

Schema Workshops

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.

Schema work uses consultation rather than viewing because:

- a. consultation works faster than viewing.
- b. the facilitator gets to share more of his or her opinion.
- c. consultation permits greater input by the client in the areas where there may be areas where the client is unable to see blind to some of the sequences of his or her actions.
- d. some clients are just not going to "get it" unless they are pushed a bit.

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 between you and the client 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.

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-towards in the Schema Program, as we have with viewing.
- d. All of the above.

Most importantly in doing a Schema Program or any Schema 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 client 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 dk "having" in a rather 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 survival.
- b. are ~~very~~ 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.

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

Thank you



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Co-Sponsor/Service Organization		co-sponsor	
CO-SPONSOR <u>TRAINERS</u> NAME		<u>APPLIED METAPSYCHOLOGY INTERNATIONAL TRAUMATIC INCIDENT REDUCTION ASSOCIATION</u> Division of AMI—Applied Metapsychology International 5145 Pontiac Trail Ann Arbor, Michigan 48105-9279 USA Website: http://www.tir.org EM-Mail: info@AppliedMetapsychologyttr.org	
PROGRAM TITLE The Schema Workshop			
PROGRAM DATES			
CITY	COUNTRY		

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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				
<u>Analyze</u> Verbalize understanding of the life domains <u>(self, itimates, groups, etc.)</u>	1	2	3	4	5
Demonstrate <u>communication skills necessary to help a client to clarify core values</u> ability to work effectively in consultation mode	1	2	3	4	5
<u>Apply the Schema Program to assist</u> Demonstrate ability to guide a client to in formulate <u>ing</u> workable plans to fulfill his/her goals	1	2	3	4	5
<u>Effectively employ the life domains to help a client evaluate trouble spots</u> Apply Schema work to the client's life as a whole or to a specific aspect of it	1	2	3	4	5
<u>Apply the Rules of Facilitation as modified for use in consultation</u> Differentiate between a client's stated aims and what s/he is actually doing in life	1	2	3	4	5
<u>Use additional techniques to help clients clarify goals, past and present</u>	<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 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 <u>is</u> congruent with current needs and practices	1	2	3	4	5
<u>How much did you learn as a result of this CE program?</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
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

FACULTY	Instructor knowledge of subject matter	Instructor clarity <u>and ability to teach</u> of delivery	Instructor ability to <u>use audio-visual aids</u> utilize technology	Instructor responsiveness to students <u>questions</u>
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	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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

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

GENERAL:

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 #11-14th, 2008

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

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