

## OBJECTIVE MEASURE OF LEARNING QUIZ

### TIR – Expanded Applications 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.

We use TIR on Pleasant Memories to:

- a. build up the client's ego strength.
- b. give the client a ~~break~~rest from a lot of trauma work.
- c. allow the client to experience something positive in a subject or area that may have appeared very negative.
- d. All of the above.

The reason Engagement is important because is:

- a. it shows the skill of the facilitator.
- b. without it, nothing useful gets done.
- c. ~~it~~ makes the facilitator's job ~~it~~ easy ~~for the~~ facilitator.
- d. ~~without it~~ the facilitator will feel unfulfilled ~~about it~~.

Future TIR:

- a. works because it changes the future.
- b. is harder for the client than Basic TIR.
- c. builds up the client's ability to face whatever may happen in the future.
- d. should ~~be~~ started with by addressing less dramatic possible futures first.

We address "Disturbances" when:

- a. a client comes into session already upset about something.
- b. something seems to be interfering with progress in the session.
- c. a client has lots of problems with a particular person.
- d. all of the above.

A Wrong Indication:

- a. is something about which the client may need to change his or her idea of what's true.
- b. is an judgment, stated or unstated-evaluative ~~element~~ that invalidates the client's sense of self.

- c. is relatively unimportant.
- d. only occurs as an inflow to ~~from another~~ ~~person to~~ the client from others.

6. In Case Planning we expect to:

- a. pay most attention to the issues the client is most interested in.
- b. do more TIR than anything else.
- c. not use TIR until we have done all of the shorter ~~techniques~~~~procedures~~ first.
- d. figure out where ~~we~~ want the client to end up and plan with that in mind.

7. An End Point:

- a. can be evidenced by increased ability in life.
- b. can at times just consist of answers to the ~~questions~~ ~~"Flat Point"~~.
- c. can look different for different types of ~~techniques~~~~procedures~~ ~~even in the same client~~.
- d. all of the above.

8. Number the techniques below in order of least demanding for the client to most demanding:

- a. Communication with the Body ~~"Recall a~~ ~~success"~~
- b. Thematic TIR
- c. Exploration
- d. "Unblocking/Get the Idea"

9. Having the client talk to his/her body:

- a. could be dangerous.
- b. is done to get the client to adopt a new philosophy about body and mind.
- c. can improve ~~bring about a better condition with~~ ~~regard to~~ the client's attitude toward his/her body.
- d. all of the above.

10. Use Recall ~~techniques~~~~procedures~~:

- a. when the client is completely stuck in the past.

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~~nt's case, remove charge on a lighter gradient than  
t-does.~~

\_c. when you need to gather more information.  
\_d. when the client doesn't like other short  
layering techniques.

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Circle True or False for each of the following statements.	CIRCLE ONE	
1. Short Unlayering techniques are only used for a client who is not ready for TIR.	True	False
2. A Short Unlayering Technique could have only one question.	True	False
3. Short Unlayering Techniques <del>may</del> not provide the kind <del>of</del> <del>end</del> <del>points</del> that TIR does.	True	False
4. You would usually expect to use a <del>number of different sorts</del> <u>variety</u> of techniques in a case plan.	True	False
5. Future TIR <del>should</del> <u>is</u> only <del>be done</del> <u>used</u> to address <del>a situation</del> <u>something</u> that is very likely to happen.	True	False
6. A trauma that goes on for years cannot be addressed with these techniques.	True	False
7. "Disturbances" are things like noises outside the room that <del>disturb</del> <u>take</u> the client's <u>attention</u> .	True	False
8. A "Wrong Indication" is <u>always</u> something that is objectively untrue.	True	False

**Please note that in the next section of course all of these could conceivably be done in some cases. We are looking for the best answer (or answers). The most likely things that we will do.**

**Circle the most suitable technique(s) in each of the following situations: Would you be most likely to use Basic, Thematic, Future, or Pleasant Memory TIR?:**

**B=Basic, T=Thematic, F=Future, P=Pleasant Memory)**

1. Client feels anxious about flying in planes.	B   T	F   P
2. Client had a recent car accident.	B   T	F   P
3. <del>Client has experienced</del> <u>the</u> death of a spouse.	B   T	F   P
4. Client is <u>too fragile/overwhelmed right now to address traumas with</u> <del>not</del> <u>"up to"</u> Basic TIR.	B   T	F   P
5. Client has a persisting <u>unwanted</u> critical attitude toward the people in his/her life.	B   T	F   P

**The following are positive indications ors that the clients is having of success with viewing in his work:**

1. The client is going through lots of emotion in the sessions.	<u>Yes</u> <del>Positive</del>	<del>Not</del>
2. The client is now willing to address material that was too painful earlier.	<u>Yes</u> <del>Positive</del>	<del>Not</del>
3. The client is starting to miss appointments.	<u>Yes</u> <del>Positive</del>	<del>Not</del>
4. The client is starting to come up with new ideas on how life works.	<u>Yes</u> <del>Positive</del>	<del>Not</del>
5. The clients overall strategies and patterns in life remain unchanged.	<u>Yes</u> <del>Positive</del>	<del>Not</del>
6. The client comes up with more areas to address as earlier ones are completed.	<u>Yes</u> <del>Positive</del>	<del>Not</del>



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

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### PARTICIPANT SATISFACTION EVALUATION

ase 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: [PARTICIPANTS SHOULD BE ABLE TO]	LOW ← ----- → HIGH				
<del>Describe</del> Apply appropriate techniques to prepare a client who is not yet ready for TIR	1	2	3	4	5
<del>Analyze</del> Demonstrate understanding of the theory and practice of remedial techniques	1	2	3	4	5
Demonstrate ability to create a basic case plan using the techniques learned to this point	1	2	3	4	5
Apply TIR <del>to specialized circumstances such as addiction and anxiety about future events</del> in a variety of applications such as: 1) <del>TIR on pleasant experiences to reduce charge on a case</del> 2) <del>Future TIR to reduce anxiety about future events</del> 3) <del>TIR to address addictions and long term trauma</del>	1	2	3	4	5
Use TIR to address complex and long term traumas	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Apply TIR-related techniques to resolve <del>ease</del> conditions that can get in the way of success with TIR, <del>including preparing the client to use TIR</del>	1	2	3	4	5
<b>CONTENT:</b>					
Program was appropriate for attendees	1	2	3	4	5
Program was suitable for professional level training	1	2	3	4	5
<b>TEACHING METHODS:</b>					
Teaching methods were appropriate for subject matter	1	2	3	4	5
Suitability of instructional materials	1	2	3	4	5
<b>RELEVANCY:</b>					
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
How much did you learn as a result of this CE program?	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<b>FACILITY:</b>					
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	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	
<b>The program enhanced my professional expertise</b> (circle one) :	<b>Substantially</b>			<b>Somewhat</b>	<b>Not at all</b>
<b>I would recommend this program to others.</b> (circle one) :	<b>Yes</b>		<b>No</b>	<b>Not sure</b>	

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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:**

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 **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](mailto:info@AppliedMetapsychology.com)

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