



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

Schema Fundamentals and Techniques of Life Stress Reduction 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. Schema work uses consultation rather than facilitation because:

- a. consultation works faster than viewing.
- b. the facilitator gets to share more of his or her wisdom.
- c. consultation permits greater input by the practitioner in the areas where the client is unable to see the consequences of his or her actions.
- d. some clients are just not going to “get it” unless they are pushed a bit.

2. It’s important to keep good notes while doing a Schema Program:

- a. because you are going to need to refer back and forth between the various parts of the Schema.
- b. in case there is a disagreement later on about what took place in the session.
- c. in case you are sued.
- d. so that, years later, the client can refer back to what was written.

3. We look at the differences between a client’s current and ideal situations:

- a. to find areas in which the client has delusional thinking.
- b. so that the client will realize his or her failures in life and be willing to go along with consultation.
- c. to provide a clear direction to work is with the Schema Program.
- d. All of the above.

4. Most importantly in doing a Schema Program or any consultation work:

- a. be sure to point out errors in the client’s thinking.
- b. the client needs to do all of the writing involved.
- c. be sure not to do anything for the client that the person can do for him/herself.
- d. the client knows best

5. We take care to explain the definition of “having” that we are using in this work because:

- a. we don’t want to give clients false hope.
- b. if a client feels s/he *has* a condition, rather than *being* it, s/he has greater access to doing something about it.
- c. we are using the word “having” in a specialized Zen-like sense.
- d. once a person *has* a certain condition, s/he just has to learn to accept it.

6. Schema work can be good for:

- a. a client who is not able to be a viewer.
- b. someone with a lack of direction in life.
- c. someone with a big goal who isn’t making any real progress toward it.
- d. all of the above.

7. The domains:

- a. lay out a pattern for how life ought to be.
- b. are a type of schema for life, outlining spheres of responsibility.
- c. usually have little impact on a person’s quality of life compared to his/her thoughts and feelings.
- d. All of the above.

8. Inverted domains:

- a. have no effect on a person’s ability to succeed in life..
- b. are very rare.
- c. result in a person’s being concerned with receiving effects, rather than causing effects.
- d. are nearly impossible to correct.

9. Having problems:

- a. is relative. A more able person will seek more interesting and challenging problems.
- b. indicate poor management of life by the client.
- c. is something to be avoided or remedied if at all possible.



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____d. makes a person scatter-brained.

Please continue on page 2



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Page 2

Circle True or False for each of the following statements:

CIRCLE ONE

A. It is possible for someone to be over focused on either the physical or non-physical aspects of living.	True	False
B. Schema work could be said to be a type of coaching.	True	False
C. There is something wrong with a person who's policies don't match his/her MOs.	True	False
D. A schema is a model to use to understand better what something is and how it works.	True	False
E. A Specific Schema could be addressed to a person's marriage & family.	True	False
F. Schema work could be done with someone who is not ready for viewing.	True	False
G. In Applied Metapsychology, there is never a justification for pointing out inconsistencies between a client's actions and stated intentions.	True	False
H. In consultation, it is really the client who is managing the session.	True	False
I. In consultation, you are allowed to ask more leading sorts of questions than in facilitation viewing.	True	False
J. In real life, ideal situations are unattainable.	True	False

Thank you



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CO-SPONSOR/SERVICE ORGANIZATION		CO-SPONSOR
CO-SPONSORING TRAINERS NAME		<u>APPLIED METAPSYCHOLOGY</u> <u>INTERNATIONAL</u>
PROGRAM TITLE	Schema 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 OF:					
AS A RESULT I AM AND HAVE BEEN PARTICIPANTS SHOULD BE ABLE TO:					
LOW ← → HIGH					
Analyze the life domains (self, intimates, groups, etc.)	1	2	3	4	5
Practice clarification of core values	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Compare a specialized Schema to a generalized schema Program	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Discuss goal setting based on a Demonstrate communication skills necessary to help a client's to clarify core values	1	2	3	4	5
Apply the Schema Program to assist a client to formulate workable plans to fulfill his/her goals	<u>4</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Apply Schema work to the client's life as a whole or to a specific aspect of it	<u>4</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Compare Differentiate between a client's stated aims and what s/he is actually doing in life	1	2	3	4	5
Assess communication methods appropriate to the client's situation	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Assess the client's readiness for the Schema Program	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Design specific life plans	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Discuss follow-up strategies Use additional techniques to help clients clarify goals, past and present	1	2	3	4	5
State that I had the opportunity to practice the techniques presented in the manual during the workshop and was given sufficient time to practice the Schema Program in dyads					
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

Comment [S1]: Changes as below - line 10



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Accommodations met the needs of any students with disabilities	1	2	3	4	5
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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

Please continue on page 2

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



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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
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