

Home Study Audio Course

“Treating Dissociation in the Spectrum of Personality Disorders:
Integrating EMDR and Ego State Treatment”

**Session 232 Presented at
the EMDR International Association Annual Conference
September 28, 2007 by Uri Bergmann, Ph.D.**

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B) How to take the paper exam.

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EMDRIA CE Credit Examination

1. Everything we treat involves dissociation except:
 - A. Posttraumatic stress disorder.
 - B. Psychogenic amnesia.
 - C. Schizophrenia, Bipolar Disorders, Developmental Disorders and other organic brain diseases.
2. Primary Structural Dissociation is linked to:
 - A. Psychosis.
 - B. PTSD.
 - C. Depersonalization.
3. Secondary Structural Dissociation is linked to:
 - A. Derealization.
 - B. Hypomania.
 - C. Schizophrenia.
4. Tertiary Structural Dissociation is linked to:
 - A. Formation of ego states or alters.
 - B. Single incident trauma.
 - C. Substance abuse.
5. The standard EMDR protocol addresses:
 - A. Tertiary and Secondary Structural Dissociation only.
 - B. Primary and Secondary Structural Dissociation only.
 - C. Primary Structural Dissociation only.
6. In the Major Symptoms of Hysteria he described severe dissociative disorders:
 - A. Freud.
 - B. Janet.
 - C. Charcot.
7. Reik viewed the root cause of neurosis as:
 - A. Enmeshment.
 - B. Shock.
 - C. Fear.

8. Federn viewed the ego as:
 - A. Less important than the unconscious.
 - B. The reality function.
 - C. As the energy which unites the aggregate of all functions into a new mental unity.
9. Federn viewed ego states as successfully repressed in:
 - A. Psychopaths.
 - B. Neurotics.
 - C. Normal people.
10. Bern viewed ego states as:
 - A. As a system of feelings which motivates a related set of behavioral patterns..
 - B. As representing child-like aspects of self.
 - C. As information storage systems, each largely independent and isolated from the other.
11. Gazzaniga & LeDoux (1978) speculate that in the normal brain:
 - A. There is one unified memory system.
 - B. There are separate memory banks that do not necessarily communicate with each other.
 - C. There are separate memory banks that are in constant communication with each other.
12. Gazzaniga & LeDoux (1978) state that we view the governor of multiple selves as the verbal system:
 - A. Due to its intrinsic role in the structure and function of the brain. .
 - B. As a result of research studies on the role of language.
 - C. Because of our cultural bias for language.
13. John & Helen Watkins (1979) viewed the formation of ego-states on a developmental continuum, positing that personality was segmented into self-states as a result of all of the following except:
 - A. Projection.
 - B. Normal differentiation.
 - C. Trauma.
14. Bromberg (1996) states that the experience of being a unitary self is:
 - A. An innate quality of human existence.
 - B. An acquired, developmental achievement.
 - C. An acquired, developmentally adaptive, illusion.
15. According to Ramachandran (1998), when confronted with an anomaly the coping style of “reality checking” that is more anchored in the truth is characteristic of:
 - A. The two hemispheres working together.
 - B. The right hemisphere.
 - C. The left hemisphere.
16. LeDoux (2003) states that the self is essentially:
 - A. The result of conditioning.
 - B. A set of memories.
 - C. A set of beliefs.
17. According to LeDoux (2003) most aspects of learning are stored:

- A. In systems that function unconsciously.
 - B. In explicit memory.
 - C. In systems that are subject to conscious control.
18. Gazzaniga (2003) asserts that split-brain research has found that the left hemisphere appears to:
- A. Process what it receives and no more.
 - B. Inform the right hemisphere about sensory impression.
 - C. Make elaborations, associations and searches for logical patterns even when none are present.
19. Ego states can be conceptualized as all of the following except:
- A. Neural networks.
 - B. Containing state dependent memory.
 - C. Disorganized systems of memories and behaviors.
20. The BASK model refers to:
- A. Behavior, Affect, Sensation, Knowledge.
 - B. Being, Action, Self, Knowledge.
 - C. Being, Awareness, Sensation, Knowledge.

Course Evaluation
Session 232

Uri Bergmann, Ph.D. -Treating Dissociation in the Spectrum of Personality Disorders
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 evidence from neuroscience on the normative multiplicity of the self | 1 | 2 | 3 | 4 | 5 |
| B. Learn how untreated dissociation accounts for historic difficulties in treating personality disorders..... | 1 | 2 | 3 | 4 | 5 |
| C. Learn strategies for combining ego-state specific procedures with EMDR reprocessing..... | 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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