

IASD CE Examination : 9X002 - Trauma and Dreams

CE Exam: Trauma and Dreams edited by Deirdre Barrett, PhD

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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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Begin the examination here

2. According to Kathleen Nader, posttraumatic dreaming is characterized by all of the following *except*:

- A. Often replaying the traumatic event
- B. Often disguising the trauma more with the passage of time
- C. Sometimes incorporating fantasized mastery outcomes
- D. Usually occurring sooner than other PTSD symptoms
- E. Changes in the dreams of children as well as adults after trauma

3. In Nader's discussion of dream development, which of the following is NOT characteristic?

- A. Between the ages of 3 and 7, children report few dreams upon awakening from REM.
- B. Between 3 and 5, children's dreams lack a story line or plot.
- C. At 11 or 12, children are able to construct a dream narrative approximating adult ones.
- D. Between 7 and 9, dreams begin to show active self-reference.
- E. Dreams of monsters are generally limited to ages 3 through 7.

4. According to Nader, monster dreams after trauma:

- A. Always represent primarily vulnerability
- B. Don't have any different meaning than monster dreams for untraumatized children
- C. May represent different things depending on the developmental age of the child at the time of the trauma
- D. Drop in frequency
- E. Are seen mostly in the 3-5 year olds

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5. As described in Stoddard et al, 'Night Terrors' or pavor nocturnus:

- A. Have brief imagery and occur mainly in Stage 4 sleep
- B. Are the sole time when trauma shows up in dreams
- C. Paradoxically diminish after trauma
- D. Are found to represent wish-fulfillment
- E. Consist of long dream narratives during the longest REM periods

6. The sleep disturbances which Stoddard et al report in children in the early stages of recovery from burns include:

- A. Insomnia
- B. Night Terrors
- C. Enuresis
- D. Nightmares
- E. All of the above

7. In the case of Susan, the adolescent burn survivor described by Stoddard et al, her recovery from reconstructive grafts was complicated by:

- A. Her brother's death in the same fire
- B. A gang rape just before graft surgery
- C. Her pre-existing depressive disorder
- D. The death of her parents
- E. All of the above

8. Louis, the adolescent burn survivor described by Stoddard et al, experienced post-burn dreams that included:

- A. A repetitive dream of the Fire Monster
- B. Dream about his dog perishing in the fire
- C. Romantic dreams about the female physical therapist and nurses caring for him
- D. Nightmares about earthquakes
- E. All of the above

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9. Belicki and Cuddy suggest that when therapists routinely inquire about a history of trauma during an initial assessment:

- A. It feels intrusive to patients.
- B. Many patients will terminate.
- C. It leads to immediate disclosure of abuse.
- D. It tells the patient that the therapist is open to discussing this
- E. It creates difficulties in establishing a treatment protocol.

10. In research done by Belicki and Cuddy, women who have been sexually abused report:

- A. More frequent nightmares and night terrors than other women
- B. More dreams with sexual content
- C. More dreams with shame about sex
- D. More dreams of threatening or evil presence
- E. All of the above

11. When Belicki and Cuddy asked psychologists to sort dreams from women with a sexual abuse history from those of women with no abuse history, what percentage of the time were the psychologists accurate?

- A. 35%
- B. 50%
- C. 65%
- D. 87%
- E. 98%

12. When Belicki and Cuddy ran discriminant function analyses to sort dreams from women with a sexual abuse history from those of women with no abuse history, what percentage of the time was the discriminant function accurate?

- A. 35%
- B. 50%
- C. 65%
- D. 87%
- E. 98%

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13. Dreams of incest survivors, as described by King and Sheehen, pass through all the following stages except:

- A. Self-protection
- B. Acknowledgement
- C. Growth and Understanding
- D. Renegotiation
- E. Integration

14. King and Sheehen consider which kinds of dreams as possible markers of a history of incest:

- A. Frequent nightmares with trouble going back to sleep
- B. Dreams which confuse sex and aggression
- C. Lack of dream recall
- D. A & B
- E. A & C

15. Barrett's survey of therapists treating patients with multiple personality disorder (now DID) showed that such patients reported:

- A. Dreams that are metaphors for multiplicity
- B. Alters showing up as dream characters in the host's dreams
- C. Alters reporting different dreams the same night
- D. Alters' real life experience sometimes remembered as a dream by the host
- E. All of the above

16. Which is NOT suggested by Barrett's chapter on dreams in Multiple Personality Disorder:

- A. Dissociation in dream may be related to dissociation in MPD.
- B. Multiple Personality Disorder can be diagnosed from dreams.
- C. Nightmares sometimes precipitate a switch in personality.
- D. Sometimes there may be a "dream maker" personality which designs dreams for the others.
- E. Real memories which are forgotten by the host may show up in dreams.

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17. Which of the following is a true according to Wilmer's article on war dreams:

- A. Freud said war dreams fit neatly into his wish-fulfillment theory of dreaming
- B. Jung treated many cases of war neuroses dreams after WWII
- C. In the era of the Vietnam War, VA psychiatrists routinely asked veterans about nightmares
- D. War veterans have nightmares about violent acts committed by, as well as against, them
- E. Dreams usually depict war indirectly, using metaphors

18. According to Hartmann's study, veterans who developed PTSD were much likelier than others to:

- A. Have a good buddy killed next to them
- B. Be older than the average soldier at the time of combat
- C. Have characteristics similar to those who have nightmares without trauma
- D. Have a preexisting affective disorder before combat
- E. Have "thin" boundaries

19. Hartmann found that people who suffer life-long nightmares unrelated to trauma are:

- A. Less self-disclosing
- B. Vulnerable and easily hurt
- C. More realistic and less prone to fantasize
- D. "Thicker" boundaried
- E. All of the above

20. Hartmann found the typical PTSD nightmare account

- A. Was of waking up in terror unable to remember a dream
- B. Was of being chased
- C. Was of the trauma replaying over and over, often with at least one alteration from the real-life event
- D. Was more likely to be set at home than in Vietnam
- E. None of the above

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21. According to Lavie and Kaminer's study of holocaust survivors, the best adjusted ones

- A. Discuss and process their trauma frequently
- B. Still had nightmares about holocaust experiences despite good daytime adjustment
- C. Have low rates of dream recall in general
- D. Showed less use of repression than less well adjusted survivors.
- E. None of the above

22. Based on their research, Lavie and Kaminer support which of the following approaches to dealing with severe PTSD?

- A. Abreaction
- B. Cartharsis
- C. Desensitization by exposure
- D. Helping people to seal off trauma
- E. All of the above

23. Lifton's chapter discussed dreams in relation to which of the following groups?

- A. Vietnam veterans
- B. Nazi physicians
- C. Zinancatec Indians
- D. All of the above
- E. None of the above

24. At Auschwitz, Ernest B dreamed of:

- A. Only happy events outside the camp
- B. Washing his hands and being unable to get them clean
- C. His Jewish friend from school reproaching him
- D. Dying in the gas chambers
- E. None of the above

25. After leaving Auschwitz, Ernest B dreamed of:

- A. Running away from the camp with his Jewish assistant and joining the resistance fighters
- B. Being called up for active duty and sent back to the camp
- C. Being chased by Jews with knives
- D. Dying in the gas chambers
- E. None of the above

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26. Which of the following is NOT one of Lifton's proposed functions of dreaming?

- A. The dream is prospective; it prefigures psychological functions
- B. The dream is propulsive; it helps propel one toward certain kinds of experience
- C. The dream is repulsive; it keeps childhood conflicts at bay
- D. The dream has an immediate psychological level where it contributes to the self's struggles toward vitality
- E. The dream suggests directions and in the self's larger historical relationships in efforts to maintain symbolic immortality

27. Adrienne Aron states that the dreams of Central American refugees are:

- A. Trauma-originated nightmares
- B. Political nightmares
- C. Affected by refugee conditions and threat of deportation
- D. Influenced by the specific experiences of the dreamer
- E. All of the above

28. Among the components of the refugee nightmare Aron describes are:

- A. Themes of starvation
- B. Images of bugs
- C. Themes of fleeing someone trying to kill one
- D. Images of bleak, impoverished landscapes
- E. All of the above

29. In the dreams of Jasmine, the rape survivor Muller describes, the recurring theme of gems is interpreted as standing for:

- A. The materialistic subculture in which she finds herself
- B. Her own true value which had been kept hidden
- C. Her lost virginity
- D. The rapist's ring
- E. "Gem" referring to "Jim"

30. Jasmine's recovery from rape was complicated by:

- A. Her childhood history of cold neglectful mother and hostile, critical father
- B. Her history of incest
- C. Ongoing stress of parenting her own children
- D. Living in war-torn country
- E. All of the above

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31. In Siegel's study, when compared to Firestorm survivors who lost their homes, the evacuees whose homes were not actually harmed:

- A. Had pleasant dreams reflecting relief
- B. Had no remarkable features in their dream content
- C. Had dreams almost as distressed as the survivors who lost homes
- D. Had more obviously distressed themes than survivors who lost homes
- E. Seemed to be suppressing anxiety as evidenced by no content of fire/heat or natural disasters

32. Compared to controls, the Fire Survivors in Siegel's study had higher rates of dreams content about:

- A. Disasters
- B. Death
- C. Injury to the dreamer
- D. Teeth falling out
- E. All of the above

33. In Siegel's study, dreams within the first few weeks after the firestorm:

- A. Were equally anxious regardless of later outcome
- B. Had many fewer anxiety dreams than at 6 months post-fire
- C. Proved excellent indicators about recovery
- D. Showed very low dream recall in all groups
- E. Were not recorded because study did not begin immediately

34. Factors in Siegel's study that predisposed people to more posttraumatic nightmares included:

- A. A history of previous traumas
- B. More current life stresses
- C. Survivor guilt
- D. All of the above
- E. None of the above

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35. Andrea, a Firestorm Evacuee in Siegel's study, dreamed of:

- A. Running out of her house in slow motion, unable to speed up
- B. An arsonist who only she knew had set the fire
- C. A fireseed which had marked the houses it had missed and was now coming back to ignite them also
- D. A happy return to her house
- E. None of the above

36. In Cartwright's study of the dreams of divorcing spouses:

- A. Dreams of the spouse correlated with being depressed
- B. Dreams of the spouse correlated with not being depressed
- C. If dreaming of spouse, negative dreams correlated with more depression
- D. A & C
- E. B & C

37. In Cartwright's group, those who were initially depressed and showed better adjustment at follow-up had reported:

- A. Dreams that incorporated their spouse
- B. Fewer dreams about the spouse
- C. Anxiety dreams about the spouse
- D. Sad dreams about the spouse
- E. C & D

38. Worden's tasks of grief include:

- A. To accept the reality of the loss
- B. To work through the pain of grief
- C. To adjust to an environment in which the deceased is missing
- D. To emotionally "relocate" the deceased and move on with life
- E. All of the above

39. Early dreams of bereavement during the numb stage, as described by Garfield, include:

- A. Alive again dreams
- B. Dead again dreams
- C. Advice/comfort/gift dreams
- D. A & B
- E. A & C

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40. Dreams of bereavement during the disorganization stage, as described by Garfield, include:

- A. Saying goodbye
- B. Taking a journey
- C. Telephone calls
- D. All of the above
- E. None of the above

41. Later dream themes from the Reorganization phase of bereavement as described by Garfield include themes of:

- A. Passionate encounters
- B. Deadly invitations
- C. Approval/Disapproval
- D. Young/well again
- E. All of the above

42. Sacks describes one patient who was about to develop encephalitis lethargica as having dreams about:

- A. Imprisonment in a castle shaped like herself
- B. Being turned into stone
- C. The world coming to a stop
- D. All of the above
- E. None of the above

43. Sacks' own dream after being given crutches for a severe leg injury showed him that:

- A. Anxiety in dreams continues even when the waking mind knows recovery is in progress
- B. Dreams can constitute an act of learning or problem-solving about a new task
- C. Childhood issues are activated by injuries
- D. Pain relieving drugs reduce REM sleep
- E. Physicians' dreams differ from those of patients

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44. One of Sacks' patients always knew he was going to have a migraine if his dreams:

- A. Were about his mother
- B. Involved biting
- C. Became suffused with red
- D. Were all nightmares
- E. None of the above

45. L-dopa typically makes dreams:

- A. Less vivid
- B. Emotionally flat
- C. Shorter
- D. Very realistic
- E. All of the above

46. The Patient, "D," whom Bosnak describes in his chapter on heart transplants, dreams of:

- A. Valentine hearts
- B. Recurring nightmares about nurses
- C. Dark figures in the bedroom of her daughter
- D. Extreme tiredness like the fatigue she had before the transplant
- E. A friend who died during a similar transplant operation.

47. Clair Sylvia, the patient whom Bosnak describes in most detail in his chapter on heart transplants, dreamed after her transplant of:

- A. Moving through walls like a ghost
- B. Waking up in someone else's body
- C. A young man who could cross into death and back
- D. A little boy giving her a gift
- E. All of the above

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48. Bosnak describes that his transplant group's dream discussions revealed attitudes toward the medical profession involving:

- A. Virulent anger
- B. Deep gratitude
- C. Apathy
- D. A & B
- E. B & C

49. Studies found that the percentage of adults reporting recurring dreams at some point in their life is:

- A. 1-5%
- B. 10-20%
- C. 25-30%
- D. 60-75%
- E. 99-100%

50. In research summarized by Zadra and Donderi, recurring dreams are:

- A. 85-99% unpleasant
- B. 60-85% unpleasant
- C. almost equally balanced between pleasant and unpleasant ones
- D. 60-85% pleasant
- E. 85-99% pleasant

51. In Zadra and Donderi's sample, positive recurring dreams reported by multiple dreamers included dreams of:

- A. Flying
- B. Discovering and exploring new rooms in a house
- C. Getting married
- D. A & B
- E. B & C

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52. People who have recurring dreams scored higher on measures of:

- A. well being
- B. anxiety
- C. depression
- D. life event stress
- E. personal adjustment

Please complete this required participant satisfaction survey.

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53. This course:

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

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

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Describe the typical course of dream content after psychological traumas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Identify the types of people most likely to develop recurring posttraumatic nightmares.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Describe what is distinctive about children' posttraumatic dreams.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Describe interventions which can shape nightmares toward mastery content.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Describe what is distinctive about survivor guilt and understand its relation to dreams.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understand the role of dreams in working through normal losses of bereavement, divorce, and illness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

55. 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 additional CE courses by this author.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

56. Comments on this course:

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