

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

- A. Anxiety
 - B. Adjustment disorder
 - C. Depression
 - D. Dissociation
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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
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8. Which APA ethical standard is crucial for EMDR therapists to follow during informed consent?

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