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“The Neurobiology of EMDR: Recent Findings and Insights”

Session 333 Presented at the EMDR International Association Annual Conference September 29, 2007 by Uri Bergmann, Ph.D.

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the EMDR International Association Annual Conference
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by

Uri Bergmann, Ph.D.

EMDRIA CE Credit Examination

1. All of the following functions are considered to be localized in the left cerebral hemisphere except:
 - A. Linguistic.
 - B. Integrated map of the body.
 - C. Logical.
2. All of the following functions are considered to be localized in the right cerebral hemisphere except:
 - A. Verbal.
 - B. Self soothing.
 - C. Self concept.
3. The Ventral vagus nerve is a component of the parasympathetic system that:
 - A. Mediates the freeze response.
 - B. Increases sympathetic arousal.
 - C. Reduces sympathetic arousal.
4. The Dorsal vagus nerve is a component of the parasympathetic system that:
 - A. Mediates the freeze response.
 - B. Increases sympathetic arousal.
 - C. Reduces sympathetic arousal.
5. All of the following are true of the Pons except:
 - A. Connects the brainstem and limbic structures.
 - B. Bridges the brainstem and midbrain.
 - C. Pontine nuclei relay neocortical information to the cerebellum.
6. The hippocampus does all of the following except:
 - A. Mediates retrieval of episodic memory.
 - B. Brings emotion to memory.
 - C. Mediates memory of events in time and space.
7. The name hippocampus means:
 - A. Butterfly.
 - B. Water space.
 - C. Sea horse.

8. The name amygdala means:
 - A. Clam.
 - B. Peanut.
 - C. Almond.
9. In the amygdala:
 - A. Conscious executive decisions between alternatives are made.
 - B. Aspects of memory are brought together and endowed with emotion.
 - C. Sensory information is integrated.
10. The anterior cingulate gyrus does all of the following except:
 - A. Selects a course of action.
 - B. Mediates shifting of attention.
 - C. Connects affect and cognition.
11. PTSD is associated with:
 - A. Decreased plasma norepinephrine.
 - B. Increased plasma norepinephrine.
 - C. Increased plasma cortisol.
12. PTSD is associated with:
 - A. Decreased plasma norepinephrine
 - B. Decreased plasma cortisol.
 - C. Decreased plasma oxytocin.
13. SPECT imaging indicates EMDR treatment leads to all of the following except:
 - A. Increased activation of anterior cingulate gyrus.
 - B. Frontal lobe activation.
 - C. Increased activation of the aymgdala.
14. Neural oscillation refers to:
 - A. Physical movement in neurons during learning.
 - B. Variations in voltage that can be synchronized across brain regions.
 - C. Changes in levels of neurotransmitters due to circadian rhythms.
15. Stickgold (2002) believes that EMDR may work via:
 - A. Brief cholinergic surges turn on and run the brain's REM system in reverse.
 - B. The orienting response.
 - C. Electrical spikes that alter neuronal connections.
16. Thalamocortical Temporal Binding is:
 - A. Is a sign of a possible seizure disorder.
 - B. Is disrupted by 40 Hz Oscillations.
 - C. Is enhanced by 40 Hz Oscillations.
17. Bilateral stimulation in EMDR may allow:
 - A. Decreased stimulation of the cerebellum.
 - B. The cerebellum to transmit information to the limbic structures.
 - C. Decreased Thalamocortical Temporal Binding.
18. Thalamocortical Temporal Binding tends to lead to:
 - A. Somatosensory integration.
 - B. Somatosensory fragmentation.
 - C. Distorted self-blame.

19. The number of nerve cells in the cerebellum:
 - A. Is greater than the number in the cerebral cortex.
 - B. Is less than the number in the cerebral cortex.
 - C. Is about the same as the number in the cerebral cortex.
20. While EMDR may stimulate the REM system it differs because it allows:
 - A. For loss of frontal control.
 - B. For intermittent frontal control.
 - C. Maintaining frontal control.

Course Evaluation
Session 333

Uri Bergmann, Ph.D. - The Neurobiology of EMDR
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 recent empirical findings on the neurobiology
episodic and procedural memory integration..... | 1 | 2 | 3 | 4 | 5 |
| B. Learn about theories on the role of the cerebellum in
information processing..... | 1 | 2 | 3 | 4 | 5 |
| C. Learn about theories on EMDR's activation of the
neurophysiology of the REM-sleep system..... | 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: _____

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