primarily defensiveness and security needs, reflected in the pursuit of wealth, possessions, status, popularity, attractiveness, and image
 - extrinsic motivation is striving to master environmental challenges purely for the satisfaction of doing so
 - none of the above
15. Alexander and French claimed that “re-experiencing the old, unsettled conflict *but with a new ending* is the secret of every penetrating therapeutic result.” Some of the methods we employ to facilitate a “new ending” are:
- the behavior modification techniques of systematic desensitization, modeling, reinforcement
 - the NLP techniques of anchoring, rehearsal, and reframing
 - both a or b are true
 - neither a and b are true
16. Mourning the losses of traumatic experience in age regression is essential to healing, and is a prerequisite to embracing the lessons of the experience. Which statement is true?
- the losses may be of qualities, such as innocence, courage, or trust
 - losses may be of relationships, through death, divorce, or betrayal
 - the loss may be of a potential never to be realized, such as virginity or a carefree childhood
 - all of the above
17. Dissociation is a disturbance in the integrated organization of identity, memory, perception, or consciousness. Which statement is true?
- there is no such thing as normal or healthy dissociation
 - in traumatic dissociation the individual’s mental processes congregate one set of associations with another
 - traumatic memories typically consist of representations of intense emotions, incomprehension, and confusion
 - mood congruence between the state in which memories were stored and that in which they are retrieved interferes with recall

18. Block & Block have advanced the conceptualization of “ego-control.” Which statement is true?
- a. people with weak ego-control are rigid and inhibited, disposed to repress impulses and emotions, to feel anxious in new situations, and to reject unexpected information
 - b. people with high ego-control are impulsive and distractible, and do not have the discipline to concentrate on one task for very long
 - c. the synthesis of high and weak ego-control is “ego resiliency,” the ability to respond flexibly but also persistently to challenges
 - d. all of the above
19. Learning to discriminate between self-definition and introjection incorporates “clarity of self-concept.”
- a. becoming more clear about who one *isn't* brings more clarity about who one *is*
 - b. people with low self-esteem tend to have less clearly defined and less certain identities than people with high self-esteem: “To know oneself is to like oneself”
 - c. after cathartic release in the age regression, often the individual is ready to “give back” his father’s violence or depression, or his mother’s guilt trips or anger
 - d. all of the above
20. In the course of age regression therapy, an individual experiences an “observer self” simultaneously with experiencing the age-regressed ego state. This provides safety, insures an enduring memory of the insights gained, and gives a glimpse of the spiritually necessary experience of a transpersonal self, a witness, the hidden observer.
- a. increased capacity for self-observation allows people to think more broadly and openly, and strongly influences a person’s current sense of identity
 - b. the capacity to be self-reflective plays a crucial role in breaking habitual dysfunctional modes of relating
 - c. observing oneself in a regression to the womb or to a pastlife, in finding and retrieving one’s soul, or while participating in a dialogue between two parts of oneself brings a healthy degree of nonattachment to the biographical details of one’s life.
 - d. all of the above

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