



5145 Pontiac Trail • Ann Arbor, MI 48105 • USA
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OBJECTIVE MEASURE OF LEARNING QUIZ Traumatic Incident 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. A traumatic memory is different because:

- a. it contains repressed information, feelings, decisions and intentions.
- b. it cannot be triggered after sufficient time has passed.
- c. it is uncomfortable.
- d. only a trained therapist can find it.

2. The purpose of repetition in viewing is to:

- a. make it easier for the overwhelmed client.
- b. move the client from fear/grief to boredom.
- c. enable the client to contact memories that are connected with his/her emotional state at the time of the traumatic experience.
- d. to make it easy for the facilitator.

3. In running Basic TIR, if the viewer demonstrates *no change in responding to the instruction "Tell me what happened,"* the facilitator should:

- a. switch to Unblocking
- b. ask "Is the incident getting lighter or heavier?"
- c. end the session.
- d. ask "What's happening?"

4. The best way to prevent re-traumatization of clients is:

- a. take all viewing techniques to good end points.
- b. refrain from having casual conversations with clients.
- c. to dissociate when doing sessions.
- d. stop TIR techniques if the viewer gets upset.

5. In facilitating Basic TIR, if the client says the incident is getting *lighter*, after you ask "*lighter or heavier?*" you should:

- a. find out if the incident has an earlier starting point.
- b. have the client go through the incident again.
- c. find out if there's an earlier incident.
- d. gently end the session.

6. Traumatic Incident Reduction:

- a. removes the memory of a traumatic incident.
- b. reframes the events within a traumatic incident.
- c. removes the painful charge from the memory of a traumatic incident.
- d. in no way affects the memory of a traumatic incident.

7. An end point is evidenced by:

- a. client boredom with the incident.
- b. client saying s/he can't do it anymore.
- c. outward focus, expression of relief, insights.
- d. the end of the hour.

8. The decisions and intentions the viewer made during a traumatic incident:

- a. are central to the incident's long-term emotional/behavioral impact.
- b. are of no importance to the process of reaching ultimate resolution.
- c. are the main focus of client-counselor dialog in facilitating TIR.
- d. are typically irrational.

9. Viewing protocol creates client safety by:

- a. asking the client to stay off medications.
- b. adhering to the *Rules of Facilitation* and application of the *Communication Exercises*.
- c. the use of a quiet, calming tone of voice by the facilitator.
- d. having the client end the session when s/he has done enough.

10. You use Unblocking:

- a. only to address traumatic incidents.
- b. when you need to gather more information.
- c. to calm a client who gets upset during TIR.
- d. to reduce emotional charge on people, places, things, events and situations that are disturbing.

Please continue on page 2



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Circle True or False for each of the following statements:

CIRCLE ONE

- | | | |
|---|------|-------|
| A. Basic TIR is scheduled for 50-minute sessions. | True | False |
| B. A Basic TIR session often addresses only one traumatic incident. | True | False |
| C. Thematic TIR could be used to address a phobia. | True | False |
| D. You would generally expect to address several incidents before reaching an end point with Thematic TIR. | True | False |
| E. Facilitators acknowledge only positive responses from clients. | True | False |
| F. Unblocking is not complete until you have asked all the questions on the list. | True | False |
| G. A past life incident is treated the same as any other when using TIR. | True | False |
| H. It is important to acknowledge the viewer for answering the viewing question even if you don't agree with the beliefs s/he has expressed.. | True | False |

Would you be most likely to use Unblocking or TIR if your client :

- | | | |
|--|------------|-----|
| I. does not like work environment? | Unblocking | TIR |
| J. has a burning desire to flee during moments of intimacy? | Unblocking | TIR |
| K. is feeling distraught over the death of his/her spouse? | Unblocking | TIR |
| L. is complaining about an argumentative neighbor? | Unblocking | TIR |
| M. is complaining about earlier therapy or a previous therapist? | Unblocking | TIR |

In TIR sessions, which of the following are indicators that an *end point* may have been reached?:

- | | | |
|---|-----|----|
| N. The client says s/he has lost interest in looking at the incident. | Yes | No |
| O. The client is experiencing the negative emotions of the incident. | Yes | No |
| P. The client experiences a positive cognitive shift or insight. | Yes | No |
| Q. The client says s/he has no more attention on the incident. | Yes | No |
| R. The client says s/he is too upset to continue. | Yes | No |
| S. The client's attention has shifted from the incident to the present. | Yes | No |

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	Traumatic Incident Reduction 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 ABLE TO PARTICIPANTS SHOULD BE ABLE TO: LOW ← → HIGH					
Explain the theory of the traumatic incident-network and the nature and consequences of traumatic incidents	1	2	3	4	5
Explain the theory and practice of Traumatic Incident Reduction and Unblocking	1	2	3	4	5
Explain the theory and practice of Unblocking	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Describe clients for whom TIR is not appropriate	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Predict how reactivation (triggering) affects clients' everyday lives	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Utilize communication exercises to increase rapport with clients	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Describe unresolved traumatic incidents as incomplete activity cycles	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Apply Traumatic Incident Reduction and Unblocking to a successful result	1	2	3	4	5
Apply Unblocking to a successful result	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Assess the client's readiness for Traumatic Incident Reduction	1	2	3	4	5
Use Apply these structured, directive techniques in a client-centered way	1	2	3	4	5
Explain how reactivation (triggering) affects clients' everyday lives	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Master communication exercises to increase rapport with clients	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
State that I had the opportunity to practice the techniques presented in the manual during the workshop	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
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

Comment [S1]: Changed as above - line 5

Comment [S2]: Changed as above -line 6



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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
- 2) How much time do you need to respond to a program announcement? _____



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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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