

## Trauma Recovery Hypnosis Exam

1. Trauma is defined as:
  - a. An injury to living tissue caused by an extrinsic agent
  - b. A disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury
  - c. An emotional upset
  - d. All of the above
  
2. Recovery is the restoration or return to any former and better state or condition. T F
  
3. The physiology of threat or injury is rooted in arousal of the
  - a. Autonomic Nervous System
  - b. ACHPA
  - c. Both
  - d. Neither
  
4. The wound healing phases are:
  - a. Inflammatory, Proliferative, Remodeling
  - b. Cleaned, Treated, Dressed
  - c. Uncovered, Resolved, Integrated
  - d. All of the above
  
5. Clients with underlying trauma may present with:
  - a. Compulsive behavior
  - b. Distraction
  - c. Gabbiness
  - d. All of the above
  
6. Suggestibility testing should be demonstration and education oriented. T F
  
7. Breathwork assists a client in:
  - a. Developing body awareness
  - b. Releasing unpleasant feelings
  - c. Grounding and Centering
  - d. All of the above

8. Arm levitation is a powerful pain relieving method. T F
9. If client is exhibiting dissociative patterns:
- Refer to a physiotherapist
  - Employ anchoring techniques
  - Do not teach self-hypnosis
  - All of the above
10. Bio-energetic methods assist a client in:
- Enhancing their power
  - Giving self-care
  - Integrating with environment
  - All of the above
11. The acronym for chakra colors is:
- VIBGYOR
  - ROYGBIV
  - Both
  - Neither
12. Hypnoanalysis is an invaluable tool for uncovering and resolving traumatic conflict. T F
13. Support initial Bereavement with:
- Denial of loss
  - Calm, comfort, and support customs
  - Past life regression
  - None of the above
14. Adaptation and Integration are rooted in purpose and meaningfulness. T F
15. Helping to develop resilience is the most significant gift we can give to a client who has experienced any trauma. T F