

Here's a copy of the online quizzes for Continuing Education credit

The following questions have been designed to test both your comprehension and retention of each presentation you attend. As such, please disregard any prior or outside knowledge related to the following questions, and instead answer them solely based on information presented during the specific presentation.

While these questions may be difficult, they are not designed to "trick" you. As an aid, in each question, the key word or words on which you should focus have been bolded.

You must score at least 60% (at least 3 correct of 5 questions) to receive credit, and you get up to three chances to take each quiz, so RELAX.....

After you complete each presentation, you will have the opportunity to complete the evaluation and quiz. If you've logged in and attended the entire presentation and pass the quiz, the system will automatically send you an email with your CE certificate attached as a pdf file which you can download and print immediately. You can complete any evaluation and quiz at any time until July 19, 2008, and receive credit on the day you complete it.

Instructions: Please indicate whether the following statements are either TRUE or FALSE based upon the information presented during the lecture.

1A - PRE CONF 1 - BRESLER

Marty Rossman defines an "Image" as a thought form **LACKING** sensory qualities.

TRUE OR FALSE

Imagery is considered to be the oldest and most ubiquitous form of therapy, since **ALL** healing rituals or ceremonies involve imagery either overtly or covertly

TRUE OR FALSE

While imagery has been shown to be a useful tool in reducing psychological symptoms (i.e., stress, anxiety, depression, etc.), it has **NOT** been shown to be effective in relieving the more somatic symptoms (i.e., pain, nausea, bronchospasm, etc.).

TRUE OR FALSE

The four types of suggestion are: **VERBAL**, **NON-VERBAL**, **INTRAVERBAL**, and **EXTRAVERBAL**.

TRUE OR FALSE

During the guided imagery demonstration with Daru Maer, Daru came across an image of **LOBSTER CLAWS**.

TRUE OR FALSE

1B – PRE CONF 2- BRESLER

During the “Meeting an Inner Advisor” exercise, when meeting an Inner Advisor for the first time, Dr. Bresler suggests **POSSIBLY OFFERING YOUR ADVISOR EITHER A GIFT OR SOME FOOD YOU THINK IT MIGHT ENJOY.**

TRUE OR FALSE

A **TRUE INNER ADVISOR** can either be highly knowledgeable, friendly and supportive, or highly negative and critical towards you.

TRUE OR FALSE

One of the main goals of **THE GROUNDING PROCESS** is “converting insights to actions.”

TRUE OR FALSE

Some of the steps in the Grounding Process include: **BRAINSTORMING, CHOOSING THE BEST OPTION, PLANNING FOR ACTION, AND TAKING ACTION.**

TRUE OR FALSE

During the Grounding demonstration, the central problem that the “client” wanted help with was her habit of **EXCESSIVE ONLINE SHOPPING.**

TRUE OR FALSE

2 – ORNISH

One of the main points Dr. Ornish makes early in his presentation is that there clearly are **GOOD FOODS AND BAD FOODS.**

TRUE OR FALSE

One of the studies shown in the presentation reported that **WALKING FOR AS LITTLE AS THREE HOURS PER WEEK** could increase the size of people’s brains.

TRUE OR FALSE

Depending on the amount consumed, alcohol was shown to have the potential to **EITHER INCREASE OR DECREASE TOTAL NUMBER OF BRAIN CELLS.**

TRUE OR FALSE

Omega-3 Fatty Acids are more commonly known as **“BAD FATS”**.

TRUE OR FALSE

One of the studies shown in the presentation reported that **PROPORTIONALLY MORE MEN THAN WOMEN** will eventually become overweight.

TRUE OR FALSE

3 – CASS

According to the lecture, depression is largely **UNAFFECTED** by diet.

TRUE OR FALSE

One of the studies presented in the lecture claimed that those depressed patients who were on a natural 5-HTP treatment had a **GREATER** improvement over their depression, anxiety, insomnia and physical symptoms than the patients taking the antidepressant.

TRUE OR FALSE

Fish eaters are **LESS** prone to depression because of the high quantities of Omega-3 Fatty Acids in fish.

TRUE OR FALSE

Adaptogens **INCREASE** the body's resistance to stresses such as trauma, anxiety and bodily fatigue.

TRUE OR FALSE

Among the "Natural Highs" listed at the end of the lecture were **LOUD MUSIC, ANTI-DEPRESSANTS,** and **SLEEPING PILLS.**

TRUE OR FALSE

4 – SOBEL

According to Dr. Sobel, one of the reasons why health care administrators are resistant to implement Mind/Body medicine are **THEY CANNOT SEE HOW IT COULD BE COST-EFFECTIVE FOR THEIR ORGANIZATIONS.**

TRUE OR FALSE

In fact, there are **NO STUDIES** that have shown Mind/Body interventions to be cost-effective.

TRUE OR FALSE

According to Dr. Sobel, attitudes, beliefs and moods **CAN** significantly influence health outcomes.

TRUE OR FALSE

In one study on abdominal surgery, the use of an imagery suggestion **SIGNIFICANTLY REDUCED LENGTH OF HOSPITAL STAY.**

TRUE OR FALSE

In regard to medication adherence, patients who adhere to placebo treatments show **SIMILAR** health outcomes to patients who poorly adhere to real drugs.

TRUE OR FALSE

5 – ACHTERBERG

NEUROTHEOLOGY was defined as the field dedicated to understanding the relationship between spirituality and the brain.

TRUE OR FALSE

In the Distant Healing study, only two of the pairs of healers and receivers **SHOWED SIGNIFICANT RESULTS.**

TRUE OR FALSE

The results from the Qi Gong healer had to be thrown out of the study, but probably would have been **THE LEAST SIGNIFICANT** results anyway.

TRUE OR FALSE

The distant healing study **WAS NOT REALLY A STUDY OF DISTANT "HEALING,"** but really more of distant "brain activation."

TRUE OR FALSE

According to Dr. Achterberg, there are **ALMOST NO CONTROLLED STUDIES** showing significant effects of prayer, distant healing, or healing intentions on either health or behavior.

TRUE OR FALSE

6 - PELLETIER

Dr. Pelletier reads a quote saying that American healthcare is the best in the world **ALWAYS.**

TRUE OR FALSE

Both "Total Practitioner Visits" and "Total Expenditure" for Complementary and Alternative Medicine **INCREASED** from 1990 to 1997.

TRUE OR FALSE

The highest use of Complementary and Alternative Medicine in 1997 was by **LOWER INCOME, ELDERLY MEN WHO WERE NOT COLLEGE EDUCATED.**

TRUE OR FALSE

Rather than simply looking at the difference between Traditional versus Alternative Medicine, Dr. Pelletier suggests looking at the difference between **WHAT WORKS AND WHAT DOESN'T WORK.**

TRUE OR FALSE

Of all of the large 2-year increases in sales in the US Herbal Market, by far the largest increase was that of **ST. JOHN'S WORT**, which rose by 1,900% over two years.

TRUE OR FALSE

7 Reynolds

Dr. Reynolds calls the Left Brain the "voice of the '**CONSCIOUS** mind'."

TRUE OR FALSE

The Press Ganey survey showed that Patient Satisfaction was **NOT** correlated with either Hospital Profitability or Employee Satisfaction.

TRUE OR FALSE

Dr. Reynolds calls the Emergency Department "a Special Case" because, among other things, **THE PATIENTS ARE IN CRISIS, THE PHYSICIANS HAVE NUMEROUS STRESS FACTORS, AND THE PATIENT-PHYSICIAN ENCOUNTER IS PARTICULARLY BRIEF.**

TRUE OR FALSE

It turns out, according to the Patient Satisfaction Surveys quoted in the presentation, that the likelihood of recommending the emergency department was **MOST** strongly correlated with the extent to which the patient was informed about delays.

TRUE OR FALSE

Shorter total waiting time **ALWAYS** resulted in higher patient satisfaction.

TRUE OR FALSE

8 – GORDON

According to the presentation, healthy systems (beings) move toward increased **SIMPLICITY.**

TRUE OR FALSE

Following trauma, the volume of the hippocampus **DECREASES**, while the size of the ventricle **INCREASES.**

TRUE OR FALSE

Trauma can produce **AMNESIA AND OTHER LOSSES OF MEMORY.**

TRUE OR FALSE

Dr. Gordon stated that PTSD might be caused by a greatly **DECREASED** Fight or Flight response to agitation over a **SHORT** period of time.

TRUE OR FALSE

One of the many modalities incorporated into the Mind/Body Training classes was the use of **MOTOR AND SENSORY INTEGRATION THROUGH DANCE, MOVEMENT, YOGA, ETC.**

TRUE OR FALSE

9 – SHAPIRO

According to the lecture, treatments such as E.M.D.R. work because new experiences exist **COMPLETELY SEPARATELY** from past experiences and memories.

TRUE OR FALSE

Dr. Shapiro makes the point that physiological limits **EXIST** but that they **CAN** be used to achieve mental health.

TRUE OR FALSE

The point of the “Visualizing your own grade school trauma” demonstration was to show that almost everyone has **SOME UNPROCESSED MEMORIES.**

TRUE OR FALSE

EMDR is an “Adaptive Information Processing Model” because, among other reasons, it **MOVES MEMORIES FROM ONE FORM OF MEMORY SYSTEM TO THE NEXT.**

TRUE OR FALSE

The **POWERLESS NETWORK** refers to the ease with which E.M.D.R. produces changes in unprocessed memories.

TRUE OR FALSE

10 - KALLINKE

Dr. Kallinke explains that early imagery focused greatly on **VERBAL BEHAVIOR.**

TRUE OR FALSE

Although interesting, Dr. Kallinke points out that Eye Movement Desensitization and Reprocessing (E.M.D.R.) is **NOT** really an Imagery-related technique.

TRUE OR FALSE

According to the lecture, Smucker's "Imagery Rescripting" is a **MORE DIRECT** method than E.M.D.R. in terms of changing traumatic memories.

TRUE OR FALSE

The study of **SALUTOGENESIS** is the study of the forces that support health.

TRUE OR FALSE

The "Rosetta Study" mentioned in the lecture confirmed the simple fact that although our **BEHAVIORS** have remained relatively consistent over several millennia, the broad changes in our **GENETICS** have resulted in the imbalances that makes us sick today.

TRUE OR FALSE

11 - BENOR

In the first demonstration, the Client is suffering from a problematic **SOCIAL PHOBIA** that keeps him from being able to **SING** in public.

TRUE OR FALSE

WHEE has not been shown to be very effective in treating **PHYSICAL PAINS**.

TRUE OR FALSE

One of the serious drawbacks to using WHEE, as explained in lecture, is that **IT TAKES AN INCREDIBLY LONG TIME TO START BEING EFFECTIVE.**

TRUE OR FALSE

One study showed that WHEE could be taught to groups of over 40 and still result in a **SIGNIFICANT DECREASE IN DISTRESS OVER WHATEVER EACH SUBJECT WANTED TO FEEL BETTER ABOUT.**

TRUE OR FALSE

In the second demonstration, the man with shoulder pain had to practice WHEE for **SEVERAL WEEKS** before he got back noticeably greater range of motion in his shoulder.

TRUE OR FALSE

12- SHEINMAN

CONVENTIONAL LEARNING, according to the presentation, focuses mostly on learning through experience, learning through awareness, and developing mind-body skills for life.

TRUE OR FALSE

One of the traits listed for "Schools with a Positive Climate," was that they **DEVELOP COPING SKILLS TOWARDS LIFE'S STRESSES AND CHALLENGES.**

TRUE OR FALSE

In his discussion of Meditative Learning, Dr. Sheinman quotes the Tao Te Ching, which says, "**WITHOUT GOING OUTSIDE, YOU MAY KNOW THE WHOLE WORLD.**"

TRUE OR FALSE

Of all the potential harms facing adolescents, the main threat to adolescents' health is **EXTERNAL VIOLENCE AND DANGERS.**

TRUE OR FALSE

One of the many modalities incorporated into the Mind/Body Training classes was the use of **MOTOR AND SENSORY INTEGRATION THROUGH DANCE, MOVEMENT, YOGA, ETC.**

TRUE OR FALSE

13 – deBECKER

Gavin deBecker calls **ALL FORMS OF FEAR** manufactured and unwarranted.

TRUE OR FALSE

According to deBecker, Fear is the **HIGHEST ORDER** signal in the body.

TRUE OR FALSE

The fear of public speaking can, in some ways, be equated to the **FEAR OF DEATH.**

TRUE OR FALSE

If the signal of intuition is "a whisper," then the signal of curiosity is a **SOFTER** whisper.

TRUE OR FALSE

In the interview, deBecker says that Local News is designed to cause **FEAR** because if it caused **ANXIETY**, it would be too unpleasant for people to watch every day.

TRUE OR FALSE

14 – MEHL-MADRONA

Dr. Mehl-Madrona believes that when communicating with imagery figures (such as the Spirit of the Illness), it is **ALWAYS** more effective to do so in the form of a story line.

TRUE OR FALSE

According to Dr. Mehl-Madrona, it is often helpful to make use of the Buddhist philosophy that **ONLY HUMAN BEINGS** are truly conscious.

TRUE OR FALSE

In the presentation, Dr. Mehl-Madrona quotes from a famous philosopher of science who believed that **EVERY HYPOTHESIS IS PROVABLE IF YOU CAN BE CREATIVE ENOUGH IN HOW YOU TEST IT.**

TRUE OR FALSE

During the story about the invention of Death and Illness, **HALF OF THE COMPETITORS CHEATED WHILE THE OTHER HALF DID NOT.**

TRUE OR FALSE

When communicating with the Spirit of the Illness or Pain, it is often **RECOMMENDED** to ask kindly (rather than insistently) whether the Spirit would be willing to give you some relief.

TRUE OR FALSE

15 - GUBER

Peter Guber believes that **FACTS** are typically more easily remembered than **STORIES**, even if the story is gripping and emotionally involving.

TRUE OR FALSE

According to Guber, some people are **SIMPLY BORN** as storytellers – in other words, **NOT EVERYONE CAN BE A STORY TELLER.**

TRUE OR FALSE

As far as the relationship between Words and Images, Guber states that **WORDS ARE EXPRESSIONS OF IMAGES.**

TRUE OR FALSE

When Guber says, "Stand guard at the portal of the mind," he is talking about being mindful of all of the ways in which **WE PHYSICALLY COMMUNICATE WHAT WE ARE THINKING.**

TRUE OR FALSE

According to Guber, when forced to deliver bad news or risky possible outcomes for patients, it is **MOST ETHICAL AND LEGAL TO SIMPLY OMIT TELLING THEM ABOUT POTENTIAL RISKS THAT CREATE NEGATIVE IMAGES.**

TRUE OR FALSE

16 – MILZ

Motor Imagery is a cognitive process in which a subject **PERFORMS MOVEMENTS WHILE HE/SHE VISUALIZES THEM.**

TRUE OR FALSE

Functions of Self-organization (or Autopoiesis) include **EXPECTATIONS, SUCH AS DESIRES OR IMAGINATION.**

TRUE OR FALSE

According to Dr. Milz, we **SIMULTANEOUSLY COMMUNICATE OUR STATE OF BEING ON MANY LEVELS.**

TRUE OR FALSE

According to the Neurobiology of Emotional Body Language study, facial expressions communicate **MORE INFORMATION BY THEMSELVES** than is communicated from emotional body language.

TRUE OR FALSE

One of the hopes of the Clay Modeling experiment was that it would reveal **ASPECTS OF A PERSON'S CURRENT BODY IMAGE.**

TRUE OR FALSE

17 – KING

According to the lecture, one of the benefits of interactive imagery is **GUARANTEED IMPROVEMENT IN PHYSICAL CAPABILITY.**

TRUE OR FALSE

NON-DIRECTIVE LANGUAGE acknowledges the athlete's experience exactly as they describe it.

TRUE OR FALSE

The "inner coach" is always a symbol of **WISDOM AND SKILL.**

TRUE OR FALSE

The three sets in interactive imagery, as described by Dr. King, include **FORESIGHT, INSIGHT, AND HINDSIGHT.**

TRUE OR FALSE

According to Dr. King, the best kind of Interactive Guided Imagery utilized "**SCRIPTED, GENERIC IMAGERY AS DETERMINED BY THE GUIDE**"

TRUE OR FALSE

18 - MOMMAERTS

Dr. Mommaerts describes Guided Imagery as one kind of **AUTOSUGGESTION**.

TRUE OR FALSE

Dr. Mommaerts suggests that although pain and suffering will be essentially gone by 2108, **VIOLENCE AND DISCRIMINATION** may continue to spread in the future.

TRUE OR FALSE

Smoking, according to the presentation, is something that will be seen as **SOMETHING FROM THE PAST, ALTOGETHER**.

TRUE OR FALSE

Rather than looking at simply "what works," Dr. Mommaerts praises the current movement in medicine towards searching for **WHAT IS IT THAT WORKS? AND TOWARDS WHAT IS IT WORKING?**

TRUE OR FALSE

Dr. Mommaerts describes his vision of the future of medicine as **JUST ONE OF AN INFINITE NUMBER OF POSSIBLE SCENARIOS, EACH OF WHICH IS EQUALLY LIKELY**.

TRUE OR FALSE

19 - FREEMAN

Dr. Freeman is largely concerned with the **PSYCHOSOCIAL IMPACT** from cancer-treatment related symptoms.

TRUE OR FALSE

One shortcoming in current research about the effects of stress of a serious diagnosis lies in the **LACK OF MANY PROSPECTIVE, LONGITUDINAL STUDIES**.

TRUE OR FALSE

Dr. Freeman believes that much of the cancer-related cognitive impairments are **MORE LIKELY DUE TO PLACEBO EFFECT RATHER THAN THE PHARMACOLOGICAL EFFECTS OF THE CANCER TREATMENT DRUGS THEMSELVES**.

TRUE OR FALSE

The strongest predictor of depression in survivors **WAS ONGOING CANCER TREATMENT-RELATED SYMPTOMS**.

TRUE OR FALSE

Of all of the Cognitive Programs mentioned, **NONE** of the interventions focused on restoring specific cognitive function.

TRUE OR FALSE

20 –ROSSMAN

One of the Four Special Challenges of Cancer Diagnosis (as indicated by Dr. Rossman) is that **CANCER TREATMENTS ARE INHERENTLY HARD TO CHOOSE, AS THEY OFTEN ENTAIL PAINFUL OR RISKY INTERVENTIONS.**

TRUE OR FALSE

In terms of its value in cancer care, Dr. Rossman believes that Imagery is great for reducing stress, but **NOT PARTICULARLY EFFECTIVE IN STIMULATING HEALING.**

TRUE OR FALSE

During **BRANCHED INTERACTIVE GUIDINGSM** the guide acts like a tape recorder with a pause button, in that the client sets pace, but the guide determines direction.

TRUE OR FALSE

On the Axis of Empowerment, the opposite of Classical Hypnosis (which is Directive and Content Full) is **INTERACTIVE GUIDED IMAGERYSM, WHICH IS PERMISSIVE AND CONTENT FREE.**

TRUE OR FALSE

One of the shortcomings of Imagery therapy is that although it can reduce the adverse effects of a condition, it **CANNOT** affect the adverse effects of many treatments (i.e., anxiety, depression, nausea, fatigue, etc.)

TRUE OR FALSE

21 – CHOW

According to Dr. Chow's lecture, one example for why Diversity is important comes from the 1970s, when due to lack of understanding, **SOME ACUPUNCTURISTS WERE BEING THROWN IN JAIL IN CALIFORNIA.**

TRUE OR FALSE

The three components most often focused on in Natural Cultural Medicine are **THE BODY, THE MIND, AND THE IMMUNE SYSTEM.**

TRUE OR FALSE

Iatrogenic Diseases are **DISEASES INDUCED BY MEDICAL TREATMENTS.**

TRUE OR FALSE

One of the studies presented in the lecture reported that Iatrogenic Diseases represent **THE THIRD BIGGEST KILLER IN HOSPITALS.**

TRUE OR FALSE

During the Qi-Energy demonstrations, there was **VIRTUALLY NO DIFFERENCE** between the effects of Qi exchange through physical touch, and the Qi exchange from across the room.

TRUE OR FALSE

22 - WHITE

According to Dr. White, traditional acupuncturists believe that **WITHIN THE MERIDIANS (OR ENERGY PATHWAYS)**, almost every life choice or crisis is mapped out in detail.

TRUE OR FALSE

The Cultural Revolution in China served to **ENCOURAGE** the emphasis of the psychological and spiritual aspects of medicine.

TRUE OR FALSE

According to the lecture, moods are **NOT** typically directed towards an object.

TRUE OR FALSE

One of the Classical Chinese Medicine assumptions about emotions was that they are culturally informed, social paradigms, **NOT UNIVERSAL EXPERIENCES.**

TRUE OR FALSE

According to Classical Chinese Medicine, the ability to remain stuck in one posture or stance in life is the key to **PREVENTING** disease.

TRUE OR FALSE

23 - Tindle

One of the primary focuses of Dr. Tindle's presentation was on the role of Mind/Body therapies in **ALCOHOL WITHDRAWAL** programs.

TRUE OR FALSE

Negative Affect was shown, in one study, to be **SIGNIFICANTLY CORRELATED** to relapse in times of crises.

TRUE OR FALSE

The "Triangle of Awareness," as discussed in relation to Mindfulness, consists of **THOUGHTS, EMOTIONS, AND PHYSICAL SENSATIONS.**

TRUE OR FALSE

Dr. Tindle recommends using Mind/Body therapy **ALONE**, as it has not been shown to be more effective when combined with traditional pharmacotherapy.

TRUE OR FALSE

Mind/Body therapies tend to bring about lasting behavior change because they are **EASY TO TEACH AND LEARN, ARE INEXPENSIVE, AND ARE ENJOYABLE FOR PATIENTS.**

TRUE OR FALSE

24 – Bresler

According to Dr. Bresler's Premise, many chronic pain patients experience **TRAUMATIC LEARNING, OR HYPNOSIS,** and continue to experience their pain through post-hypnotic suggestion.

TRUE OR FALSE

During a dangerous or traumatic experience, the "Inner Tape Recorder" referred to by Dr. Bresler makes careful notes and learns all of the available physical and emotional cues of danger, **EVEN AFTER ONLY ONE EXPOSURE TO THE STIMULI.**

TRUE OR FALSE

Dr. Bresler states that conflict between the "Knowing" brain and the "Feeling" brain is often the result of **AN UNRESOLVED TRAUMATIC EXPERIENCE.**

TRUE OR FALSE

Most people, according to Dr. Bresler, find Junior High School a **POSITIVE AND HEALTHY ENVIRONMENT IN WHICH THEY ARE ALLOWED TO GROW AND LEARN WITHOUT FEAR OF HUMILIATION OR SHAME.**

TRUE OR FALSE

When someone walks into a doctor's office because he or she wants to give up an addiction, that act alone is essentially a sure sign that that person is experiencing an **INNER CONFLICT.**

TRUE OR FALSE

25 - Ellroy

James Ellroy attributes much of his success in attaining sobriety to his formation of **A POSITIVE AND IMAGINATIVE CONNECTION TO THE WORLD.**

TRUE OR FALSE

One of the "Three Stages to Overcoming Addiction" mentioned in the presentation is **SURRENDERING YOURSELF TO A HIGHER POWER.**

TRUE OR FALSE

One of James Ellroy's suggestions for attaining sobriety is **FINDING MORE NATURAL REPLACEMENT "HIGHS".**

TRUE OR FALSE

In his own progress towards sobriety, James Ellroy found that mild sleeping pills were **HIGHLY EFFECTIVE TOOLS** for helping him maintain his basic personal "necessity" for sound sleep.

TRUE OR FALSE

James Ellroy believes that for addicts (particularly alcoholic and narcotics abusers), using other pharmaceuticals that provide a subtle "high" is **A HEALTHY AND EFFECTIVE WAY TO ACHIEVE SOBRIETY.**

TRUE OR FALSE

26 - Krippner

One of the Four Stages of Creativity (as described by Dr. Krippner) involves **VERIFICATION OF THE CREATIVE IDEA.**

TRUE OR FALSE

Two of the Four Stages of Creativity can **ONLY** occur during sleep.

TRUE OR FALSE

One key to finding creativity in dreams is to review the problem before sleep, or as Dr. Krippner refers to it, make use of **DIRECTED INCUBATION.**

TRUE OR FALSE

In the **ILLUMINATION** stage, we research and organize our materials in great detail so that in a much later stage, we can allow creative inspiration to take place.

TRUE OR FALSE

Dr. Krippner brings up the example of Jimi Hendrix to show the occasional value of **CHEMICALLY-INDUCED ALTERED STATES OF CONSCIOUSNESS** in being creative.

TRUE OR FALSE

27 –SHEALY

In the category of Self-Regulation Biogenics, Dr. Shealy mentions three kinds of biofeedback: **SENSORY, EMOTIONAL, AND SPIRITUAL.**

TRUE OR FALSE

Dr. Shealy defines **HYPNOSIS** as a directed focus on anything pleasant.

TRUE OR FALSE

Dr. Shealy mentioned that **PHOTOSIMULATION** can be used to induce a state of relaxation.

TRUE OR FALSE

One of the methods that Dr. Shealy uses to induce relaxation involves **PAYING CLOSE ATTENTION TO THE SIGNALS OF THE BODY.**

TRUE OR FALSE

While talking about Spiritual Biofeedback, Dr. Shealy suggests that thinking, by itself, **IS NOT SUFFICIENT TO SET SPIRITUAL FORCES IN MOTION.**

TRUE OR FALSE

28 – Jaffe

One of the roles of the Wealth Psychologist is to help their clients **ATTAIN OR MAINTAIN WEALTH.**

TRUE OR FALSE

Dr. Jaffe talks about a study in which the amount of money a person has was **ALWAYS POSITIVELY** correlated with their happiness.

TRUE OR FALSE

During the lecture, one of the studies showed that regardless of income, most people, when asked "How much money is enough?" will typically respond that roughly **TWICE** their current income is "enough."

TRUE OR FALSE

One of the roles of the Wealth Psychologist can include helping families develop a consistent agreement as to issues of inheritance in order to avoid conflicts between **PARENTS' DECISIONS AND CHILDREN'S SENSE OF ENTITLEMENT.**

TRUE OR FALSE

Dr. Jaffe believes that in matters of money and inheritance within families, doing things together, "as a family," is often a **DISRUPTIVE** force.

TRUE OR FALSE

29 - Miller

Dr. Miller believes that, for the most part, people behave **BOTH RATIONALLY AND IN ACCORDANCE WITH THE "NATURAL FLOW."**

TRUE OR FALSE

One of the main causes of "Stress," according to Dr. Miller, is a lack of **HOMEOSTASIS.**

TRUE OR FALSE

Dr. Miller refers to the type of worldview that promotes love, unity, wholeness and completeness as the "**BOTH/AND**" Paradigm.

TRUE OR FALSE

At the personal level, the "Either/Or" Paradigm can lead to **EITHER FEELINGS OF INADEQUACY AND GUILT, OR, FEELINGS OF LOVE AND WHOLENESS.**

TRUE OR FALSE

Dr. Miller believes that one of the great strengths of society today lies in our **GREAT WEALTH OF STRONG AND WISE LEADERSHIP.**

TRUE OR FALSE

30 – Weil

Dr. Weil states that his central goal is to achieve the global transformation of healthcare through the field of **INTEGRATIVE MEDICINE**.

TRUE OR FALSE

Dr. Weil sees antibiotics as a **SELF-CONTAINED CURATIVE** medicine, often capable of single-handedly curing illness.

TRUE OR FALSE

In regard to the usefulness of Alternative Medicine, Dr. Weil believes that there is **A WIDE RANGE OF QUALITY** across the different modalities categorized as Alternative Medicine: some good, some bad, some even dangerous.

TRUE OR FALSE

According to Dr. Weil, trying to “stop aging” is fighting a battle against **ONE OF THE NATURAL LAWS OF THE UNIVERSE**.

TRUE OR FALSE

Dr. Weil suggests that **TREATING PATIENTS SIMPLY AS “PHYSICAL BODIES”** is necessary for a full understanding of health and illness.

TRUE OR FALSE