

CEU Test Questions on
Soul Migrations

[*Journal of Heart-Centered Therapies* 9(1), Spring 2006, 3-96]

Circle the correct answer and mail this answer sheet, with \$50 payment, to:
The Wellness Institute, 3716 – 274th Ave SE, Issaquah, WA 98029
or FAX to 425-391-9737 and call credit card payment in to 425-391-9716
You will receive a certificate of completion by return mail

1. Roberto Assagioli recognized the unconscious as divided into three levels: the Lower Unconscious, Middle Unconscious, and the Higher Unconscious.
 - a. The Lower Unconscious is intimately connected with Jung's Collective Unconscious, that vast storehouse of historical and potential experience, all the psychologically damaging experiences of every developmental age.
 - b. The Higher Unconscious, or Superconscious, is intimately connected with the realm of the Transpersonal Self, and incorporates what Maslow calls *peak experiences*.
 - c. The Middle Unconscious consists of contents that are unconscious but not defensively repressed and therefore accessible in our normal functioning.
 - d. all of the above

2. The Dark Night of the Soul:
 - a. refers to an existential terror that scares the soul into the body.
 - b. is aroused through trauma or stark confrontation with one's mortality.
 - c. presents a window of opportunity and is a way of initiation, a process through which we surrender, deepen and cleanse the soul.
 - d. both b and c

3. Soul emergence, or the increasing connection to one's soul, may be recognized by the development of presence, love, joy, peace, and empathy, and the diminishing of fear.
 - a. Once thus connected, a "real" self emerges which is experienced as flimsy and insubstantial.
 - b. The emergence of connection with soul refines and spiritually transforms one's consciousness.
 - c. Another terminology for soul emergence is ego expansion.
 - d. both a and b

4. "Soul dissociation" may be described as an altered state of consciousness characterized by a sense of separation (or detachment) from aspects of everyday experience:
 - a. Such a state of consciousness is achieved voluntarily or involuntarily.
 - b. It occurs within a context of shamanic, out-of-body, near-death and astral projection experiences.
 - c. The soul dissociates from the body/personality in response to overwhelming trauma, and then when a reunification occurs it can re-structure the person at a new, higher level.
 - d. all of the above

5. Richard Wolman's PsychoMatrix Spirituality Inventory (PSI) proposes that seven factors comprise the spectrum of spiritual experience and behavior:
- divinity, mindfulness, intellectuality, community, extrasensory perception, childhood spirituality, and trauma.
 - divinity, intellectuality, humility, community, reverence, childhood spirituality, and trauma.
 - mindfulness, gratitude, compassion, spirituality, innocence, joyfulness, and trauma.
 - none of the above
6. Posttraumatic growth is the experience of positive change that occurs as a result of the struggle with highly challenging life crises.
- It is manifested in a variety of ways, including more challenged interpersonal relationships, and greater existential and spiritual doubt.
 - Rape victims who cited benefits from their misfortune 7 weeks after the first attack were less likely to have another attack and had lower levels of morbidity 8 years later.
 - The positive changes that occur as a result of trauma are generally short-lived.
 - none of the above
7. Attachment theory provides a rich context within which to understand the complexity of connection, and disruption in that connection, between people and their soul.
- Insecure-ambivalent attachment can be expressed as *controlling-punitive* or *controlling-caregiving*.
 - The protective defense against threat of disengagement and isolation does not apply here.
 - The defining factor in whether a traumatic experience is devastating or leads to "traumatic growth" is the ability to reconnect after a disruption, to repair the disruption.
 - all of the above
8. Particularly relevant to understanding the fluctuations in connection between personality (ego) and soul are the two generic approaches to coping with the loss of a significant relationship: continuing versus relinquishing bonds.
- Processing loss of soul incorporates "separation distress," manifested most likely as depression, depersonalization, and derealization.
 - One either avoids acknowledging soul loss and thus any need for grief, abandoning the soul to its hiding place, or one becomes preoccupied with the unconsciously experienced loss, abandoning the ego's place in the world.
 - Processing soul loss involves grief work, an appraisal (almost certainly unconscious) of the meaning of the loss, and an understanding of the new "location" of that part of oneself.
 - all of the above
9. Survivors of chronic trauma develop an enduring attachment to states of *oblivion* and *absorption*. Which statement is true?
- Such fragmentation of the self is always highly functional, whether in peak states and mystical spiritual experience or in traumatic hiding defenses.
 - Always the behavior is (mostly unconsciously) centered around the present, unable to tolerate memories of the past.
 - One method of doing so is to introject another and identify oneself with that: becoming absorbed in not-me, allowing it to become a pseudo-me, and allowing me to send into oblivion the real (and unacceptable) me.
 - none of the above

10. Cohen organizes dissociation into four essential exclusions: *not me*, *not now*, *not then*, and *not ever*.
- Not me* signals the development of separate parts through dissociation and splitting.
 - Not now* characterizes preoccupation with the present, an incapacity to experience the past.
 - Not then* indicates preoccupation with personal history.
 - Not ever* identifies determination to avoid repeating trauma in the future.
11. Heinz Kohut distinguished between “vertical splitting” and “horizontal splitting.” Which statement is true?
- He used the term horizontal splitting to designate keeping separate otherwise incompatible psychological attitudes in order to allow their conscious coexistence.
 - By vertical splitting, Kohut meant a repression barrier, the process of repressing into unconsciousness any grandiose self-representations, leading to diminished self-esteem.
 - Vertical splitting utilizes denial, while horizontal splitting utilizes repression.
 - all of the above
12. Carl Jung refers to the diminution of the personality known in primitive psychology as “loss of soul.” Which statement is true?
- He states that we label the similar experience in our civilized culture as a “psychosis.”
 - He describes it as a slackening of the tensivity of consciousness, in which the tonus has given way, and this is felt subjectively as listlessness, moroseness, and depression.
 - The condition can go so far that the individual parts of the personality become independent, a phenomena known as multiple personality disorder.
 - The condition results from a failure of “indwelling.”
13. We know from current trauma research that which of the following factors make it more likely that the child withdraws cognitively as well as emotionally?
- the more invasive the abuse
 - the more betrayal involved in the child/abuser relationship
 - the more violent the threat to life
 - all of the above
14. When trauma is overwhelming, the defenses of dissociation, splitting, and fragmentation are insufficient, and the child begins a more severe “disappearing act”: reducing her actual experience of being alive. Which statement is false?
- Psychic numbing occurs when horrors are extreme, long-standing, variable, and repeated - in other words, when a state of horror becomes predictable.
 - Psychic numbing is the process of relinquishing one’s gifts of intuition.
 - Being psychologically overwhelmed, the sensation of being “reduced to nothing,” is such a hideous feeling that the victim seeks never to experience that sensation again.
 - Psychic numbing is the same process that occurs at a human’s death, as he/she blocks off the pain and emotion of relationship to this world.
15. Donald Winnicott observed that complete disconnection from the psychosomatic core of the self is experienced as *psychic death*. Which statement is true?
- If one is psychically dead, the affective core of the self is experienced as a ‘black hole’, as if one’s self has psychically imploded.
 - In some cases such individuals are not suicidal for the reason that they simply do not care whether they are alive or dead -- nothing matters.
 - Winnicott used the terms *psychic death* and *false self* interchangeably.
 - both a and b

16. Researchers now distinguish between *trauma* and *complex trauma*, or PTSD and Complex PTSD. Which statement is true?
- Complex trauma refers to trauma that occurs repeatedly and cumulatively, usually over a period of time and within specific intimate relationships which violate the human bond.
 - With trauma moreso than complex trauma, cathartic intervention may be counterproductive if applied too early in the treatment process without attention to safety.
 - Complex trauma refers to constant daily experiences of subthreshold traumatic stressors which provide constant reminders of the precariousness of one's safety.
 - The term insidious trauma is currently used to incorporate betrayal trauma and complex trauma.
17. "Since the whole structure of ego is so well fortified against attack, an external invasion is not going to destroy the ego at all. In fact, it is going to reinforce the whole structure because the ego is being given more material with which to work." Who said this?
- James Hillman
 - Carl Jung
 - Chögyam Trungpa
 - Bessel van der Kolk
18. Marion Woodman suggests that the tendency to descent, to involvement, even entrancement, with the earthly and the tendency to ascent, to transcendence, can be experienced metaphorically as femininity and masculinity, complementary energies operating in all of us.
- The feminine principle is experienced as an attraction to matter, to the concrete, to the tangible stuff of the Earth.
 - The masculine principle is an attraction to the rarefied realms of spirit
 - neither a nor b
 - both a and b
19. What the baby needs from the parent is what the ego needs from the soul. Which examples apply?
- a balance of attachment and exploration
 - removing all obstacles to make the way easy
 - noetic knowing
 - both a and c
20. The concept of containment implies the ability to experience what is happening in oneself and in the other with accepting awareness, and being able to tolerate one's direct experience without becoming defensive or acting to discharge the tension.
- Containment is a way of providing secure support and honoring the other's boundaries.
 - Wilfred Bion's containment model emphasized that it is through the mother's capacity for reverie that her infant experiences containment.
 - Uncontained, the child's experience can only be described as "going to pieces; falling forever."
 - all of the above

*Circle the correct answer and mail this answer sheet, with \$50 payment, to:
The Wellness Institute, 3716 – 274th Ave SE, Issaquah, WA 98029
or FAX to 425-391-9737 and call credit card payment in to 425-391-9716
You will receive a certificate of completion by return mail*