

OBJECTIVE MEASURE OF LEARNING QUIZ

Fundamentals and Techniques of Life Stress Reduction Workshop

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

ne: _____ Degree/Specialty _____ Date: _____

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

Life Stress Reduction helps the client to

- a. gain awareness.
- b. leave the past in the past
- c. achieve positive states of mind
- d. all of the above.

Addressing Positives as well as Negatives

- a. is not needed.
- b. helps achieve balance.
- c. helps a bored facilitator.
- d. is only added to case plans of overwhelmed clients.

A case plan is based on

- a. assessment of client distress ratings.
- b. a thorough interview and client interest.
- c. the same protocol for every client.
- d. the facilitator's trained instincts.

Inlayering

- a. explores ~~a question~~ "earlier similar" events.
- b. always uses two questions or instructions.
- c. is brief.
- d. is a question or instruction (or set of questions or instructions) given repetitively ~~instruction(s) or question(s) done once, alternatively, or in sequence to an EP.~~

Exploration

- a. is a repetitive technique.
- b. enables clients to examine a subject from different aspects and viewpoints.
- c. always takes the client "earlier similar."
- d. does not need to follow the Rules of litigation.

6. An end point is evidenced by

- a. expression of a sense of resolution.
- b. current accessible emotional charge reduced and visible indications of some improvement in the clients condition, indicators at least somewhat improved.
- c. outward focus, expression of relief, insights.
- d. all of the above.

7. You recover a missed end point by:

- a. running the same technique again.
- b. letting the client know s/he finished earlier.
- c. asking him/her to describe what happened at the end point.
- d. employing a more suitable technique.

8. A Case plan:

- a. is a guide for facilitation, and must be flexible.
- b. is too much work for a busy facilitator.
- c. must be strictly adhered to.
- d. must not be seen by the client.

9. The session outline guides the facilitator to

- a. determine if client is ready and able to view.
- b. formally start the session and end the session.
- c. check for disturbances.
- d. all of the above.

10. When would you use Unblocking?

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

Please turn over to page 2

Circle True or False for each of the following statements	CIRCLE ONE	
. Many Life Stress Reduction techniques can be scheduled for 50-minute sessions.	True	False
. You should acknowledge only positive responses from your client.	True	False
. Some client issues are best addressed with multiple techniques.	True	False
. Withheld communication can inhibit client progress.	True	False
. Frequent sessions will obtain the best results <u>because there is less opportunity or between session disturbances to occur.</u>	True	False
. Working with an experienced trainer will improve your case plans and sessions.	True	False
. You should ask all the questions on an Unblocking list once you start it.	True	False
. A case plan should give structure and confidence to your work.	True	False

Circle the intervention appropriate to the presenting issue described		
. long term issues with spouse	Emotionally Charged Persons	Help
. guilty conscience	Done/Withheld/Problem	Give
. unfinished business with deceased mother	Communication With Departed Loved One	Important
. identity confusion	Life Stress List	Difference & Similarities
. weight concerns	Recall Aesthetics	Body Image

In an LSR Metapsychology session, which of the following are indications that an end point may have been reached?		
. The client says s/he has lost interest in the <u>technique procedure.</u>	Possible-EPYes	No
. The Client talks about something <u>different unrelated to the issue being addressed.</u>	Possible-EPYes	No
. The client experiences a positive cognitive shift or insight.	Possible-EPYes	No
. The client says s/he has no more attention on the issue.	Possible-EPYes	No
. The client says s/he is too upset to continue.	Possible-EPYes	No
. The client's attention has shifted to the present <u>moment</u> and away from the issue <u>being addressed.</u>	Possible-EPYes	No

Thank you



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CO-SPONSOR TRAINERS NAME	<p style="text-align: center;">APPLIED METAPSYCHOLOGY INTERNATIONAL TRAUMATIC INCIDENT REDUCTION ASSOCIATION</p> <p style="text-align: center;">Division of AMI—Applied Metapsychology International 5145 Pontiac Trail Ann Arbor, Michigan 48105-9279 USA Website: http://www.tir.org EM-Mail: info@AppliedMetapsychologytir.org</p>
PROGRAM TITLE	
PROGRAM DATES	
CITY COUNTRY	

Website: www.tir.org **E-mail:** info@AppliedMetapsychologytir.org

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PARTICIPANT SATISFACTION EVALUATION

Use 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).

THIS PROGRAM MET THE STATED OBJECTIVES OF: PARTICIPANTS SHOULD BE ABLE TO	LOW ← ----- → HIGH				
Verbalize understanding of Explain the theory and practice of Life Stress Reduction techniques	1	2	3	4	5
Demonstrate ability to create a case plan using the techniques taught in this workshop employing Unblocking and other Applied Metapsychology based tools that					
1) systematically addresses each of a client's specific presenting issues;	1	2	3	4	5
2) can be followed step by step from session to session;					
3) will enable most non-psychotic clients to achieve their stated objectives in the course of brief work with a facilitator					
Demonstrate ability to use directive, repetitive techniques within a client centered context taught in this workshop	1	2	3	4	5
Use the Body Image Program	1	2	3	4	5
Use positive memory recall lists	1	2	3	4	5
Apply the Metapsychology Rules of Facilitation and session protocol and competently manage the communication of an unburdening session Use techniques for addressing difficulties with people, situations and events	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 CE 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

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FACULTY	Instructor knowledge of subject matter	Instructor clarity of delivery and ability to teach	Instructor ability to utilize technology use audio-visual aids	Instructor responsiveness to students questions	
PRIMARY TRAINER NAME	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
ASSISTANT TRAINER NAME (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 reverse side of form.

COMMENTS, OBSERVATIONS, SUGGESTIONS

~~I would like more:~~ What was your overall impression of the activity? What went well? What could have been improved?

~~I would like less:~~

Other comments and suggestions:

What I ~~got from~~ particularly liked about this workshop was:

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PERMISSION TO PUBLISH? Yes NO If yes, please sign: _____

GENERAL:

Do you prefer (circle one): weekend programs weekday programs

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

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/TIRA, please feel free to write to the Continuing Education Director at 5145 Pontiac Trail, Ann Arbor, MI 48105-9279 USA, call 734-761-6268, or email info@AppliedMetapsychology.org

AMI/TIRA
An International Association of Practitioners
Using TIR—Traumatic Incident Reduction—and Related Techniques