

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

1. Recovery is the restoration or return to any former and better state or condition. T F

2. The physiology of threat or injury is rooted in arousal of the
 - a. Autonomic Nervous System
 - b. ACHPA
 - c. Both
 - d. Neither

3. The wound healing phases are:
 - a. Inflammatory, Proliferative, Remodeling
 - b. Cleaned, Treated, Dressed
 - c. Uncovered, Resolved, Integrated
 - d. All of the above

4. Clients with underlying trauma may present with:
 - a. Compulsive behavior
 - b. Distraction
 - c. Gabbiness
 - d. All of the above

5. Suggestibility testing should be demonstration and education oriented. T F

6. Breathwork assists a client in:
 - a. Developing body awareness
 - b. Releasing unpleasant feelings
 - c. Grounding and Centering
 - d. All of the above

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