

Workshop “Dissociation of the personality and the EMDR treatment of chronic traumatization,” Day 1, April 21, 2017: Quiz questions

1. According to Francine Shapiro, the greatest number of clinical problems and potential harm through the improper use of EMDR involved clients with:
 - a. Anxiety disorders
 - b. Dissociative disorders
 - c. Schizophrenia
 - d. Personality disorders
2. Janet believed that the repetition of traumatic memories involves:
 - a. The compulsion to repeat
 - b. Hallucinations with real life and fantasy elements
 - c. Efforts at adaptation, which was originally unsuccessful
 - d. Attempts to reconstruct the story of the trauma
3. What is missing in the DSM-5's listing of the characteristics of the dissociative disorders is:
 - a. Motor control
 - b. Behavior
 - c. Sensation
 - d. Emotion
4. The theory of (structural) dissociation of the personality (TSDP) regards dissociation as:
 - a. Primarily an integrative failure
 - b. Primarily a psychological defense
 - c. A special avoidance strategy
 - d. A narrowing of consciousness
5. Emotional parts of the personality are:
 - a. Emotionally unstable parts
 - b. Stuck in traumatic memories
 - c. Dissociative parts that have the person's affect at their disposal
 - d. Borderline parts of the personality
6. Secondary (structural) dissociation of the personality involves:
 - a. One ANP and more than one EP
 - b. Clinically significant depersonalization

- c. One ANP and at least one EP
 - d. Co-morbid dissociative disorder
7. According to TSDP, phase-oriented treatment can be described in terms of interventions aiming at:
- a. Changes in the personality of the client
 - b. Increasing mindfulness
 - c. The resolution of different ego states
 - d. Overcoming phobias that maintain dissociation
8. When clients as ANP report hearing voices, they should be helped to:
- a. Find out which parts they belong to and establish relationships with them
 - b. Suppress these voices using medication
 - c. Take control over them
 - d. Realize that they are just their own thoughts
9. When clients (as ANP) regard their dissociative parts as separate, the therapist
- a. Expresses agreement
 - b. Emphasizes that they are merely aspects of themselves
 - c. Helps them explore what makes them think so
 - d. Focuses their attention on other issues
10. When in the process of realizing the integration (processing) of traumatic memories, if abuse-related dissociative parts come forward who idealize the perpetrator, the therapist:
- a. Tries to persuade them to realize that he or she was really a bad person
 - b. Supports the parts with the traumatic memories of abuse to overrule them
 - c. Ignores them and goes ahead with the integration (processing) of these traumatic memories
 - d. Validate their relationship with the perpetrator and then helps them to become more open-minded to the painful experiences other parts had with him or her
11. The notion of unification of the personality as a treatment goal should be:
- a. Regarded by the therapist as very important but rather naturally reached treatment goal
 - b. Mentioned and emphasized by the therapist early in therapy
 - c. Strongly pushed by the therapist as an essential treatment goal
 - d. Not necessary, as having reached the point where parts can collaborate is sufficient

12. Perpetrator-imitating parts should be:

- a. Ignored as much as possible
- b. Regarded as basically protecting parts
- c. Fought against by both ANPs and the therapist
- d. Helped to enter a deep hypnotic sleep state

Correct answers:

1b, 2c, 3c, 4a, 5b, 6a, 7d, 8a, 9c, 10d, 11a, 12b

