

The Academy for Guided Imagery
and its co-sponsoring organizations present:
**IMAGERY, SUGGESTION, AND
MIND/BODY MEDICINE: 2008**
AGI's 20th Annual Conference Webcast

CE Quiz Questions

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 capitalized. You must score at least 60% (at least 3 correct of 5 questions) to receive CE credit, and there is no time limit, so relax.....

After you complete every lesson in a course, you will have the opportunity to complete the quiz and course evaluation. If you've logged in, attended all the lessons (presentations) and passed the quiz, you will be able to download and print your CE certificate.

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

PRE CONF Lesson 1 – BRESLER/ROSSMAN

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

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

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.).

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

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

PRE CONF Lesson 2- BRESLER/ROSSMAN

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.

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

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

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

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

PART I: Advance in Alternative Medicine

(1) – ORNISH

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

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.

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

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

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

(2) – CASS

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

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.

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

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

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

(3) - PELLETIER

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

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

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

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.

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.

(4) – ACHTERBERG

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

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

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.

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

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.

Part II: Addiction, Pain, and Fear

(5) – 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.

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.

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

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.

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.

(6) – de BECKER

Gavin deBecker calls ALL FORMS OF FEAR manufactured and unwarranted.

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

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

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

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.

(7)- ELLROY

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

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

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

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.

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.

PART III: Expectations, Cancer, and Mind/Body Medicine

(9) – 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.

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

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

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

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

(9) – 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.

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. 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.

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

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.)

(10) – FREEMAN

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

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

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.

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

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

(11) – WEIL

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

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

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.

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

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

PART IV: Power of the Story/ Imagery with Smokers and Children

(12)- GUBER

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

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

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

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

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.

(13) – MEHL-MADRONA

Dr. Mehl-Madrone 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.

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

In the presentation, Dr. Mehl-Madrone 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.

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

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.

(14) – SHEINMAN

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

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

In his discussion of Meditative Learning, Dr. Sheinman quotes the Tao Te Ching, which says, "WITHOUT GOING OUTSIDE, YOU MAY KNOW THE WHOLE WORLD." Of all the potential harms facing adolescents, the main threat to adolescents' health is EXTERNAL VIOLENCE AND DANGERS.

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.

(15) – TINDLE

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

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

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

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

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.

PART V: Imagery for Trauma, Somatics, and ER Care

(16) – GORDON

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

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

Trauma can produce AMNESIA AND OTHER LOSSES OF MEMORY.

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

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.

(17) – SHAPIRO

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

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

The point of the "Visualizing your own grade school trauma" demonstration was to show that almost everyone has SOME UNPROCESSED MEMORIES. EMDR is an "Adaptive Information Processing Model" because, among other reasons, it MOVES MEMORIES FROM ONE FORM OF MEMORY SYSTEM TO THE NEXT.

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

(18) - KALLINKE

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

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

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

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

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.

(19) - MILZ

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

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

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

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

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

(20) REYNOLDS

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

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

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.

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.

Shorter total waiting time ALWAYS resulted in higher patient satisfaction.

PART VI: Sleep, Creativity, Wealth, and Chinese Medicine

(21) – KRIPPNER

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

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

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.

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.

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

(22) –SHEALY

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

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

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

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

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

(23) – JAFFE

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

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

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."

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.

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

(24) – 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.

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

Iatrogenic Diseases are DISEASES INDUCED BY MEDICAL TREATMENTS.

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

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.

(25) - 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.

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

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

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

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

PART VII: Transformation, Coaching, and Leadership

(26) – BENOR

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

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

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

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.

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.

(27) - KING

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

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

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

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

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

(28) - MOMMAERTS

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

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

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

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?

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.

(29) - MILLER

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

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

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

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

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