

OBJECTIVE MEASURE OF LEARNING QUIZ Traumatic Incident Reduction Workshop, Level I

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.

A traumatic memory is different because:

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

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.

The best way to prevent secondary traumatization 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.

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?"

The best way to prevent re-traumatization of clients

- 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 running 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 the traumatic incident.

7. An end point is evidenced by:

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

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 running facilitating TIR.
- d. are typically irrational.

9. The viewing method protocol creates client safety by:

- a. asking the client to stay off medications.

b. ~~concerning to the rules of facilitation and application of the Communication Exercises, training facilitators in the art of communication~~

c. the use of a quiet, calming tone of voice by the facilitator.

d. having the client end the session when s/he has time enough.

You use Unblocking:?

a. ~~only~~ to address ~~high~~ 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 Turn over to page 2

Formatted: Font: 8 pt

Formatted: Font: 8 pt

Formatted: Justified

Formatted: Tab stops: 1.13
5.6"

Formatted: Tab stops: 1.13

Circle True or False for each of the following statements.	CIRCLE ONE	
1. Basic TIR is scheduled for 50-minute sessions.	True	False
2. A Basic TIR session usually often involves addresses only running one traumatic incident only.	True	False
3. Thematic TIR could be used to address a phobia.	True	False
4. You would generally expect to address run a number of several incidents before reaching an end point with Thematic TIR.	True	False
5. Facilitators You should acknowledge only positive responses from the clients.	True	False
6. You should ask all the questions on an Unblocking is not complete until you have asked all the questions on the list once you have begun it.	True	False
7. A past life incident is treated the same as any other when using TIR.	True	False
8. 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 validate your client.	True	False

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

1. does not like work environment?	Unblocking	TIR
2. has a burning desire to flee during moments of intimacy?	Unblocking	TIR
3. is feeling distraught sadness over the death of his/her spouse?	Unblocking	TIR
4. is complaining about an argumentative neighbor?	Unblocking	TIR
5. 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? :

1. The client says s/he has lost interest in looking at the incident.	Yes Possible EP	No
2. The client is experiencing the negative emotions of the incident.	Yes Possible EP	No
3. The client experiences a positive cognitive shift or insight.	Yes Possible EP	No
4. The client says s/he has no more attention on the incident.	Yes Possible EP	No
5. The client says s/he is too upset to continue.	Yes Possible EP	No
6. The client's attention has shifted from the incident to the present.	Yes Possible EP	No

Thank you



5145 Pontiac Trail, Ann Arbor Michigan 48105-9279 USA

Copyright © January 24, 2010 Applied Metapsychology International. All Rights Reserved.

April, 14th, 2008

Formatted: Font: 8 pt

Formatted: Font: 8 pt

Formatted: Justified

Formatted: Tab stops: 1.13 5.6"

Formatted: Tab stops: 1.13

+ Not at

www.tir.org email: info@AppliedMetapsychology.org#ir.org

Formatted: Font: 8 pt

Formatted: Font: 8 pt

Formatted: Justified

Formatted: Tab stops: 1.13
5.6"

Formatted: Tab stops: 1.13

yright © January 24, 2010 Applied Metapsychology International. All Rights Reserved.

April, 14th, 2008

+ Not at

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

Formatted: Heading 3

Formatted: Default Paragraph Font, Font color: Black

Formatted: Default Paragraph Font, Font color: Black

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: PARTICIPANTS SHOULD BE ABLE TO	LOW	←-----→	HIGH							
Explain/Understand the theory of the traumatic incident network; and the nature and consequences of traumatic incidents	1	2	3	4	5					
Explain/Understand the theory and practice of Traumatic Incident Reduction and Unblocking	1	2	3	4	5					
Apply Traumatic Incident Reduction and Unblocking to a successful result	1	2	3	4	5					
Assess the client's readiness for Traumatic Incident Reduction Distinguish a secondary incident from a root incident	1	2	3	4	5					
Apply these structured, directive techniques in a client-centered way Define unresolved traumatic incidents as incomplete activity cycles	1	2	3	4	5					
Explain how reactivation (triggering) affects clients' everyday lives Assess the client's readiness for TIR	1	2	3	4	5					
Foster communication exercises to increase rapport with clients Define the roles of the leader and the facilitator in session	1	2	3	4	5					
Correctly identify the proper end point of the TIR procedure and of the Unblocking procedure.	1	2	3	4	5					
Understand what to address with TIR and what to address with Unblocking	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					
Usability 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					
ACILITY:										
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					

Formatted Table

INSTRUCTOR FACILITY	Instructor knowledge of subject matter	Instructor clarity and ability to teach/delivery	Instructor ability to use audio-visual aids/utilize 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	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Formatted: Font: 8 pt

Formatted: Font: 8 pt

Formatted: Justified

Formatted: Tab stops: 1.13 5.6"

Formatted: Tab stops: 1.13

+ Not at

he program enhanced my professional expertise (circle one) :	Substantially	Somewhat	Not at all
would recommend this program to others. (circle one) :	Yes	No	Not sure

Please continue on reverse side of form page 2

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

right © January 24, 2010 Applied Metapsychology International. All Rights Reserved.

April, 14th, 2008

Formatted: Font: 8 pt

Formatted: Font: 8 pt

Formatted: Justified

Formatted: Tab stops: 1.13
5.6"

Formatted: Tab stops: 1.13

+ Not at

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 ce@appliedmetapsychology.org or ce@tir.org

Formatted: Tab stops: 4", Left

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

Formatted: Font: 8 pt

Formatted: Font: 8 pt

Formatted: Justified

Formatted: Tab stops: 1.13
5.6"

Formatted: Tab stops: 1.13

Copyright © January 24, 2010 Applied Metapsychology International. All Rights Reserved.

April, 14th, 2008

+ Not at