

IASD CE Examination : 8X001 Dreams and Nightmares

CE Exam: Dreams and Nightmares by Ernest Hartmann, MD

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1. Please enter the ID number assigned to you in order to receive credit for your exam results:

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2. When Hartmann describes dreams as "hyperconnective," he means that when we dream, our minds:

- A. fail to make meaningful connections.
- B. jump randomly from one idea to another.
- C. avoid making connections that disturb us.
- D. make broader connections than in waking thought.
- E. all of the above

3. In Hartmann's model, the meaningful aspects of dreams are determined by:

- A. hidden wishes of the dreamer.
- B. important memories from the dreamer's past.
- C. traumatic events experienced by the dreamer.
- D. things that happened to the dreamer during the day.
- E. the principal emotional concerns of the dreamer.

4. Hartmann says that our dreams contextualize our emotional concerns. He means that:

- A. dreams show us what is causing certain emotions.
- B. dreams create images that embody our emotions.
- C. emotions are the only meaningful part of dreams.
- D. dreams heighten our emotional concerns.
- E. dreams hide our concerns in complex contexts.

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5. The contextualizing image within a dream is:

- A. a reenactment of the trauma experienced by the dreamer.
- B. an important memory that is similar to a recent trauma.
- C. an intense image that appears in recurring nightmares.
- D. an intense image that captures the key emotion of the dreamer.
- E. a repressed memory that the dreamer can recover.

6. To say that dreams use explanatory metaphors means that:

- A. dreams use images to emphasize connections.
- B. dreams are like poetry.
- C. dreams use obscure or difficult imagery.
- D. dreams are not meant to be understood.
- E. metaphors are good at explaining dreams.

7. In Hartmann's model, dreams help us by doing all of the following EXCEPT:

- A. enhancing creative thinking by making new connections.
- B. reducing stress by integrating difficult experiences.
- C. allowing unnecessary material to be forgotten.
- D. providing personal insights and self knowledge.
- E. providing a safe place for processing difficult emotions.

8. Which of the following statements about dreams after trauma are true and which are false?

	True	False
Dreams tend to avoid any reference to the trauma.	<input type="radio"/>	<input type="radio"/>
Dreams portray emotions about the trauma more often than the trauma itself.	<input type="radio"/>	<input type="radio"/>
Dreams portray the trauma, but usually not exactly as it happened.	<input type="radio"/>	<input type="radio"/>
As recovery progresses, dreams become less intense.	<input type="radio"/>	<input type="radio"/>
Dreams are more likely to include intense contextualizing images.	<input type="radio"/>	<input type="radio"/>

9. As healthy resolution of trauma progresses, dreams are likely to change in all of the following ways EXCEPT:

- A. the emotional intensity of dreams will be reduced.
- B. repetitive dreams of the trauma are likely to emerge.
- C. dreams will begin to include memories and daily material.
- D. dreaming and dream recall will return to pre-trauma patterns.
- E. dreams will begin to reflect more complex emotional concerns.

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10. Someone survives a serious fire and later dreams of a tidal wave. In Hartmann's model, the tidal wave is:

- A. a contextualizing image of the dreamer's fear.
- B. a manifest image that hides the latent fear.
- C. a way for the dreamer to avoid the actual trauma.
- D. a compensatory image of the traumatic fire.
- E. a distraction to allow the dreamer uninterrupted sleep.

11. Feelings of survivor guilt are often represented by dreams in which:

- A. the traumatic event is prevented or never happened.
- B. the dreamer rescues those who were hurt or killed.
- C. the dreamer is much younger than in waking life.
- D. the dreamer is hurt or killed while others survive.
- E. the traumatic event is disguised or does not appear.

12. Which of the following is NOT a classic symptom of Post Traumatic Stress Disorder?

- A. flashbacks of the traumatic experience
- B. avoidance of anything similar to the trauma
- C. general emotional detachment
- D. repetitive nightmares
- E. increased recall of all dreams

13. Hartmann sees dreams occurring after trauma as a paradigm for a more general theory of dreaming because:

- A. trauma is a frequent experience in life.
- B. he has worked extensively with victims of trauma.
- C. after trauma, the central emotion concern of the dreamer is clear.
- D. many people seek therapy after trauma.
- E. victims of trauma are more likely to remember their dreams.

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14. One key difference between dreams during stressful periods and dreams after devastating trauma is that:

- A. stress dreams reflect a complex set of emotional concerns rather than a single overwhelming emotion.
- B. stress dreams are more emotionally intense than trauma dreams.
- C. stress dreams are more readily integrated into therapy than trauma dreams.
- D. the explanatory metaphors in trauma dreams are more complex than in stress dreams.
- E. trauma dreams tend to be less compensatory than stress dreams.

15. Indicate whether the following statements about emotions are true or false, according to Hartmann's model:

	True	False
Emotion is a force that guides our actions.	<input type="radio"/>	<input type="radio"/>
As we mature, emotion has less impact on us.	<input type="radio"/>	<input type="radio"/>
We need emotions to make decisions.	<input type="radio"/>	<input type="radio"/>
Emotion influences how we perceive the world.	<input type="radio"/>	<input type="radio"/>
We make better choices when emotions are excluded.	<input type="radio"/>	<input type="radio"/>

16. Which of the following statements about nightmares is NOT true:

- A. Most children have occasional nightmares.
- B. Being chased by monsters is a common nightmare theme.
- C. Adults who are sensitive tend to experience more nightmares.
- D. Adult nightmares often include themes from earlier nightmares.
- E. Nightmares are a sign of psychological problems.

17. In Hartmann's model, physical sensations such as emerging illnesses or external stimuli become contextualized in dreams because:

- A. physical sensations are common causes of disturbed sleep.
- B. changes in the body create disturbances in the neural net similar to emotional concerns.
- C. we tend to have strong emotions about issues related to the body.
- D. physical sensations often point to latent emotional concerns.
- E. dreaming of physical sensations demonstrates the continuity of waking and dreaming thought.

18. Ordinary dreams are the most difficult to understand because:

- A. most ordinary dreams are forgotten.
- B. ordinary dreams are not especially meaningful.
- C. ordinary dreams may be embarrassing.
- D. the dreamer's emotional concerns may not be clear.
- E. people do not analyze ordinary dreams.

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19. Hartmann believes dreams are therapeutic because:

- A. dreams maintain the dreamer's attention on important problems.
- B. the same kinds of changes seen in therapy are also seen in dreams.
- C. dreams are often used in therapy.
- D. many cultures see dreams as important in solving problems.
- E. dreams help us forget traumatic events and issues.

20. Hartmann states that what we call "mind" is primarily a function of the:

- A. cerebral cortex.
- B. frontal lobes.
- C. amygdala.
- D. brain stem.
- E. peripheral neurons.

21. All of the following statements are consistent with the neural net model of the brain EXCEPT:

- A. Basic units of the brain are identical to each other.
- B. Memories are widely distributed.
- C. Specific memories are stored in specific brain locations.
- D. Some areas of the mind are more closely connected than others.
- E. Human minds are better at creative thinking than computers are.

22. If a computer were to perform each of the following tasks, indicate whether parallel processing (P) or serial processing (S) would lead to a faster, more successful outcome:

	parallel processing	serial processing
calculating income taxes	<input type="radio"/>	<input type="radio"/>
recognizing faces	<input type="radio"/>	<input type="radio"/>
finding spelling errors	<input type="radio"/>	<input type="radio"/>
understanding spoken language	<input type="radio"/>	<input type="radio"/>
writing a sonnet	<input type="radio"/>	<input type="radio"/>

23. A good example of straightforward, sequential processing in the brain is:

- A. reading a poem.
- B. a casual conversation with a friend.
- C. solving a familiar kind of math problem.
- D. solving a crossword puzzle.
- E. driving in an unfamiliar city

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24. Which of the following statements about autoassociative nets are true and which are false?

	True	False
Connections are symmetrical.	<input type="checkbox"/>	<input type="checkbox"/>
The net settles into a stable pattern.	<input type="checkbox"/>	<input type="checkbox"/>
Interactions flow in one direction.	<input type="checkbox"/>	<input type="checkbox"/>
Familiar problems are solved more quickly than novel ones.	<input type="checkbox"/>	<input type="checkbox"/>
There is no clearly defined input or output.	<input type="checkbox"/>	<input type="checkbox"/>

25. In dreams, condensation is a process in which:

- A. only the essential features of an image are portrayed.
- B. two or more features of a real thing combine in one dream image.
- C. emotions are felt more intensely than in waking life.
- D. dreams images become fluid and changeable.
- E. we only remember the most important images from the dream.

26. All of the following contribute to how and why dreams use metaphors EXCEPT:

- A. metaphors are ubiquitous in human thought.
- B. metaphors explain an unknown by comparing it to something known.
- C. metaphors rely on images.
- D. metaphors preserve the latent content of dreams.
- E. metaphors establish new, creative connections.

27. Hartmann proposes that dreams function to:

- A. help us integrate new experiences.
- B. reduce the emotional intensity of stressful experiences.
- C. suggest solutions to problems in waking life.
- D. A and B only
- E. A, B, and C

28. Hartmann proposes that dreaming and psychotherapy are similar in all of the following ways EXCEPT:

- A. Both provide a safe place to process difficult issues.
- B. Both provide opportunities to verbalize concerns.
- C. Both help stabilize mood.
- D. Both are effective in creating new connections and insights.
- E. Both focus on important emotional concerns.

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29. For someone who has suffered abuse or attack, therapy offers an important advantage that dreams lack, which is:

- A. the chance to verbalize deeply held fears.
- B. the safety offered by the therapeutic setting.
- C. the chance to form a healing relationship.
- D. the use of free association as an analytical technique.
- E. the structure offered by regular appointments.

30. All of the following are likely to increase dream recall EXCEPT:

- A. sleeping less than six hours per night.
- B. developing a conscious interest in dreams.
- C. recording dreams as soon as possible.
- D. focusing on an emotional concern while falling asleep.
- E. arranging to be awakened when rapid eye movements are observed.

31. In Hartmann's view, dreams are most likely to offer solutions for problems which:

- A. have not been solved in waking life.
- B. have been assigned by authority figures.
- C. represent significant emotional concerns.
- D. represent areas of emotional repression.
- E. are related to childhood issues or memories.

32. Hartmann believes dreams can help in creative problem solving because:

- A. dreams provide a break from focusing on problems.
- B. we make connections in dreams we might miss in waking thought.
- C. after dreaming, our waking thought is more focused.
- D. dreams eliminate useless ideas from our memories.
- E. dreaming allows us to sleep deeply, providing the rest we need.

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33. Hartmann suggests that dreams and works of art share all of the following characteristics EXCEPT:

- A. the expression of emotion in the form of metaphor.
- B. the creation of broad and novel connections.
- C. powerful, sometimes life-changing, impact.
- D. an intentional, cohesive aesthetic.
- E. deep insights about one's life or situation.

34. Freud's theory says that the latent content of dreams is more important than the manifest content because:

- A. the latent content reveals the unconscious wishes of the dreamer.
- B. the latent content can only be understood by the analyst.
- C. the manifest content is often more disturbing than the latent content.
- D. the manifest content is usually neurotic or infantile.
- E. the latent content of all dreams from a particular period is the same.

35. Hartmann argues that the Freudian approach of looking for latent sexual content in dreams is less important today than in the past because:

- A. dreams with sexual content are less frequent today than in Victorian times.
- B. Freudian sexual symbols are not useful in dream analysis.
- C. today, sexual content in dreams is more likely to appear openly.
- D. Freudian symbols are now familiar and no longer represent latent content.
- E. sexual symbols are not generally explored in modern analysis.

36. All of the following are problems or limitations of the technique of analyzing dreams via free association EXCEPT that:

- A. the amount of material generated can be overwhelming.
- B. latent and manifest material can become confused.
- C. associations may not relate to the original dream.
- D. interpreting large amounts of associations can become impossible.
- E. the therapist can impose interpretations on the material.

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37. With regard to the roles of continuity and compensation in dreams, Hartmann's position is that:

- A. dreams show continuity with waking thought, not compensation.
- B. dreams compensate for aspects of personality neglected in waking thought.
- C. continuity and compensation are both reflected in dreams.
- D. each dreamer shows a pattern of either continuity or compensation.
- E. compensatory dreams are more common after trauma.

38. Which of the following statements about inhibitory sharpening are true and which are false?

	True	False
Norepinephrine increases inhibitory sharpening.	<input type="checkbox"/>	<input type="checkbox"/>
Inhibitory sharpening is an important characteristic of dream states.	<input type="checkbox"/>	<input type="checkbox"/>
Inhibitory sharpening helps the mind focus on specific stimuli.	<input type="checkbox"/>	<input type="checkbox"/>
REM sleep is characterized by high concentrations of norepinephrine.	<input type="checkbox"/>	<input type="checkbox"/>
Inhibitory sharpening inhibits the ability to make broad connections.	<input type="checkbox"/>	<input type="checkbox"/>

39. Which of the following is NOT considered a possible function of REM sleep?

- A. healing of physical illness or injury
- B. development of the immature nervous system
- C. restoration of biologic regulatory systems
- D. integration of emotionally important learning
- E. regulation of emotional behaviors

40. Among mammals, the total amount of REM sleep seems to be most closely related to:

- A. average brain weight.
- B. metabolic rate.
- C. whether the species is predator or prey.
- D. whether the species is domesticated or wild.
- E. how immature the animal is at birth.

41. Levels of REM sleep are highest among:

- A. newborns.
- B. adolescents.
- C. pregnant women.
- D. the elderly.
- E. those near death.

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42. All of the following are characteristics of behavioral sleep EXCEPT:

- A. quiescence.
- B. a stereotyped species-specific posture.
- C. deep breathing patterns.
- D. elevated arousal threshold.
- E. reversibility with stimulation.

43. Which of the following is NOT a characteristic associated with "thin" boundaries?

- A. greater openness to new experiences
- B. feeling things more intensely
- C. greater dream recall
- D. a tendency to be exceptionally tidy
- E. having more nightmares

44. If he could examine the mind of someone with thick boundaries, Hartmann would expect to see:

- A. discrete areas with strong within-area connections but few between-area connections.
- B. strongly defined connections throughout the neural net.
- C. weak connections throughout the neural net.
- D. discrete areas with strong within-area connections surrounded by thick boundaries.
- E. boundaries within the neural net that correspond to the boundaries within the personality.

45. Which statement is most consistent with Hartmann's view of the interaction between thick or thin personality boundaries (trait) and dreaming or waking consciousness (state)?

- A. There is no interaction between boundaries and consciousness.
- B. People with thin boundaries spend more time in dream-like states.
- C. People with thick boundaries have the clearest recall of dreams.
- D. People in the middle of the thick-thin continuum have a strong preference for waking states.
- E. Inadequate REM sleep causes personality boundaries to become thicker.

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46. The tradition of having young people make a dream quest is congruent with Hartmann's model of dreaming because:

- A. the dream quest is part of a long-standing cultural tradition.
- B. working intensively with dreams is an important path to self knowledge.
- C. the special dream provides a contextualizing image for life decisions.
- D. contemporary interest in dream quests shows that this practice is valid.
- E. the fasting and initiation rituals are traumatic events.

47. Hartmann believes that similar mythic images or archetypes are seen in dreams from many cultures because:

- A. all cultures are basically similar.
- B. dreams are more similar across cultures than waking thoughts
- C. explanatory metaphors are similar across cultures.
- D. all human minds share a common structure.
- E. the therapeutic impact of dreams is the same across cultures.

48. Hartmann believes dreaming has a vital role to play in helping us realize our full human potential for all of the following reasons EXCEPT:

- A. Open-ended thinking in dreams broadens our creative abilities.
- B. Dreaming helps us connect to new ideas and solutions.
- C. Dreaming ensures that healthful sleep is not disturbed.
- D. In dream-like states, we are more open to new experiences.
- E. Dreaming is an important part of the range of human consciousness.

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49. Match the following dream theories with their characteristics, listed below:

- A. Hartmann's model
- B. Freudian theory
- C. Jungian theory
- D. biological science approaches
- E. Ullman's dreamwork approaches

	A	B	C	D	E
Ordinary people can work together productively on dreams.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The important part of a dream is the hidden, or latent, content.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dreams are meaningless, random events of the sleeping brain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dreams help us integrate trauma even if we don't remember them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dreams show us things that are missing, or we are ignoring, in waking life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People would be better off ignoring their dreams.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The function of dreaming is to preserve sleep.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In dreams, we make broader connections within the mind than in waking thought.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please complete this required participant satisfaction survey.

We welcome your feedback on this IASD CE course.

50. This course:

	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
provided information and insights relevant to my clinical practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
enhanced my knowledge of dream theory and research.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
enhanced my skill in critical inquiry and balanced judgment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
was well organized.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
acknowledged or addressed cultural issues in dreamwork.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
was sensitive to ethical issues in dreamwork.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

51. Reading this book provided information and insights that helped me reach the following learning objectives:

	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
Describe Hartmann's contemporary theory of dreaming.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe the functions and uses of dreaming in the context of Hartmann's theory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compare and contrast Hartmann's theory as it relates to dreams after trauma, dreams during stressful periods, and dreams in ordinary life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe connectionist models of the mind as they relate to Hartmann's theory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compare and contrast Hartmann's theory with other theories of dreaming.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe ways in which Hartmann believes dreams contribute to fulfilling our full potential as humans.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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52. I would:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
recommend this CE course to professional colleagues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
be interested in other CE courses by this author.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

53. Comments on this course:

54. What topics would you like to see offered in future Dream Studies CE courses?