

MED 370 - Meditative Therapy

Exam Instructions

Thank you for enrolling into MED 370 - Meditative Therapy. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

If you have any questions, please contact us at: info@aihcp.org

Full Name:

Email:

AH Number:

1. Meditative Therapy is inner-directed therapy.

- A) True
- B) False

2. In Mindfulness Meditation, the Inner Source is accessed.

- A) True
- B) False

3. An abreaction is re-experiencing various portions of disturbing or traumatic events.

- A) True
- B) False

4. Clients should NOT receive a copy of their Meditative Therapy transcript as they are not qualified to understand it.

- A) True
- B) False

5. The spiritual mission of healing energizes us to help clients become ascended masters.

- A) True
- B) False

- 6.** A metaphor of the hologram underlies Reductionist thinking.
- A) True
 - B) False
- 7.** Clients with personality disorders should NOT receive Meditative Therapy.
- A) True
 - B) False
- 8.** Meditative Therapy helps the therapist arrive at insights to the client's problems.
- A) True
 - B) False
- 9.** Communication with discarnate entities is an example of a creative experience with Meditative Therapy.
- A) True
 - B) False
- 10.** A major fear of Meditative Therapy expressed by clients is fear of uncovering sexual abuse as a child.
- A) True
 - B) False
- 11.** When a client experiences an abreaction, the therapist should end the session immediately.
- A) True
 - B) False
- 12.** One spiritual outcome of Meditative Therapy is the acceptance of life.
- A) True
 - B) False
- 13.** It is advisable to allow 60 to 90 minutes for a Meditative Therapy session.
- A) True
 - B) False
- 14.** To complete a Meditative Therapy session, the Inner Source process must be stopped by the therapist.
- A) True
 - B) False

- 15.** The impact of Meditative Therapy can be enhanced through client-centered interpretation.
- A) True
 - B) False
- 16.** The recall of dreams by clients often decreases during the weeks of Meditative Therapy.
- A) True
 - B) False
- 17.** Stimulating and directing the Meditative Therapy process should only be used when the process fails to begin or becomes blocked.
- A) True
 - B) False
- 18.** A Holistic Map is focused on the client's past experiences.
- A) True
 - B) False
- 19.** Negative core events consist of the top traumatic or disturbing neurosis from childhood.
- A) True
 - B) False
- 20.** Negative core events consist of the top traumatic or disturbing neurosis from childhood.
- A) True
 - B) False
- 21.** In Meditative Therapy, having positive memories usually reveals positive beliefs about oneself.
- A) True
 - B) False
- 22.** Autogenic Therapy is psychotherapy that is based on the therapist's ability to bring out a healing.
- A) True
 - B) False
- 23.** Active imagination uses fragments of reality to stimulate the inherent imagery process.
- A) True
 - B) False

24. Mindfulness Meditation is the oldest practice underlying Meditative Therapy.

A) True

B) False

25. Enlightenment refers to the realization of the truth of being.

A) True

B) False

