

Title: *Somatic Interventions for Treating Complex Trauma*

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Credit: One (1) Continuing Education Credit Awarded

Post-Test (*For reference only. You must take and pass the test online for CE credit.*)

- 1) In the triune brain model:
 - a) the reptilian brain speaks the language of sensation/impulse
 - b) the limbic brain speaks the language of thinking and analytical processing
 - c) the neocortex brain speaks the language of fight, flight, freeze
 - d) all of the above

- 2) The window of tolerance is a model of autonomic arousal:
 - True
 - False

- 3) Symptoms of hyperarousal include:
 - a) panic
 - b) ruminative thoughts
 - c) impulsivity
 - d) all of the above

- 4) Symptoms of hypo arousal include:
 - a) numbness
 - b) rage
 - c) flight
 - d) all of the above

- 5) Traumatic implicit memories are experienced as:
 - a) overwhelming emotions
 - b) impulses to act
 - c) thoughts that predict failure or threat
 - d) all of the above

- 6) To interrupt procedural learning therapists need to:
 - a) make sure they understand all the details of a client's trauma story
 - b) ask a lot of "why" questions
 - c) draw attention to what is happening in the now
 - d) all of the above

- 7) Mindful questions can be enhanced by:
 - a) asking "how, where, and what" questions
 - b) offering a menu of possibilities to the client
 - c) asking the client contrasting questions
 - d) all of the above

- 8) Which of the following questions promote mindfulness?
 - a) "Why do you think your father acted that way?"
 - b) "Where are you sensing that tension?"
 - c) "As you are feeling this sadness what do you notice in your body?"
 - d) a and b
 - e) b and c

- 9) Somatic interventions are useful
 - a) in restoring autonomic regulation to the body
 - b) in promoting psychological well-being and competency
 - c) in interrupting procedurally learned patterns
 - d) all of the above

- 10) Examples of resourcing somatic interventions including
 - a) grounding through the feet and sitz bones
 - b) lengthening through the spine
 - c) placing hands over the heart or areas of tension in the body
 - d) holding the breath
 - e) a, b, and c
 - f) a, b, and d