

Home Study Audio Course

"Learning to feel good about positive emotions with the Positive Affect Tolerance and Integration protocol: A case series with principles and procedures for applying the standard EMDR procedural steps to improving self-regulation and social functioning for survivors of early emotional neglect."

Session 322 Presented at the EMDR International Association Annual Conference September 29, 2007 by Andrew M. Leeds, Ph.D.

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>

After we receive both your email confirming you passed the online exam and your course evaluation, we will confirm you have paid for the course. Then we will email you a PDF of your certificate of completion listing the credits you have earned.

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. The standard EMDR PTSD protocol (Shapiro, 2001) is normally applied to targets based on the sequence:
 - A. Present stimuli, then past events, then the future.
 - B. Letting the patient select the issue and trusting the process.
 - C. Past, present, future.
2. Survivors of emotional neglect who present with comorbid DSM IV-TR Cluster C Axis II symptoms often show the following attachment classification:
 - A. Secure.
 - B. Dismissing.
 - C. Anxious-Ambivalent.
3. These patients often show superficial characteristics of
 - A. Competence, interpersonal skills, or emotional stability.
 - B. Good verbal insight into their emotional process.
 - C. Eagerness to form emotionally intense relationships.
4. The inability of survivors of neglect to regulate their emotional states is:
 - A. Primarily the result of life threatening events (Criterion A events).
 - B. Linked to lack of exposure to a secure, developmental attachment sequence.
 - C. Due to poor nutrition in childhood.
5. A variety of human and animal studies indicate which neurotransmitter(s) play a central role in maternal-infant attachment:
 - A. Endogenous opioids and dopamine.
 - B. Serotonin.
 - C. Acetylcholine and norepinephrine.

6. Neurotransmitters essential to the development of right prefrontal orbital mediated capacities for emotional self-regulation are stimulated by:
 - A. Crawling.
 - B. Gentle touch.
 - C. Maternal gaze.
7. Patients with dismissing insecure attachment show the following characteristic shifts:
 - A. From hypomanic to depressed.
 - B. Little awareness of emotional responses to perceived abandonment until they reach the point of crisis.
 - C. From idealization to devaluation.
8. In the Discrete Behavioral States model, Putnam asserts:
 - A. Discrete behavioral states and pathways connecting them need to be developed.
 - B. Infants are born with all of the discrete states needed to function well.
 - C. Discrete behavioral states are really metaphors without a physiological basis.
9. The PAT differs from standard EMDR procedurally primarily by:
 - A. Using fewer repetitions per set of bilateral stimulation (eye movements).
 - B. Focusing on the internal feeling state of a recent shared positive experience, not focusing on early memories, and only attempting to improve the SUD and VoC 2 to 3 levels without a body scan.
 - C. Enhancing any positive feeling by linking it with a sensation in the body and leaving out identify negative or positive cognitions.
10. Patients with histories of both neglect and trauma:
 - A. Are poor candidates for EMDR treatment.
 - B. May need affect tolerance work in the stabilization phase of treatment but also deserve treatment for the impacts of adverse life events.
 - C. Should only be offered affect tolerance and ego strengthening interventions.

Course Evaluation
Session 322

Andrew M. Leeds, Ph.D. - Learning to Feel Good About Positive Emotions
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 concepts from attachment theory | 1 | 2 | 3 | 4 | 5 |
| B. Learn concepts from Putnam's discrete behavioral states
model..... | 1 | 2 | 3 | 4 | 5 |
| C. Learn concepts from AIP model support PAT | 1 | 2 | 3 | 4 | 5 |
| D. Learn the foundation for the Positive Affect Tolerance and
Integration Protocol..... | 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: _____

Phone: _____ Fax: _____ E-mail: _____

License Type & Number: _____