

Psych CE

Introduction to Eye Movement Desensitization and Reprocessing (EMDR)

1. What theoretical model does EMDR therapy primarily operate on?

- A. Cognitive Behavioral Model
- B. Humanistic Model
- C. Psychodynamic Model
- D. Adaptive Information Processing Model

2. In which phase of EMDR therapy is the client's history taken, and target memories identified?

- A. Preparation
- B. Desensitization
- C. Assessment
- D. Installation

3. Which of the following is used in EMDR therapy to facilitate memory reprocessing?

- A. Talk therapy
- B. Bilateral stimulation
- C. Dream analysis
- D. Hypnosis

4. According to the APA's continuing education guidelines, what is a primary requirement for EMDR therapists?

- A. To offer free therapy services
- B. To maintain competence through continuing education
- C. To focus solely on dissociative disorders
- D. To avoid working with complex trauma cases

5. What should therapists assess before starting EMDR therapy with a client?

- A. The client's readiness and emotional stability
- B. The client's favorite relaxation technique
- C. The client's relationship with family
- D. The client's educational background

6. Which of the following is considered a contraindication for initiating EMDR therapy?

- A. Anxiety
- B. Adjustment disorder
- C. Depression
- D. Dissociation

7. How does EMDR therapy integrate cultural competence?

- A. By avoiding discussions of cultural factors
- B. By adapting therapy to respect clients' cultural values and beliefs
- C. By standardizing therapy across all populations
- D. By focusing only on Western therapeutic principles

8. Which APA ethical standard is crucial for EMDR therapists to follow during informed consent?

- A. Competence
- B. Justice
- C. Autonomy
- D. Confidentiality

9. The installation phase of EMDR is designed to:

- A. Install positive cognitions to replace negative beliefs
- B. Reprocess negative beliefs
- C. Desensitize the client to their traumatic memories
- D. Determine readiness for the therapy

10. Which of the following is an emerging area of research in the future of EMDR?

- A. Using EMDR for treating physical injuries
- B. Virtual reality applications in EMDR
- C. Decreasing the number of EMDR phases
- D. Applying EMDR only in hospital settings
