

- 1) Which of the following statements is true regarding the definition of hypnosis?
  - a) Hypnosis is exactly like the dream state, although all suggestions are remembered.
  - b) Over the decades several acceptable definitions of hypnosis have surfaced.
  - c) Hypnosis is a state of deep sleep that enables the hypnotist to put the subject under his/her power.
  - d) Hypnosis is an altered state of consciousness or trance state allowing a skilled hypnotist to control your mind.
  
- 2) What mental abilities can be enhanced in hypnosis?
  - a) Only your ESP abilities are enhanced.
  - b) Mind power, mind control, snoring, slumber.
  - c) Imagination, suggestibility, memory, and creativity.
  - d) Your ability to be under the power of the hypnotist and his/her suggestions.
  
- 3) An induction could be defined as which of the following?
  - a) A technique to induce someone to subject his/her will to the power of the hypnotist.
  - b) A technique used to guide someone into hypnosis.
  - c) A technique used to deepen the level of trance.
  - d) None of the answers are correct.
  
- 4) What is the risk of using the same peaceful place with every client?
  - a) On a pleasant day, everyone should be comfortable at the beach, so there is no risk.
  - b) It is far better to use a forest instead of a beach.
  - c) It is OK to use the beach with all visual clients, because it is easy for them to visualize the sand and sea.
  - d) One person's peaceful place can be another person's phobia.
  
- 5) Which of the following suggestions can be used to set an anchor to help the client release stress when it occurs in daily life?
  - a) "Try to avoid letting other people take your power away, so let them know how you feel whenever they push your buttons."
  - b) "While you imagine a peaceful place, touch your thumb to a finger that you choose as your inner peace trigger...and know that from this moment forward, any time you touch your thumb to that same finger, it will immediately cause you to feel relaxed and calm, as you do now."
  - c) All of the answers are correct.
  - d) "Take a deep breath and relax, and try to stay at peace when people stress you out."

- 6) What is generally the best advice regarding awakening (or re-alerting) a client from a deep state of hypnosis?
- a) Use a slow and gentle re-alerting in order to avoid client discomfort, as a rapid awakening could leave some clients with a headache.
  - b) Always use a quick re-alerting, which emphasizes the difference between conscious awareness and deep trance.
  - c) Always use a rapid count, followed by a finger snap or clapping the hands.
  - d) It never makes a difference whether you use a quick awakening or slow awakening.
- 7) When is it appropriate to discuss confidential details of a client's sessions with someone else?
- a) It is never appropriate under any circumstances to discuss details of a client's sessions.
  - b) If the client smoked pot during his/her teens, you may notify the police.
  - c) If the client gives you written consent to do so, such as discussing details with his/her other therapist, physician, or other health care professional after obtaining such written consent.
  - d) If you are not a licensed health care professional, you may breach client confidence if you believe that doing so will help someone else.
- 8) Which statement is true regarding direct and indirect suggestions?
- a) Charles Tebbetts used primarily direct suggestions and got results. We should use direct suggestions exclusively, because a client paying to be hypnotized expects suggestions.
  - b) Milton Erickson used indirect suggestions exclusively and got results, so we should do likewise.
  - c) Only mental health counselors should use indirect suggestions. Unlicensed practitioners should use only direct suggestions or a well written script.
  - d) Some clients respond better to direct suggestion, while others may respond more easily to indirect suggestions.
- 9) Which of the below are among the many applications or uses of hypnosis?
- a) All answers are correct.
  - b) Public speaking, past life regressions, sports improvement.
  - c) Meditation, remembering where you put lost items, habit control, overcoming pain.
  - d) Self-hypnosis, hypnosis for self-improvement, stage hypnosis, forensic hypnosis, lost objects, habit control.

- 10) Why should any credible professional hypnosis association have a code of ethics?
- To provide a credible set of professional guidelines for the safety of clients as well as a set of standards of professional conduct of its members.
  - This is the only way to stop the government from preventing the practice of hypnosis.
  - It is a way for a hypnosis association to control the members.
  - A Code of Ethics proves to the psychology profession and the medical profession that we are skilled practitioners who know what we are doing, and guarantees the life of our profession.
- 11) Hypnotic regression therapy is a hotly debated technique. What are the risks to those who employ regression without a thorough understanding of the process?
- All the answers are correct.
  - A client's preconceived opinion of the cause of a problem could be incorrect, resulting in a regression to the wrong event.
  - If abreactions occur and are not handled properly by the hypnotherapist, the problem might linger and/or the client may experience emotional discomfort after the session.
  - Inappropriate leading can result in false memories.
- 12) A new client brings a medical referral from his doctor with an OK to use hypnosis along with his medical treatment for cancer. How do you respond?
- Proceed according to your level of training...or refer to another hypnotherapist experienced in this arena.
  - Tell the client that cancer is caused by stress or negative emotions, and then use regression to discover and release the ISE...then use a good script to complete the healing. If the session is successful, then you can advise the client that he/she can stop other medical treatment.
  - The IMDHA was founded as an umbrella for you to work with medical hypnosis, so you may proceed whether or not the client's physician gives permission.
  - Hypnosis should never be used for a cancer patient, because the patient should only have treatments that were proven with evidence based studies.
- 13) A hypnotist certified by the International Medical Dental Hypnotherapy Association, the International Association of Counselors and Therapists (or other hypnosis association) may:
- Treat mental disorders unless prohibited by the client's personal physician.
  - Hypnotize any willing client in any free country at any time in the free world.
  - Practice within the legal limits of his/her training, competence, and education in conformance with applicable laws and professional ethics.
  - Represent himself/herself as a licensed health care professional using hypnosis even if he/she does not hold any other health care credential besides "Certified Hypnotherapist."

- 14) A client wants you to use hypnosis to help overcome headaches. How do you respond?
- a) Before proceeding, ask the client to consult a doctor for the cause if he/she has not already done so, and make it clear that hypnosis is not a substitute for medical care.
  - b) You should never use hypnosis to help with pain management in any form unless you are a licensed health care professional.
  - c) Proceed immediately because it is an act of mercy to use hypnosis to help a client overcome headaches.
  - d) Give the client an aspirin or OTC pain medication before proceeding.
- 15) Can a person be hypnotically induced to commit a crime, or an act against his/her morals and beliefs?
- a) Anyone will follow direct suggestions to commit a crime or immoral act if hypnotized deeply enough.
  - b) No one will ever respond to a hypnotic suggestion to harm another person under any circumstances.
  - c) A normal person would knowingly commit a crime or immoral act during hypnosis if hypnotic amnesia is suggested first.
  - d) It is not likely that a normal person would commit a crime or an act against his/her morals and beliefs as a result of direct hypnotic suggestion, unless he/she is already inclined to do so.
- 16) Which statement is true regarding keeping records of your sessions with a client?
- a) All of the answers are correct.
  - b) It is not necessary to keep client records unless you are a licensed health care practitioner.
  - c) Records and session notes may be kept either in paper format or electronic format, but should be under lock and key (paper) or password protected (if electronic) in order to maintain client confidentiality.
  - d) Session notes may be shared with a married client's spouse if you believe it will be of benefit to the client.
- 17) Which of the following is commonly associated with indirect suggestion?
- a) Progressive relaxation.
  - b) Metaphor.
  - c) Hypnosis scripts
  - d) Paternal suggestions.

- 18) Some hypnotists use overly gross aversion with smokers, telling them during hypnosis that backsliding will result in lung disease, crippling strokes, or heart failure, etc. What is the possible risk?
- a) If clients believe they will get a major disease by backsliding, aversion suggestion could enhance that belief...making clients more vulnerable to getting ill if they backslide.
  - b) If the client's doctor learns that aversion suggestion is used, he/she may strongly object even if the client succeeds.
  - c) Aversion suggestion has a low success rate, so the only risk is loss of a client.
  - d) Aversion suggestion has a high success rate, so we need not worry about the risk.
- 19) What is generally meant by a "hypnotic contract"?
- a) A written disclosure signed by the hypnoterapist that discloses what the client can expect to happen during the session.
  - b) An unnecessary step. Hypnotize the client when you are ready, unless he/she requests to use the restroom first.
  - c) A written contract signed by the client acknowledging that he/she agrees to your rates.
  - d) A verbal agreement from the client before the formal induction that he/she is ready to be hypnotized.
- 20) A concerned parent brings his/her 17-year old for hypnosis to quit smoking. How do you proceed?
- a) Teenagers rarely respond well to hypnosis, so advise the parent not to waste his/her money.
  - b) It is never appropriate under any circumstances to hypnotize a minor because of liability.
  - c) Verify that the client wants to quit smoking, and obtain written parental consent for hypnotizing the client.
  - d) You may hypnotize a minor only if you are also a licensed health care practitioner.
- 21) A client asks you to help him/her overcome an addiction to alcohol. How do you proceed?
- a) You may accept the client, but then notify the police if he/she drove to your office.
  - b) You should only accept an alcoholic if referred by a doctor or a judge.
  - c) It is never appropriate under any circumstances to accept an alcoholic client unless you are a trained substance abuse counselor
  - d) None of the answers are correct

- 22) A client makes an obvious attempt to seduce you. What is an appropriate response?
- a) If the attractions is mutual, terminate the client relationship immediately and then go ahead and ask the client out on a date.
  - b) Explain the importance of keeping the relationship professional for the benefit of the client. Refer to another professional if necessary.
  - c) If the attraction is mutual, you may give suggestions for the client to be happy in the relationship.
  - d) Ignore the passes and proceed as planned.
- 23) A client gets anxiety when taking a test or exam. After determining the appropriate methodology, what additional technique might you include for the client to use when taking exams?
- a) Establish a peaceful place trigger to use at the start of an exam in order to stay calm.
  - b) Regress to the ISE and give suggestions to obey the professor or teacher.
  - c) Find a good script, and use it repeatedly for several sessions until the client overcomes the problem.
  - d) Refer this client to a psychotherapist who can diagnose the cause of the anxiety.
- 24) What can we do to build better bridges of credibility for hypnotherapy with mainstream healthcare?
- a) All of the answers are correct.
  - b) Work in cooperation with other health care practitioners.
  - c) Represent ourselves as complementary rather than alternative health care.
  - d) Stay within our scope of practice.
- 25) A terminal cancer patient comes to you asking if hypnosis can help her quality of life for her few remaining months. After appropriate intake, how might you proceed?
- a) It is only appropriate to work with a terminal patient if you are representing a local hospice.
  - b) Tell her you are not a qualified "end-of-life" therapist, and suggest that she see a qualified medical hypnotherapist.
  - c) Offer to teach her nurse how to use hypnosis to help her stay calm.
  - d) You may teach her self-hypnosis, and include several pain reduction techniques to help reduce any physical discomfort. Additionally, you may wish to help her establish a peaceful place or safe place, and help her eliminate her fears regarding afterlife if requested.