

Name _____

Class Location _____
(Nearest Large City) (State)

Today's Date _____

Instructions: Circle the single-most correct answer of a, b, c, d, e, -- T or F (true/false) All questions are worth 2 points.

1) Hypnotism (the study of hypnosis) was named by _____, who is known as the father of hypnosis.

- a. Freud
- b. Mesmer
- c. Braid
- e. Erickson

2) "Hypnos" in Greek means _____.

- a. Sleep
- b. Hysteria
- c. Hip movements
- d. All of the above

3) Magnetism was popularized by _____.

- a. Freud
- b. Mesmer
- c. Braid
- d. Erickson

4) Hypnosis was accepted by the AMA in _____.

- a. 1808
- b. 1938
- c. 1958
- d. 1980

5) Which of the following is it best to use in the first clinical hypnotherapy session?

- a. Rapid Induction
- b. Formal Induction
- c. Affect Bridge Induction
- d. Any of the above

6) _____ popularized hypnotherapy with interventions on the mentally ill and later abandoned it for psychoanalysis, free association, & dream analysis.

- a. Freud
- b. Mesmer
- c. Braid
- d. Erickson

7) Catharsis in Greek means _____.

- a. Under the influence of alcohol
- b. Trance or altered state
- c. Purification
- d. All of the above

8) The idea that we routinely enter and exit altered or hypnotic states of consciousness spontaneously, within normal states of consciousness, was introduced by_____.

- a. Freud
- b. Mesmer
- c. Braid
- d. Erickson

9) Generally, those that prove to be most susceptible to hypnosis are:

- a. People age 14 to 21
- b. Women
- c. Engineers
- d. People with low IQs

10) Misconceptions about hypnosis include:

- a. Hypnosis is a state of mind where one goes to sleep or becomes unconscious
- b. One may be hypnotized with a pendulum
- c. The subject will lose control, reveal secrets, or commit antisocial acts
- d. All of the above
- e. a and c only

11) Three Imaginability tests are:

- a. Book & balloon, lemon test, eye catalepsy
- b. Fractionation, pause, ideomotor
- c. Reorientation, descending order, open-ended
- d. dehydration, rehydration, in-hibernation

12) According to Erickson, and your instructor, forms of hypnosis include:

- a. meditation
- b. daydreaming
- c. watching an interesting TV program
- d. All of the above
- e. a and c only

13) According to the text, common "signs of hypnosis" are:

- a. Glassy-red eyes
- b. Time distortion
- c. REM or trembling/fluttering of the eyes
- d. All of the above
- e. a and c only

14) In general, the most important factor for producing a successful induction is:

- a. Rapport
- b. Amnesia
- c. Somnambulism
- d. Authoritarian Methods

15) Abreaction means:

- a. to relive or experience negative feelings under hypnosis
- b. a dangerous reaction from hypnosis
- c. no reaction from attempting to hypnotize someone
- d. spontaneous amnesia

16) One can enter a state of hypnosis without consciously consenting to it.

- T. (true)
- F. (false)

17) All forms of hypnosis are self hypnosis...it occurs inside the hypnotized individual and is not an external event.

- T. (true)
- F. (false)

- 18) The author's definition of hypnosis includes ideas of producing an altered state ...through a combination of fixation of attention (or concentration) , relaxation, suggestion, and expectation.
T. (true)
F. (false)
- 19) During the hypnotic state, the subject is *always* aware and certain that they are under hypnosis because the ego, or what is known as the conscious mind, is detached.
T. (true)
F. (false)
- 20) Everyone, provided they have normal psychological and physiological functioning, is able to undergo hypnosis.
T. (true)
F. (false)
- 21) When a subject under hypnosis opens their eyes, it is always indicative of exiting from the state of hypnosis and, therefore, the induction must be started over again from the beginning.
T. (true)
F. (false)
- 22) In the "law of reverse effect", imagination is stronger than will-power.
T. (true)
F. (false)
- 23) In the "law of dominant effect", the strongest emotion or desire in the subconscious mind will prevail.
T. (true)
F. (false)
- 24) According to clinical hypnotherapy studies, the use of negatives (such as "no" or "not") within hypnotic suggestions generally reduces therapeutic effectiveness.
T. (true)
F. (false)
- 25) In the "law of depth", the most effective suggestion is the one that is given in a lighter trance.
T. (true)
F. (false)
- 26) Concentration is not necessary for achieving a successful hypnotic induction.
T. (true)
F. (false)
- 27) Eye fixation is a physical (objective) induction method.
T. (true)
F. (false)
- 28) The suggestion to "imagine a restful scene" is a psychic (subjective) induction method.
T. (true)
F. (false)
- 29) According to your instructor, ways to prevent or avoid resistance in both directive and non-directive hypnotherapy is to build good rapport in the client interview stage, discussing misconceptions and expectation.
T. (true)
F. (false)
- 30) In the "dangers of hypnosis", Freud claimed that symptom treatment was safer than symptom removal because he theorized that there was a force seeking an outlet, and with blockage, this force seeks another outlet.
T. (true)
F. (false)

31) According to the text, an effective way to reduce resistance is to utilize the resistant behavior for the development of hypnosis.

- T. (true)
- F. (false)

32) The psychophysical induction method is the most widely used today by the majority of hypnotherapists.

- T. (true)
- F. (false)

33) The two brain waves, as demonstrated on the electroencephalograph, that characterize hypnosis are:

- a. Beta and Alpha
- b. Alpha and Theta
- c. Theta and Delta
- d. Gamma and Delta

34) Three deepening techniques are:

- a. Book & balloon, lemon/salivation, eye catalepsy
- b. Fractionation, pause, ideomotor
- c. Reorientation, descending order, open-ended
- d. Cliff jumping, sinking under water, acid-rock music

35) Three "methods of regression" are:

- a. Book & balloon, lemon/salivation, eye catalepsy
- b. Fractionation, silence, ideomotor
- c. Reorientation, descending order, open-ended
- d. Cliff jumping, sinking under water, acid-rock music

36) Dangers of hypnosis include:

- a. Using hypnoanesthesia without prior medical research into the cause of the pain.
- b. In group or stage hypnosis, an abreaction may occur in the audience.
- c. Neglect of suggestion removal, in the case of hallucination or amnesia.
- d. Hypnotherapy may uncover a severe amnesiac trauma.
- e. All of the above

37) Reasons for resistance include:

- a. Over use of the conscious mind (analyzing, judging, trying etc...)
- b. Fear of removal of a symptom that the subject is not ready to relinquish.
- c. Lack of rapport
- d. All of the above
- e. a and b only

38) Regressive-transformational models discussed in class include:

- a. Desensitization
- b. Differentiation
- c. Retrieval
- d. All of the above
- e. a and c only

39) The instructor's method used in all directive hypnotherapy sessions is called the _____ method.

- a. Oscar meyer wiener
- b. Associative-motivational
- c. Car/House Method
- d. Somnambulistic

40) *Somnambulism* is defined as a hypnotic, sleep-like state that is experienced in:

- a. light levels of hypnosis
- b. medium levels of hypnosis
- c. the deepest level of hypnosis
- d. All of the above

41) In transpersonal hypnotherapy, it's theorized that client and therapist learn from each other by:

- a. strict and unspoken observations.
- b. the therapist covertly recognizing some synchronistic/divine aspects of attracting such a client, in addition to the client's higher-self knowing that he or she has something to learn that is unique to that therapist's ability.
- c. the client recognizing and mentioning some issues that they believe the therapist has.
- d. the therapist takes on a "therapist centered" approach discussing his or her own philosophies.

42) According to Cayce,

- a) one's conscious mind is the part of consciousness that connects us to spiritual awareness
- b) one's subconscious mind is the part of our consciousness that is most concrete or material
- c) one's superconscious mind is the part of our consciousness that is least active
- d) "spirit taketh form in mind."

43) According to the "Core Values Grid," clients often respond best to hypnotherapy if their core values reflect:

- a) that they most often a "victim of circumstances."
- b) they are between a "victim of circumstances" and a "path of perfection."
- c) they are most often on a "path of perfection."
- d) they are off the scale

44) In the chapter on depth correlations, hyperesthesia, where all five senses are awakened occurs in:

- a) a lighter state of hypnosis
- b) a medium state of hypnosis
- c) a deep state of hypnosis
- d) in both a lighter and a medium state of hypnosis

45) In the chapter on depth correlations, profound dissociation, where a client experiences being mostly detached from the present occurs in:

- a) a lighter state of hypnosis
- b) a medium state of hypnosis
- c) a deeper state of hypnosis
- d) in both a lighter and a medium state of hypnosis

46) According to the text, a hypnotherapist's greatest asset is creativity because:

- a) he or she may teach more clients how to create more impressive art projects.
- b) he or she may give client's a sense of humor similar to "Ace Ventura's Pet Detective"
- c) he or she may cocreate therapeutic ideas, like suggestions, with the client during the session.
- d) he or she may help anybody be less creative, if nobody wants to not be creative.

47) When considering the "Faith Factor," it is the client's faith, as compared to the practitioner's faith, that is the strongest factor for determining results.

- T. (true)
- F. (false)

48) In transpersonal hypnotherapy, a goal orientation is not necessary, unless the goals are set by the therapist.

- T. (true)
- F. (false)

49) In transpersonal hypnotherapy, hypnotherapists should not do much hypnotherapy on themselves, so to stay analytical in sessions, having mostly theories to relate during therapeutic sessions.

- T. (true)
- F. (false)

50) In transpersonal hypnotherapy, hypnosis is a divine state of mind where two people come together through a higher spiritual force and the state of hypnosis leads to one's transformation and enlightenment of themselves and others.

- T. (true)
- F. (false)