

## CE Quiz

### Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment

book by David Emerson

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#### Chapter 1

1. In trauma-sensitive yoga, the word "pose" is replaced with "form." What is the author's reasoning for this?
  - A. Some victims of trauma may have been exploited and forced to pose by abusers
  - B. The term "pose" implies that what an act looks like on the outside is more important than how it feels in the inside
  - C. By focusing on one's form, the client is allowed freedom to experience the movement without setting expectations
  - D. All of the above
2. In typical yoga, instructors may focus on controlling breath. This is also a goal of trauma-sensitive yoga.
  - A. True
  - B. False
3. In order to give clients the choice to move their bodies, trauma-sensitive yoga uses \_\_\_ language.
  - A. Directive
  - B. Invitatory
  - C. Pragmatic
  - D. Expressive
4. Somatic experiencing and trauma-sensitive yoga share what common belief?
  - A. Both heavily rely on the body in the treatment process
  - B. Both require clients to talk about their experiences
  - C. Both are products of cognitive behavior therapy
  - D. Somatic experiencing and trauma-sensitive yoga do not share a common belief

5. Early testing of trauma-sensitive yoga on brain functioning of clients with complex trauma found:

- A. Trauma-sensitive yoga increased the functioning of Wernicke's area in 6 out of 8 clients.
- B. Trauma-sensitive yoga decreased gray matter in older adults who were victims of childhood trauma.
- C. Clients who participated in trauma-sensitive yoga had more interoceptive pathway activity than clients who did not.
- D. So far, there has been no suggested evidence that trauma-sensitive yoga influences brain functioning.

6. Trauma-sensitive yoga corresponds to which counseling theory that was pioneered by Mary Ainsworth and John Bowlby?

- A. Strange Situation Protocol
- B. Anxious-Avoidant Attachment
- C. Attachment Theory
- D. Behavioral Theory

## Chapter 2

7. While implementing trauma-sensitive yoga with Cindy, the 39 year old client with a history of sexual and verbal abuse, the therapist's main goal was to:

- A. Encourage Cindy to follow a prescribed yoga flow
- B. Give Cindy an opportunity to feel movement and sensations within her body at a tolerable level
- C. Stop all trauma sensitive yoga as soon as Cindy became upset
- D. Process Cindy's traumatic memories that arose from the trauma-sensitive yoga

8. Our awareness and perception of our bodies and how its feelings help determine mood and emotions is known as:

- A. Proprioception
- B. Exteroception
- C. Interoception
- D. Introspection

9. What does the book consider to be the most important word in the language of interoception?

- A. "Notice"
- B. "Feel"
- C. "Accept"

D. "Good"

### Chapter 3

10. The book discusses three specific ways to bring choices to clients using trauma-sensitive yoga. They are:

- A. Use inviting language; do not command
- B. Present body-based choices that can be experienced in the moment
- C. Connect choices to interoception
- D. All of the above

11. When should the therapist physically assist a client with trauma sensitive yoga forms?

- A. When the therapist sees the client is physically or emotionally struggling with a form
- B. Only after the therapist has notified the client that her or she is about to provide physical assistance
- C. The therapist should not engage in physical assistance
- D. Only after the therapist has verbal permission from the client

### Chapter 4

12. To think broadly of the relationship between interoception, choice, and action, view it as a \_\_\_ process.

- A. Circular
- B. Linear
- C. Discreet
- D. All of the above

### Chapter 5

13. "Being present" in trauma-sensitive yoga is more about \_\_\_ than \_\_\_.

- A. Thinking; the body
- B. The body; thinking
- C. Spirituality; mindfulness
- D. Mindfulness; spirituality

### Chapter 6

14. In chapter 6, the therapist uses trauma-sensitive yoga to invite war veterans to notice:

- A. Mindfulness
- B. Breathwork
- C. Muscle dynamics
- D. Core strengthening

## **Chapter 7**

15. Aspects of rhythm associated with trauma-sensitive yoga include:

- A. Constriction
- B. Time
- C. Isolation
- D. All of the above