

TRANSFORMATIONS

Test Questions for:

Break Through with Breathwork: Jump-Starting Personal Growth in Counseling and the Healing Arts (2017)

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by Jim Morningstar, Ph.D.

Break Through with Breathwork is approved for **10 Continuing Education credit hours** by the *National Board of Certified Counselors* and the *National Association of Alcohol and Drug Addiction Counselors* through Transformations Incorporated; Director, Jim Morningstar, PhD.

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Introduction

1. Research suggests that _____ percent of the U.S. population suffers from breath-related illness every year.
 - a. one to five
 - b. five to ten
 - c. ten to twenty-five
 - d. seventy to ninety-five

2. Therapeutic Breathwork is distinguished from maintenance or coherent breathing:
 - a. by including breathing techniques which activate the sympathetic nervous system
 - b. by treating only clients who are in therapy
 - c. by using less breaths per minute
 - d. all the above

3. The human brain develops in relation to its environment and more specifically...
 - a. by eating seafood
 - b. in dyadic interactions with significant others.
 - c. in warmer climates
 - d. none of the above

Chapter 1: Breath in the Consulting Room

4. Faster than normal breathing can give counselors the following, both personally and professionally:
 - a. A technique for relieving stress
 - b. A doorway to spiritual awakening
 - c. An adjunct to counseling to assist clients in relief from both acute and chronic emotional and psychological pain and in maintaining more balanced lifestyles
 - d. all of the above

5. Holding patterns in the body reflect:
 - a. a poor candidate for breathwork interventions
 - b. continual messages of protection—fight/flight/freeze responses from the brain
 - c. lack of moral character
 - d. none of the above

6. The cycle of breath in a faster than normal breathing session does ***not*** involve:
 - a. a beginning in which one experiments and discovers how to sustain a connected full rhythm
 - b. a break period during which one takes notes for future reference
 - c. a middle period of building an energetic charge to a point of release
 - d. an ending period during which the released energy is grounded and suggestions for application are integrated

7. A category of experience that may arise in non-ordinary states through breathwork as enumerated by Stanislav Grof includes:
 - a. Sensory experiences and motor manifestations
 - b. Biographical experiences of events that have happened to us from birth to the present time both positive and negative
 - c. Transpersonal experiences
 - d. all of the above

8. There is no professional organization as yet which has established ethical and training standards for dyadic breathwork:
 - a. True
 - b. False

Chapter 2: Principles of Therapeutic Breathwork Facilitation in Counseling and Community

9. The principle of *Heart-Centered Contact* in therapeutic breathwork:
- means that a thorough stress test must be undergone before doing breathwork
 - requires practitioners to put their hands over their client's heart while breathing
 - views the client's emotional intelligence (EQ) as relevant if not more so in their healing and growth process than their intellectual intelligence (IQ).
 - none of the above

10. *Holistic Vision* as a tool for a breathwork practitioner indicates:
- the breathworker's capacity to read auric fields
 - a scientific analysis of a client's energy systems
 - an ability to see both the client's fear based personality and their essential being of love
 - none of the above

11. Using the concept of *synchronicity* as a vital tool in breathwork it is advised that breathworkers:
- get enmeshed in giving clients advice they themselves do not follow
 - proceed knowing that giving their best in both listening, sharing and continuing to breathe, more clarity will come both for their clients and themselves
 - commiserate with their clients and reinforce mutual stuckness
 - turn the tables and try to get advice from them

12. An essential component of a the practitioner/client contract is:
- payment for all sessions is made up front
 - the practitioner's directions must be strictly followed at all times
 - only mouth breathing is allowed
 - that the client be aware that breathwork is a self-regulated skill for which the client must take personal responsibility for the outcome.

13. Breathworkers' responsibility for the quality of their contact with clients applies to after a session is over as well before and during a session.
- True
 - False

14. Indications of a client's readiness for therapeutic breathwork involve:
- their sufficient knowledge of what the technique offers for them

- b. their ability to integrate deep level emotional and paradigm shifting work
- c. their willingness to engage
- d. all of the above

15. Core values in therapeutic breathwork involve:

- a. remaining valueless in one's work
- b. taking a neutral position in the community
- c. addressing a client's deeper sense of purpose
- d. none of the above

Chapter 3: The Evolution of Therapy and Breathwork

16. "Ontology recapitulates phylogeny" is a way of saying that the growth of each individual reflects:

- a. the growth of humanity over vast stretches of time that is built into our complex nervous system.
- b. their moral character
- c. the present state of human conditioning at their birth
- d. the doctrine of "survival of the fittest"

17. Factors for change from one level of consciousness to the next do ***not*** include:

- a. a basic organic potential for growth
- b. the impetus for change toward a more adequate form of existence
- c. insight, the acquiring of new ideas for living which precipitate movement towards a new form of life
- d. empathy for those who are not ready to change

18. "Mental illness" from a systems perspective states:

- a. anxiety and compulsive behavior are characteristics of even level systems (adapt self)
- b. acting out and impulsive behavior are associated more with odd level systems (express self)
- c. a disorder may arise from a level other than the one at which a person is centralized
- d. all of the above

19. Therapeutic breathwork can facilitate change in classically conditioned fear or anxiety responses that were preverbal by:

- a. pairing the arousal state (activated by faster breathing) in a safe and supportive environment that gradually desensitizes high arousal through conscious connected breathing
- b. talking about these states with clients
- c. pairing temporary satisfaction with the consulting room and the therapist
- d. creating a classically conditioned dependency with the therapist

20. Therapeutic techniques appropriate to the Fifth Subsistence Level include:

- a. behavior modification
- b. rational psychotherapy
- c. psychoanalysis
- d. group sensitivity training

21. Clare W. Graves states that at the seventh level of existence or first being level, humans turn their attention to:

- a. ascending beyond the earthly plane
- b. being rather than doing
- c. the problem of restoring a disturbed universe
- d. controlling the unwashed masses

Chapter 4: Therapeutic Breathwork and the Healing of Trauma

22. Trauma is caused by:

- a. the nervous system's freezing response to overwhelming stimuli
- b. certain categories of negative life events
- c. a predisposing condition from childhood
- d. carelessness

23. *"Excessive shyness, diminished emotional responses, inability to make commitments and chronic fatigue or very low energy"* belong to a category of symptoms:

- a. that are the first to develop after an overwhelming event
- b. that tend to surface concurrently with, or shortly after, trauma
- c. that generally take longer to develop
- d. none of the above

24. The arousal cycle when a threat occurs includes:

- a. Muscles tense; search for source
- b. Mobilize the body and mind; produce adrenaline and cortisol
- c. Fight or flight or Freezing response
- d. all of the above

25. What is not a common physiological occurrence during trauma:

- a. the hippocampus can be flooded with the stress hormones cortisol and adrenaline
- b. the hippocampus hyper stimulates the left brain
- c. the hippocampus can be bypassed by dividing attention away from the hurtful stimuli to something more neutral
- d. neural pathways to the prefrontal neocortex are impeded,

26. For severely traumatized individuals:

- a. The nervous system remains in a state of arousal
- b. Even if the threat is gone, the brain and the body react as it still exists and continue to put out the fight or flight chemicals
- c. Excess energy becomes bound in the body and the mind
- d. All the above

27. Therapeutic Breathwork is particularly useful in healing trauma because it:

- a. it engages the sympathetic nervous system to help reprogram what has been frozen in the fight/flight mechanism
- b. immediately relaxes both client and practitioner
- c. is less frightening to hyper-vigilant clients
- d. none of the above

28. In trauma recovery work *Renegotiation* is awakening the capacity for heroism and actively escaping the traps of trauma and includes :

- a. Employing the elements of the original trauma combined with strengths and resources unavailable at the time of the event
- b. Confronting the perpetrator in a therapy session
- c. Reworking the therapy contract whenever it gets scary
- d. none of the above

29. Traumatic memories are not absorbed by the thinking brain the way ordinary memories are:

- a. They are erased from all memory circuits
- b. They are stored in a special area of the neocortex
- c. They roam about the nervous system to avoid discovery
- d. They are shelved in disconnected sensory fragments, somatic sensations, and muscular impulses in the more primitive areas of the brain

Chapter 5: Therapeutic Breathwork and Body Themes: An Integrative Approach and Neuroscience Hypotheses to Six Major Breathing Patterns

30. A body theme is an enduring constellation of structural and characterological positions a person takes toward their life which reflects:

- a. how well they were treated as children
- b. basic beliefs about themselves, their world and how to survive and grow in it
- c. the genetic coding of their ancestry
- d. themes by which they were most impressed in stories told to them as children

31. The Body Themes in this book are based most directly on the work of:

- a. Desmond Tutu
- b. Stephen Porges
- c. Wilhelm Reich
- d. Alexander Lowen

32. The Psychic Sensitive Theme of Basic Safety vs. Danger in the Body and the World normally begins:

- a. from prenatal to nine months
- b. during the second year of life
- c. in the third year of life
- d. whenever there is trauma in one's life

33. The basic right in question for the Empathetic Nurturing Theme is:

- a. "Do I have the right to exist?"
- b. "Do I have the right to have?"
- c. "Do I have the right to be free?"
- d. "Do I have the right to act?"

34. Two styles displayed by the Inspirational Leader Theme are:

- a. overpowering and underwhelming
- b. underwhelming and seductive
- c. overpowering and seductive
- d. none of the above

35. The approximate age of emergence of the Steadfast Supporter structure is from the second to fourth year of life, and exemplifies the pattern of:

- a. "holding together" against fear of annihilation
- b. "holding on" against loss and deprivation
- c. "holding up" against the fear of vulnerability

d. “holding in” against the fear of humiliation and shame

36. The developmental challenge for the Gender Balanced Theme is:

- a. existence versus need
- b. need versus independence
- c. independence versus closeness
- d. freedom of expression versus gender identity

37. Breathwork goals for the Energetic Grounded Theme include to:

- a. integrate inhale and exhale
- b. unite love and sexuality
- c. feel safe being vulnerable with others
- d. all the above

Chapter 6: Therapeutic Breathwork’s Application in Life Challenges, Professional Practice and Conscious Growth

39. In the course of therapeutic breathwork when a client’s storehouse of past trauma, incomplete relationships, and holding patterns have been significantly reduced:

- a. the ecstatic fireworks of the original sessions tends to subside
- b. many think their time with breathwork has come to an end
- c. the use of breathwork can evolve into further exploration and growth
- d. all of the above

39. A benefit of creative adaptations of the principles and techniques of breathwork to other healing arts is that it:

- a. allows practitioners to rely on only one tool in their practice
- b. adds to the power and effectiveness of both breathwork and the various healing arts to which it has been applied
- c. exempts practitioners from the ethics and standards of their profession
- d. makes services tax deductible

Appendix I: Global Professional Breathwork Alliance Training Standards and Ethics

40. “Continue to develop personally... and keeping a healthy balance in my work and self care,” is one of the ethical standards of Practitioner Competence of the GPBA:

- a. True
- b. False

End of Evaluation