

Home Study Audio Course

“The Negative Impact of Complex PTSD on Health:
An EMDR/Ego State Treatment Plan”

Session 221 Presented at the EMDR International Association Annual Conference September 28, 2007 by Carol Forgash, LCSW

You are welcome to use this PDF version of the EMDRIA CE Credit Examination as a study aid for this course. When you are ready to take the exam for EMDRIA Credits, read over this entire page, then pay for the exam(s) you wish to take at:

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Then, chose the (A) online exam or (B) paper exam option.

A) How to take the online exam.

1) Take the online exam at: <http://www.andrewleeds.net/training/EMDRIADL.html>

When you complete the online exam it will create a pre-addressed encrypted email. Just click send. If you do not pass the online exam, you may take it again without additional charges.

2) Complete the course evaluation at: <http://www.andrewleeds.net/training/EMDRIADL.html>

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B) How to take the paper exam.

1) Print this **exam and circle the correct answers**. Return it with the included **course evaluation** and **course affirmation** pages by fax or mail.

2) Note there is an additional paper exam fee of \$5 (for EMDRIA Conference exams). We suggest you pay the paper exam fee at the time of original exam purchase. You may also add \$5 per paper exam later.

<http://www.andrewleeds.net/training/orderCEproductsonline.html>

Or mail a check payable to: Andrew M. Leeds, Ph.D.

Fax to: **707-579-9415** Mail to: **1049 Fourth Street, Ste G., Santa Rosa, CA 90504.**

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EMDRIA CE Credit Examination

1. Complex Trauma clients often:
 - A. Have longstanding health problems with no connection to the health care system.
 - B. Have health problems primarily due to secondary gain issues.
 - C. Exaggerate the severity of the health problems to gain attention.
2. As a result of dissociated neural networks and dissociative disorders these clients:
 - A. Are generally aware of their degree of fragmentation.
 - B. May ignore or neglect real life issues.
 - C. Easily reprocess traumatic memories.
3. For complex trauma clients early attachment issues tend to be:
 - A. Unrelated to any later occurring adult traumas.
 - B. Readily identified and disclosed in therapy.
 - C. Factors in limited capacities for emotional regulation and self-care.
4. Adult survivors of chronic childhood abuse may:
 - A. Have been given consistent appropriate health care in childhood.
 - B. Have been taken repeatedly to health professional for symptoms caused by abuse without linking symptoms with their cause.
 - C. Be consistently able to identify which of their health issues are influenced by adverse childhood experiences.
5. Of the following, the one NOT a typical complex trauma negative client behavior:
 - A. Non-compliance or lack of follow through with medical procedures.
 - B. Self-medicating or under or over medicating with prescription or non-prescription drugs.
 - C. Seldom requesting medically unnecessary procedures.
6. An initial goal of treatment is to:
 - A. Help clients develop internal and external resources to enhance stability and reconnection.
 - B. Identify and reprocess earliest abandonment experiences to begin repair of attachment trauma.
 - C. Build a treatment plan by identifying their most significant traumatic experiences.

7. When taking a trauma history with a complex trauma client it is important to:
 - A. Make a complete chronological listing of traumatic events early in the treatment planning process.
 - B. Identify the details of adverse events to help the client understand their full significance.
 - C. Pace the gathering of information so that the client can stay present and avoid being overwhelmed.
8. Stabilization phase work can include all of the following except:
 - A. Full assessment of each target incident to be reprocessed.
 - B. Body resource exercises.
 - C. Heart coherence exercises.
9. Constructive avoidance can be used to address:
 - A. The importance of child parts being involved in current day to day health needs.
 - B. Strategies to help fragile parts to stay in a “home base” while adult parts cope with current health care needs.
 - C. Recurrent nightmares of traumatic events.
10. In “Phase Two” trauma treatment all of the follow may be helpful except:
 - A. Allow more than one Positive Cognition, VoC, and SUD rating when more than one part is participating.
 - B. Return to soothing, centering and positive body resources as needed to maintain stability.
 - C. Access as much as possible of the most disturbing parts of the traumatic memories in each session to shorten total treatment time.

Course Evaluation
Session 221

Carol Forgash, LCSW - The Negative Impact of Complex PTSD on Health
Credit Provider Andrew M. Leeds, Ph.D.

Please rate the following items using the scale below.

1 = Strongly disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

OVERALL COURSE RATING: _____

- | | | | | | |
|--|---|---|---|---|---|
| 1. Presentation was consistent with objective and title..... | 1 | 2 | 3 | 4 | 5 |
| 2. Content was valuable and/or useful..... | 1 | 2 | 3 | 4 | 5 |
| 3. Course was appropriately challenging..... | 1 | 2 | 3 | 4 | 5 |
| 4. Course was taught at the promised level..... | 1 | 2 | 3 | 4 | 5 |
| 5. The following objective were met. | | | | | |
| A. Learn how to help patients manage triggers and avoid
retraumatization | 1 | 2 | 3 | 4 | 5 |
| B. Learn how to help patients desensitize and reprocess
traumatic events associated with health problems..... | 1 | 2 | 3 | 4 | 5 |
| C. Learn how to help patients become assertive health
consumers | 1 | 2 | 3 | 4 | 5 |

Comments:

Please rate the following using the scale below.

1 = Poor 2 = Below Average 3 = Average 4 = Above Average 5 = Excellent

PRESENTER:

_____ Communication Skills	_____ Knowledge of EMDR model
_____ Ability to answer questions	_____ Responsive to participants' needs

MATERIALS:

_____ Quality of audio recording	_____ Usefulness of course manual
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ADMINISTRATION:

_____ Administration of course	_____ Helpfulness of staff
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Course Affirmation

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By signing below you affirm that you: 1) listened to the entire Distance Learning Audio Course; 2) you read the corresponding handout that you have indicated; and 3) you completed the examination(s) by yourself without assistance from anyone else.

Print Name: _____ Date: _____

Signed: _____

Address: _____

City: _____ State: _____ Zip: _____

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