



5145 Pontiac Trail • Ann Arbor, MI 48105 • USA
Phone: 734-761-6268 Fax: 734-663-6861 Website: www.AppliedMetapsychology.org
Email: info@AppliedMetapsychology.org

OBJECTIVE MEASURE OF LEARNING QUIZ

Traumatic Incident Reduction – Expanded Applications & Life-Stress Reduction Techniques Workshop

The purpose of this quiz is to evaluate training methods and materials. If you are not sure whether or not you have answered a question correctly, please ask your trainer for clarification after you have handed in your quiz.

Name: _____ Degree/Specialty _____ Date: _____

Select the best answer to each of the following questions and mark it with an X.

1. We use TIR on Pleasant Memories to:

- a. build up the client's ego strength.
- b. give the client a break from a lot of trauma work.
- c. allow the client to experience something positive in a subject or area that may have appeared only negative.
- d. All of the above.

2. Engagement is important because:

- a. it shows the skill of the facilitator.
- b. without it, nothing useful gets done.
- c. it makes the facilitator's job easy.
- d. without it the facilitator will feel unfulfilled.

3. Future TIR:

- a. works because it changes the future.
- b. is harder for the client than Basic TIR.
- c. builds up the client's ability to face whatever does happen in the future.
- d. should start with addressing less traumatic possible futures first.

4. We address "Disturbances" when:

- a. a client comes into session already upset about something.
- b. something seems to be interfering with progress in the session.
- c. a client has lots of problems with a particular person.
- d. all of the above.

5. A Wrong Indication:

- a. is something about which the client may need to change his or her idea of what's true.
- b. is a judgment, stated or unstated that invalidates the client's sense of self.
- c. is relatively unimportant.
- d. only occurs as an inflow to the client from others.

6. In Case Planning we expect to:

- a. pay most attention to the issues the client is most interested in.
- b. do more TIR than anything else.
- c. not use TIR until we have done all of the shorter techniques first.
- d. figure out where *we* want the client to end up and plan with that in mind.

7. An End Point:

- a. can be evidenced by increased ability in life.
- b. can at times just consist of answers to the questions.
- c. can look different for different types of techniques.
- d. all of the above.

8. Number the techniques below in order of least demanding for the client to most demanding:

- a. Communication with the Body.
- b. Thematic TIR
- c. Exploration
- d. "Unblocking"

9. Having the client talk to his/her body:

- a. could be dangerous.
- b. is done to get the client to adopt a new philosophy about body and mind.
- c. can improve the client's attitude toward his/her body.
- d. all of the above.

10. Use Recall techniques:

- a. when the client is completely stuck in the past.
- b. As a lighter approach than TIR to unburden the client's case.
- c. when you need to gather more information.
- d. when the client doesn't like other short Unlayering techniques.

Please continue on page 2



5145 Pontiac Trail • Ann Arbor, MI 48105 • USA
 Phone: 734-761-6268 Fax: 734-663-6861 Website: www.AppliedMetapsychology.org
 Email: info@AppliedMetapsychology.org

OBJECTIVE MEASURE OF LEARNING QUIZ

Page 2

Circle True or False for each of the following statements:

CIRCLE ONE

- | | | |
|---|------|-------|
| A. Short Unlayering techniques are only used for a client who is not ready for TIR. | True | False |
| B. A Short Unlayering Technique could have only one question. | True | False |
| C. Short Unlayering Techniques may not provide the kind end points that TIR does. | True | False |
| D. You would usually expect to use a variety of techniques in a case plan. | True | False |
| E. Future TIR is only used to address a situation that is very likely to happen. | True | False |
| F. A trauma that goes on for years cannot be addressed with these techniques. | True | False |
| G. “Disturbances” are things like noises outside the room that distract the client. | True | False |
| H. A “Wrong Indication” is always something that is objectively untrue. | True | False |

Please note that in the next section of course all of these could conceivably be done in some cases. We are looking for the best answer (or answers). The most likely things that we will do.

Circle the most suitable technique(s) in each of the following situations:

(B=Basic, T=Thematic, F=Future, P=Pleasant Memory)

- | | | |
|--|-------|-------|
| I. Client feels anxious about flying in planes. | B T | F P |
| J. Client had a recent car accident. | B T | F P |
| K. Client has experienced the death of a spouse. | B T | F P |
| L. Client is too fragile/overwhelmed right now to address traumas with Basic TIR. | B T | F P |
| M. Client has a persisting unwanted critical attitude toward the people in his/her life. | B T | F P |

The following are indications that the clients is having success with viewing:

- | | | |
|--|-----|----|
| N. The client is going through lots of emotion in the sessions. | Yes | No |
| O. The client is now willing to address material that was too painful earlier. | Yes | No |
| P. The client is starting to miss appointments. | Yes | No |
| Q. The client is starting to come up with new ideas on how life works. | Yes | No |
| R. The clients overall strategies and patterns in life remain unchanged. | Yes | No |
| S. The client comes up with more areas to address as earlier ones are completed. | Yes | No |

Thank you



5145 Pontiac Trail • Ann Arbor, MI 48105 • USA
 Phone: 734-761-6268 Fax: 734-663-6861 Website: www.AppliedMetapsychology.org
 Email: info@AppliedMetapsychology.org

CO-SPONSOR/SERVICE ORGANIZATION		CO-SPONSOR
CO-SPONSORING TRAINERS NAME		<u>APPLIED METAPSYCHOLOGY</u> <u>INTERNATIONAL</u>
PROGRAM TITLE Traumatic Incident Reduction – Expanded Applications & Life Stress-Reduction Techniques-Workshop		
PROGRAM DATES		
CITY	COUNTRY	

PARTICIPANT SATISFACTION EVALUATION

Please indicate your rating of the program in the categories below by circling the appropriate number, using a scale of 1 (low - least favorable) through 5 (high—most favorable). Thank you.

THIS PROGRAM MET THE STATED OBJECTIVES AS A RESULT I AM ABLE TO:	LOW ← → HIGH				
List and describe techniques to prepare a client who is not yet ready for TIR	1	2	3	4	5
Analyze the theory of remedial techniques	1	2	3	4	5
Demonstrate the use of remedial techniques	1	2	3	4	5
Use unlayering techniques to build ego strength	1	2	3	4	5
Discuss the use of TIR with addiction	1	2	3	4	5
Describe how TIR is applied to complex trauma	1	2	3	4	5
List techniques useful in addressing relationship issues	1	2	3	4	5
Utilize TIR to reduce fear of future events	1	2	3	4	5
/Create a basic case plan	1	2	3	4	5
Use these structured, directive techniques in a client-centered way	1	2	3	4	5
State that I had the opportunity to practice the techniques presented in the manual during the workshop	1	2	3	4	5
CONTENT:					
Program was appropriate for attendees	1	2	3	4	5
Program was suitable for professional level training	1	2	3	4	5
TEACHING METHODS:					
Teaching methods were appropriate for the subject matter	1	2	3	4	5
Suitability of instructional materials	1	2	3	4	5
RELEVANCY:					
Information presented could be applied to practice	1	2	3	4	5
Information presented is congruent with current needs and practices	1	2	3	4	5
How much did you learn as a result of this Continuing Education program?	1	2	3	4	5
FACILITY:					
Training site was adequate and appropriate for the program	1	2	3	4	5
Accommodations met the needs of any students with disabilities	1	2	3	4	5

Please continue on page 2



5145 Pontiac Trail • Ann Arbor, MI 48105 • USA
 Phone: 734-761-6268 Fax: 734-663-6861 Website: www.AppliedMetapsychology.org
 Email: info@AppliedMetapsychology.org

FACULTY	Instructor knowledge of subject matter	Instructor clarity and ability to teach	Instructor ability to use audio-visual aids	Instructor responsiveness to students' questions	
PRIMARY TRAINER	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
ASSISTANT TRAINER (IF APPLICABLE)	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
The program enhanced my professional expertise (circle one) :			Substantially	Somewhat	Not at all
I would recommend this program to others. (circle one) :			Yes	No	Not sure

COMMENTS, OBSERVATIONS, SUGGESTIONS

What was your overall impression of the activity? What went well? What could have been improved?

Other comments and suggestions?

What I particularly liked about this workshop was?

PERMISSION TO PUBLISH? Yes No If Yes, please sign:

IN GENERAL:

- 1) Do you prefer (circle one): weekend programs weekday programs
 - 2) How much time do you need to respond to a program announcement? _____
 - 3) How did you learn about this program? (circle all that apply)
- Brochure Colleague Newsletter TIRA Website Other _____

If you would like to comment directly to AMI, please feel free to write to the Continuing Education Director at
 5145 Pontiac Trail • Ann Arbor, MI 48105 • USA
 call 734-761-6268, or email info@AppliedMetapsychology.org