

Quiz Questions

1. The overall thesis of this course is that to effectively work with dissociation in a clinical setting, therapists must:
 - a. receive extensive training in psychometrics like the DES and MID
 - b. obtain specialized training in working with dissociation
 - c. become more introspective about their own relationship with dissociation and appreciate its normalcy in the human experience
 - d. refer out to clinicians better equipped to deal with dissociation at first and then learn from collaborating with those clinicians

2. Dissociation comes from the Latin root word meaning:
 - a. to sever or separate
 - b. to traumatize
 - c. to disintegrate
 - d. to cluster or group

3. Dissociation, in a clinical sense, refers to:
 - a. severing or separating from the present moment
 - b. separating from aspects of self
 - c. having separate and distinct personality alters
 - d. Both A & B

4. The general purpose(s) of dissociation in the human experience is/are:
 - a. to meet a need
 - b. to protect oneself
 - c. to reenact trauma in order to process it
 - d. Both A & B

5. According to psychiatrist Dr. Elizabeth Howell, dissociation, in a general sense, refers to the rigid _____ of parts of experience.
 - a. fracturing
 - b. separation
 - c. traumatization
 - d. None of the above

6. Dissociative Identity Disorder (DID) was formerly called this in the DSM.
 - a. dementia
 - b. dementia praecox
 - c. schizophrenic amnesia

- d. multiple personality disorder
7. This conference is specifically designed for people with DID and other dissociative disorders to have a safe enough place to speak openly and freely about their experiences.
- a. The International Society for the Study of Trauma and Dissociation (ISSTD)
 - b. Healing Together by An Infinite Mind
 - c. The International Society for Traumatic Stress Studies (ISSTS)
 - d. None of the above
8. This early leader in the field suggested that there is an element of dissociation in all mental and emotional disorders:
- a. Carl Jung
 - b. Pierre Janet
 - c. Sigmund Freud
 - d. Emile Krapelin
9. In this course, the following exercise is suggested as a way for therapists and clients alike to best obtain a sense of their own tendencies to dissociate and to manage their relationship with the present moment:
- a. The DES Scale
 - b. The MID
 - c. The Dissociative Profile
 - d. Theory of Structural Dissociation
10. When or more parts/alters sharing consciousness at the same time (i.e., not blacking out, "going away," etc.), this is referred to as:
- a. Fraser's Table
 - b. Center Ego State
 - c. co-consciousness
 - d. integration of alters
11. Which of the following is NOT a specific technique within the Fraser's Table approach?
- a. The Spotlight Technique
 - b. The Dissociative Profile
 - c. The Middle Man Technique
 - d. Relaxation Imagery
12. Fraser credits the Dissociative Table Imagery technique in his larger ethic as drawing from which psychotherapeutic tradition?
- a. hypnosis
 - b. psychoanalysis
 - c. EMDR therapy
 - d. Gestalt

13. What is the most likely sign that a person in addiction recovery (specifically in treatment) may be dissociating?
- Not able to pay attention in group or meetings
 - Changing tone or getting belligerent when something distressing comes up
 - Struggling with staying sober after getting sober
 - All of the above—all are plausible signs
14. The three stage consensus model of trauma treatment is originally attributed to what scholar/leader in the field?
- Pierre Janet
 - Sigmund Freud
 - Bessel van der Kolk
 - Fritz Perls
15. Which of the following is not a stage in the consensus model of trauma treatment?
- stabilization
 - modification of traumatic memories
 - regression
 - reintegration to society
16. Choose the pair that best completes this sentence: _____ is about connection and _____ is about surviving disconnection.
- dissociation; mindfulness
 - mindfulness; dissociation
 - trauma; dissociation
 - dissociation; trauma
17. Which of the following is *not* a trauma-informed modification presented in this article when teaching preparation and grounding skills?
- asking people to keep their eyes closed to improve concentration and focus
 - letting people know how long the silence will last
 - being open to variations in practice
 - having one's own mindfulness practice as a therapist
18. In the skills section of this course, this yoga pose is taught as a standing meditation to help people work with a greater sense of ground.
- Warrior I
 - Child's Pose
 - Mountain Pose
 - Tree Pose