OBJECTIVE MEASURE OF LEARNING QUIZ

Life Stress Reduction Techniques and Case Planning Workshop

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

ne: _____ Degree/Specialty_____ Date: _____

ct 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.resolve upsets.
- 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.

Unlayering"Wrong Indications"
- a. explores "earlier similar" eventsis a repetitive nique.
- b. always uses two questions or ructionsexplores incidents.
- c. is briefis a Checklist method.
- d. is a question or instruction (or a set of stions or instructions) given repetitively.is similar to all lists.

Exploration:Unlayering
- a. is a repetitive technique.explores a question lier similar."
- b. enables clients to examin a subject from erent aspects and viewpoints.always uses two stions or instructions
- c. always takes the client to an "earlier similar" dent or issueis brief.
- d. does not follow the Rules of Facilitation.

d. is repetitive instruction(s) or question(s) done once, alternatively, or in sequence to an EP.

6. An end point is evidenced by:Exploration
- a. a sense of resolutionis a repetitive technique.
- b. current accessible emotional charge reduced and visible indications of some improvement in the client's conditionenables clients to examine a subject from different aspects and viewpoints.
- c. always takes the client "earlier similar."outward focus, expression of relief, insights.
- d. all of the above.does not follow the Rules of Facilitation.

7. You recover a missed end point by:An end point is evidenced by
- a. using the same technique again.a sense of resolution.
- b. letting the client know s/he finished addressing the issue earlier.current accessible charge reduced and indicators at least somewhat improved.
- c. outward focus, expression of relief, insightsasking the viewer to describe what happened at the point where s/he felt better (at the end point)..
- d. employing a more suitable technique.all of the above.

8. The Wrong Indication technique:You recover a missed end point by:
- a. is a repetitive technique.running the same technique again.
- b. explores emotionally charged traumatic incidents.letting the client know s/he finished earlier.

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emotional charge generated by statements made by one person to another.~~asking him/her to describe what happened at the end point~~.

d. is similar to Recall Lists.~~employing a more ~~able technique.

What is the primary use of Expanded Unblocking Options?~~Case planning is based on~~:

a. to address light traumatic incidents~~interview(s)~~ ~~client interest~~.

b. when you need to gather more ~~rmation.~~~~records from past counselors~~.

c. to calm a client who gets upset during session~~a~~ ~~t order~~.

d. ~~all of the above.~~to reduce charge on people, ~~es,~~ things, and situations that are disturbing.

~~A session outline is~~

~~a. a guide for the facilitator and the client.~~

~~b. used when you need to gather more information.~~

~~c. used to create safety.~~

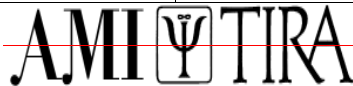~~d. a and c above.~~

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Circle True or False for the following statements:	CIRCLE ONE	
. Many Life Stress Reduction techniques fit nicely into can be scheduled for 50-minute sessions.	True	False
. You should acknowledge only positive responses from your client.Stress is best resolved with a full Case Plan.	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 because there is less opportunity for between session disturbances to occur.	True	False
. Working with an experienced technical directortrainer onwill approve your case plans and sessions agendas is recommened, to help a novice facilitator increase his/her confidence & competence.	True	False
. Asking all the questions on an Expanded Unblocking list is required, no matter what.Verbally praise your client when he is right and reprimanded him when he is wrong.	True	False
. A case plan should give structure and confidence to your work as a facilitator.	True	False

Circle the technique mostintervention appropriate to the presenting issue described:		
. Llong term difficult issues with spouse	Emotionally Charged PersonsECPP	Help
. Viewer has a guilty conscience	Done/Withheld/ProblemDWP	Give
. .Lingering anger or loss over a deceased personunfinished business with deceased mother.	Com/LoveUnfinished Business	Important/Not-important
. Iidentity confusion	Life Stress ListLSL	Differences & SimilaritiesDiff/Sim
. Wweight concerns and problems	Recall Aesthetics	Body Image Program

In an LSR Metapsyhology session, which of the following are indicationsors that an *end point* may have been reached?		
. The client says s/he has lost interest in the techniqueprocedure.	YesPossible EP	No
. CThe client talks about something unrelated to the issue being addresseddifferent.	YesPossible EP	No
. The client experiences a positive cognitive shift or insight.	YesPossible EP	No
. The client says s/he has no more attention on the issue.	YesPossible EP	No
. The client says s/he is too upset to continue the session.	YesPossible EP	No
. The client's attention has shifted to the present moment and away from the issue being addressed.	YesPossible EP	No

Thank you

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CO-SPONSOR/SERVICE ORGANIZATION	CO-SPONSOR

-SPONSOR TRAINERS NAME

OGRAM TITLE

fe Stress Reduction Techniques and Case anning Workshop

OGRAM DATES

Y   COUNTRY

5145 Pontiac Trail, Ann Arbor Michigan 48105-9279 USA
Phone: 734-761-6268 Fax: 734-663-6861
Website: www.tir.org eEmail: info@AppliedMetapsychologytir.org

PARTICIPANT SATISFACTION EVALUATION

ase indicate your rating of the program in the categories below by circling the appropriate number, using ale of 1 (low) through 5 (high—most favorable).

THIS PROGRAM MET THE STATED OBJECTIVES OF: PARTICIPANTS SHOULD BE ABLE TO	LOW←---------------------→HIGH				
~~Explain~~Verbalize understanding of the theory and practice of Life Stress Reduction techniques ~~in conjunction with TIR~~	1	2	3	4	5
Demonstrate ability to create~~Write a~~ case plans using the techniques taught in this workshop~~employing TIR and other Applied Metapsychology-based tools that~~ ~~1) systematically addresses each of a client's specific presenting issues;~~ ~~2) can be followed step by step from session to session;~~ ~~3)~~1) will enable most non-psychotic clients to achieve their stated objectives in the course of brief work with a facilitator.	1	2	3	4	5
Demonstrate ~~the~~ ability to use directive, repetitive techniques within a client centered context~~new techniques effectively~~	1	2	3	4	5
~~Employ Life Stress Reduction techniques in furthering the goals of clients desiring personal growth~~Use the Body Image Program	1	2	3	4	5
Use positive memory recall lists	1	2	3	4	5
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

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

FACULTY	Instructor knowledge of subject matter	Instructor clarity and ability to teachof delivery	Instructor ability to use audio-visual aidsutilize technology	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**

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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 particularly liked about got from this workshop was.

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)

ochure   Colleague   Newsletter   TIRA Website   Other_____

ou would like to comment directly to ~~TIRA~~AMI, please feel free to write to the ~~TIRA~~ Continuing
ucation Director at 5145 Pontiac Trail, Ann Arbor, MI 48105-9279 USA, call 734-761-6268, or email
@~~tir~~AppliedMetapsychology.org

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

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