

**Workshop “Dissociation of the personality and the EMDR treatment of chronic
Traumatization,” Day 2, April 22, 2017: Quiz questions**

1. Which of the following processing formats is advisable for clients with compromised integrative capacities?
 - a. associative processing with BLS
 - b. restricted processing with BLS
 - c. recent trauma processing with BLS
 - d. free-form processing with BLS
2. What is the safest & most productive relationship between a client’s integrative capacities & the demands of a processing protocol?
 - a. low integrative capacity & high demand protocol
 - b. high integrative capacity & moderate demand protocol
 - c. there is no relationship between integrative capacity & safety in processing
 - d. that is unknown at present
3. Which of the following is a key element to emphasize in Client Preparation for processing with CPTSD clients?
 - a. cognitive interweaves
 - b. thorough history taking
 - c. dual focus of awareness
 - d. affect & belief statements
4. The EMD processing protocol is:
 - a. outdated & outmoded
 - b. useful for comprehensive processing
 - c. important & being re-introduced for certain uses
 - d. useful only in Client Preparation
5. Dissociative interferences in EMDR are:

- a. always easily recognized
 - b. always subtle & difficult to recognize
 - c. occur only during Desensitization
 - d. vary in difficulty of recognition
6. When dissociative interference occurs during processing, it is best to:
- a. stop what we're doing & turn to deal with the dissociative interference
 - b. continue processing, refuse to be deflected,
 - c. wait and see if the dissociative interference will go away
 - d. ignore the dissociation & it will learn to stop such behavior
7. Restricted processing protocols:
- a. do not "allow" processing to follow associative channels,
 - b. narrow the range of traumatic material,
 - c. reduce the "load" or amount of material the information processing system must process & integrate into adaptive networks
 - d. all of the above
8. Which of the following causes the highest number of problems for the EMDR approach?
- a. addictive behaviors
 - b. recent traumas
 - c. Blocking Beliefs
 - d. dissociation
9. Rudimentary dissociative parts:
- a. may or may not be known to the client as ANP
 - b. are the most difficult type of dissociative interference to work with
 - c. are too undeveloped to pose problems for EMDR processing
 - d. are associated with the intrusive presence of things that shouldn't be there
10. When the therapist encounters dissociative interference during EMDR phases, the general guideline is to:

- a. recognize this, stop, turn & ask about it, then intervene directly with its concerns
 - b. address it directly ask it to stop interfering & return to processing
 - c. avoid becoming derailed by this distraction, reinforce the ANPs dual focus of awareness & resume processing
 - d. wait & monitor to see how the dissociative interference develops
11. Which of the following are useful interventions with the phobias of structural dissociation of the personality?
- a. bringing the phobia of structural dissociation of the personality gently to the client's attention & beginning to explain it to the client, either as ANP or EP, whichever is most affected by the phobia
 - b. asking the client as ANP or EP to begin to talk about their fear & avoidance, & putting this into words, because that can begin to change its relationship to it
 - c. finding the origins, or Touchstone experience, of some phobias & processing it
 - d. all of the above
12. The technique of working with autonomous EPs through the client as ANP is now suggested because it usually generates which of the following therapeutic changes:
- a. increases co-consciousness between ANP & EP;
 - b. reduces EP isolation & some of the stuck-in-the-past aspects
 - c. gradually reduces the phobia (of SDP) that each part has for the other
 - d. all of the above

Correct answers:

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

“Natick Day 2 Quiz”

