

## NCBTMB Quiz Questions For Final Exam Wood Element EMMT

### Module 1, Introduction to The Wood Element

1) What emotional state fosters a sense of safety and an opportunity for healing?

- a) Anxiety
- b) Anger
- c) Empathy
- d) Gratitude

Answer:

2) What is the emotion of the *Wood Element* out of balance?

- a) Frustration
- b) Anger
- c) Apathy
- d) Rigid and Negative Attitude
- e) All of the Above

Answer:

3) The two virtues of the *Wood Element* listed within this EMMT course are \_\_\_\_\_ and \_\_\_\_\_ .

- a) Benevolence and Grace
- b) Grace and Compassion
- c) Wisdom and Equanimity
- d) Wisdom and Grace

Answer:

4) Dysfunctional Liver *qi* can result in the establishment of:

- a) inappropriate boundaries,
- b) issues with control within relationships and one's environment
- c) flares of Anger
- d) all of the above

Answer:

5) Which of the following can affect the Liver and Spleen energy in significantly depleting ways, and this can affect the corporeal experience of pain and inflammation:

- a) the loss of a child or life partner,
- b) a significant acute or chronic illness or injury,
- c) the inability to make a decision, or
- d) all of the above.

Answer:

6) The Gallbladder Divergent Channel connects with the:

- a) Tongue,
- b) Big Toe,
- c) Heart, or
- d) Nose.

Answer:

7) When working manually to affect the Autonomic Nervous System, it is very important to work with:

- a) The Liver
- b) The Gallbladder
- c) The Gallbladder Divergent Channel
- d) All of the Above

Answer:

8) Choose the best answer. Disharmonies of the Liver, a *yin* organ, often manifest more:

- a) Inwardly,
- b) Outwardly,
- c) Through speech,
- d) After eating.

Answer:

9) The Liver Divergent Channel is associated with:

- a) The “Face : Heart” Connection.
- b) Sacral Plexus / Sympathetic Sacral Ganglion in flammation.
- c) Pain in the Big Toe.
- d) Pressure behind the Eyes.

Answer:

10) Cranial Nerve Nuclei associated with the Polyvagal Complex include:

- a) The Nucleus Ambiguus (NA)
- b) The Spinal Sensory Nucleus of the Trigeminal Nerve (SSNT)
- c) The Nucleus of the Solitary Tract and the Area Postrema (NTS & AP)
- d) The Dorsal Motor Nucleus (DMNX)
- e) All of the Above

Answer:

11) The Vagus nerve leaves the Cranium through the \_\_\_\_\_.

- a) Sutures
- b) Foramen Magnum
- c) Jugular Foramen
- d) Dural Sheath

Answer:

12) Fill in the blanks: \_\_\_\_\_ means information flows within the nervous system, from the body \_\_\_\_\_ the Brain.

- a) Afferent, Away from
- b) Efferent, Toward
- c) Afferent, Toward
- d) Afferent, next to

Answer:

13) The Vagus nerve is responsible for controlling all *except*:

- a) Digestive processes (exocrine function and enzyme release)
- b) Control of Heart Rate
- c) Motor control of the Vocal Cords
- d) Pupil size in response to light

Answer:

14) “Dissociation” results in experiencing a disconnection and a lack of continuity between:

- a) thoughts,
- b) memories,
- c) surroundings, and actions.
- d) All of the Above

Answer:

15) Fill in the blank: The Biliary tree is one of the first organ systems to develop and begins to take shape within the \_\_\_\_\_ week of gestation.

- a) Fourth
- b) Sixth
- c) Twelfth
- d) Twentieth

Answer:

16) All of the following are physiological functions of the Liver Except:

- a) The production of bile.
- b) Production of proteins for blood plasma and neurotransmitters.
- c) Detoxifies/Converts ammonia (poisonous) to urea.
- d) Produces Insulin for metabolism of sugars and carbohydrates.

Answer:

17) The following is *True* about Liver Parenchymal cells:

- a) Parenchymal cells are constantly regenerating themselves.
- b) Parenchymal cells are dense, substantial, and should have somewhat of a 'spongy' feel when compressed.
- c) Parenchymal cells are organized in compartments, somewhat like the structure of a hive.
- d) Parenchymal cells are highly vascularized and innervated.
- e) All of the Above.

Answer:

18) The Liver has a relationship to spinal segments:

- a) C7-T1
- b) T7 -T12
- c) S1-S2
- d) L1-L5

Answer:

19) (choose the best answer) The Vagal visceral Afferent neurons synapse with the Nodos Ganglia, located in the area of the:

- a) Gallbladder
- b) Duodenum
- c) Right Kidney
- d) Hepatic Hilum
- e) Left Kidney

Answer:

20) The Gallbladder relates to Spinal segments:

- a) T9-T11
- b) T10-T12
- c) T7-T9
- d) T8-T12

Answer:

21) Symptoms of Gallbladder dysfunction or Gallbladder Meridian stagnation may include:

- a) Pain in the neck at C3-C5, due to Phrenic nerve sensory afferent innervation.
- b) Pain in the top of the Trapezius, due to anastomoses between the Accessory Nerve, and the Phrenic nerve, and/or the Sympathetic Cervical Ganglion.
- c) Pain in the upper mid back near T7-T9.
- d) Pain in upper Right quadrant of abdomen when eating fatty foods.
- e) All of the Above.

Answer:

22) What is not true about the Parietal Peritoneum?

- a) It is an organ that is a serous membrane
- b) It surrounds the abdominal viscera.
- c) Some viscera weave in and out of this membrane.
- d) Some are entirely posterior to this membrane, and are considered intra-peritoneal.

Answer:

23) Which of the following are characteristics of the Visceral Peritoneum (VP) due to its innervation?

- a) The VP responds to traction and pressure.
- b) The VP does *not* respond to cutting, burning or electrostimulation.
- c) Information from the VP refers to the Brain Stem through Vagal afferent nerves that synapse with the Nodos Ganglion.
- d) Pain from restrictions in the VP is perceived as diffuse and dull.
- e) All of the Above

Answer:

24) The Coronal and Right and Left Triangular ligaments of the Liver are some of the strongest Peritoneal ligaments due to their suspensory function, \_\_\_\_\_.

- a) connecting the Liver to the diaphragm.
- b) connecting the Liver to the Pelvis.
- c) connecting the Gallbladder to the Liver.
- d) connecting the Kidneys to the Peritoneum.

Answer:

25) The Parietal Peritoneum receives Sympathetic innervation from spinal segments of \_\_\_\_\_.

- a) T10-L1,
- b) T2-T3,
- c) C3-C4,
- d) S1-S4.

Answer:

26) Emotional integration of negative emotions, between the mind and the body, is processed in the Right Frontal Parietal zone, or Default zone of the \_\_\_\_\_.

- a) Temporal Lobe
- b) Occipital Lobe
- c) Frontal Lobe
- d) Parietal Lobe

Answer:

27) What structure within the Temporal Lobe may be involved in neuroception and integration of visceral feedback into cognitive awareness?

- a) The Frontal Lobe
- b) The Hippocampus
- c) The Insula
- d) The Pre Optic Nucleus

Answer:

28) Fill in the blank: Located between the \_\_\_\_\_ and the \_\_\_\_\_ of the Caudate Nucleus, the Claustrum is a thin neuronal structure that has connections throughout most of the Cortex. It connects the Pre Frontal Cortex and Thalamus. This is also a VERY important structure for integrating significant physical and emotional releases within the body, and helps integrate or “set” energetic work within the ANS. It is thought by some neuroanatomists to be the “seat of consciousness.”

- a) Insula, Putamen
- b) Cerebellum, Putamen
- c) Frontal Lobe, Dura
- d) Pia Mater, Dura Mater

Answer:

29) The main function of the Corpus Callosum is to integrate and transfer information from both, the right and left, Cerebral/Cortical hemispheres, integrating and processing:

- a) sensory,
- b) motor,
- c) high-level cognitive signals, or
- d) all of the above.

Answer:

30) The Limbic System is a collection of nuclei and cortical structures that are related to self preservation and species preservation, through regulation and processing of autonomic and endocrine response to emotional stimuli. The Limbic System is involved in: (choose all that are correct)

- a) motivation,
- b) reinforcing behavior,
- c) memory,
- d) direct regulation of heart rate, and/or
- e) experience of the senses and the individualized interpretation of internal and external stimuli.

Answer:

31) The Hypothalamus has internal sensors for temperature control, thirst and water balance, appetite regulation, reproduction and sexual behavior, control of lactation, respiratory and cardiovascular function (moderated through the Vagal nuclei), gastrointestinal regulation, stress responses, and:

- a) control of eye movement,
- b) fast twitch muscle contractions,
- c) states of rest and repair, or
- d) seeing in the dark.

Answer:

32) In cases of complex trauma and PTSD, the Hippocampus can atrophy, affecting the ability to:

- a) learn and recall information,
- b) regulate autonomic processes,
- c) jump and run,
- d) none of the above

Answer:

33) Chronic stress or trauma may have these effects on the structure and function of the Amygdala (choose all that apply):

- a) structural/physical enlargement,
- b) lack of taste,
- c) inability to activate a healthy fear response,
- d) the feeling of being “numb” to emotional or arousing stimuli, or
- e) blurry vision.

Answer:

34) Every sensory perception has a dedicated Thalamic nuclei that receives, processes, and integrates information through reciprocal neural connections within the associated areas in the Cortex, except for:

- a) touch
- b) taste
- c) hearing
- d) smell

Answer:

35) Finish this sentence with the most appropriate words: When working within the Elements remember that the Nervous System \_\_\_\_\_ the Neuroendocrine System, and the Circulatory System \_\_\_\_\_ the hormones through the body.

- a) transports, controls
- b) controls, enhances
- c) enhances, liberates
- d) controls, transports

Answer:

36) Fill in the blank: The Locus Coeruleus is the primary area in the Brain for synthesis of Norepinephrine/Noradrenaline (NE). It receives \_\_\_\_\_ sensory information from the Thalamus, Hypothalamus, Cingulate Gyrus, and Amygdala, as well as ascending *afferent* pathways from the Nodose Ganglion of the Vagus Nerve, via the Nucleus Tractus Solitarius, allowing for emotional stressors, physical stimuli, and visceral interoception to stimulate a NE response.

- a) efferent
- b) afferent
- c) heavy
- d) wild

Answer:

37) Fill in the blank: In general, \_\_\_\_\_ projections *from* the Locus Coeruleus *to* the Dorsal Motor Nucleus and Nucleus Ambiguus, as well as other Parasympathetic Nuclei, have an inhibitory effect on Parasympathetic regulation.

- a) afferent
- b) multiple
- c) efferent
- d) slow

Answer:

38) The following structures are located in the Medulla: (choose all that are correct)

- a) Dorsal Motor Nucleus (DMNX)
- b) Lenticular Nucleus
- c) Nucleus Ambiguus (NA)
- d) Spinal Accessory Nerve Nucleus (CN XI)
- e) Thalamus

Answer:



39) The Trigeminal Nerve (CN V) nuclei is located in dorsal root of Medulla. It supplies sensory innervation to the following cranial areas and structures:

- a) the Falx and Tentorium;
- b) the Coronal suture;
- c) the Lambdoidal suture;
- d) the layers of Dura, especially posterior Cranium;
- e) the anterior superior ear canal; and
- f) the face; or
- g) all of the above.

Answer:

40) The Spinal Trigememinal Nucleus (STN) can extend all the way down the Spinal cord to the level of: (choose best answer)

- a) T7
- b) C1-C2
- c) C5-C7
- d) T1

Answer:

41) Fill in the blank: \_\_\_\_\_Parasympathetic nerve fibers from the DMNX join Cardiac Vagus nerve fibers that originate from the NA.

- a) Myelinated
- b) *Unmyelinated*
- c) Fast twitch
- d) Sensory

Answer:

42) The Nodos Ganglia of the Hepatic Hilum project *afferent* fibers to the Nucleus Tractus Solitarius (NTS), where the NTS then acts as a relay, projecting *efferent* fibers to the which of the following Cranial structures?: (Choose all the at apply)

- a) Locus Coeruleus,
- b) the DMNX,
- c) the NA,
- d) the Amygdala, and/or
- e) the Thalamus.

Answer:

43) The Xi cleft *yin* and *yang* points for activating the *Wood* Element are:

- a) ST-34, LV-2
- b) GB-2, LV-2
- c) GB-36, LV-6
- d) LU-6, LV-4

Answer:

44) Fill in the blank: When working with clients that have a history of trauma, points involving the Extraordinary Vessels should be accessed \_\_\_\_\_ the initial healing phase has been established. It is important to focus early treatment within the primary Meridians and Divergent channels. This philosophy is intended to welcome the energy of the body and Spirit, back into a supportive and healthy nest to call home, during the early stages of reconnection and healing.

- a) before
- b) after
- c) never while
- d) sometimes when

Answer:

45) What acupressure point is particularly helpful during a “reparenting” process?

- a) LV-22
- b) LV-2
- c) LV-3
- d) BL-5

Answer:

46) Traditional knowledge states that when energy leaves the primary Liver Meridian and flows into the Divergent Channel, it does so at what point on the Liver Meridian?

- a) LV-22
- b) LV-5
- c) LV-2
- d) GB-4

Answer:

47) When doing an intake evaluation, some metrics one could look at to assess baseline levels of Vagal tone and resilience are: (choose all that apply)

- a) Pulse,
- b) Oxygen levels,
- c) Heart Rate Variability (HRV),
- d) Respiratory Sinus Arrhythmia (RSA), or
- e) None of the above

Answer:

48) Some gentle, initial energetic interventions that may be used with clients that have a history of trauma and complex stress, that have patterns of Dorsal vagal response and symptoms of low Vagal tone are:

- a) Acupuncture,
- b) Acupressure,
- c) Safe and Sound Listening Protocol (SSP),
- d) Virtual Reality and Meditation sequences that monitor RSA/HRV, or
- e) All of the above.

Answer:

49) Abdominal massage and/or pelvic manipulations may be detrimental to high risk (low vagal tone) infants because it may stimulate pathways to the NA and DMNX, through afferent information to the NTS and LC, potentially creating a risk of:

- a) reflex bradycardia.
- b) sleep apnea
- c) rash
- d) crying

Answer:

50) When working on the arms or legs, any technique utilizing more than a superficial level of pressure for touch, should always be done with strokes that are:  
(choose best answer)

- a) distal to proximal,
- b) proximal to distal,
- c) circular, or
- d) deep pressure strokes should never be done on arms or legs.

Answer:

51) Choose all that apply: When working with clients that have a history of chemical toxicity or Liver disease, great care must be taken when gently mobilizing the Liver, so as to not initiate:

- a) significant detoxification reaction,
- b) increase in inflammation,
- c) loss of consciousness,
- d) none of the above.

Answer:

52) Choose all that apply: If you suspect an imbalance in the Wood Element of your client, or a symptom that is within the Liver or Gallbladder meridians, it is not very important to ask about:

- a) digestion,
- b) elimination quality and detail,
- c) body temperature, or
- d) how many hours of sleep they got last night.

Answer:

53) Some contraindications for using extreme caution and care when working with clients manually along the meridians of the Wood Element include, but are not limited to: (choose all that apply)

- a) If a client has had a recent injury or fracture to their ribs;
- b) If the client has experienced a current, or historical condition of lymphedema;
- c) Acute infection, inflammation, or cirrhosis of the Liver;
- d) Pregnancy;
- e) History of heavy metal exposure, chemical toxicity, chronic viral infection; or
- f) All of the above.

Answer:

54) Fill in the blank with the best answer: Breathing through the nose while receiving treatment for areas of emotional holding and trauma is more \_\_\_\_\_ than breathing through the mouth; as breathing through the mouth can be much more powerful in connecting with the Polyvagal system, and initiating a release of the stored energy within the body tissues.

- a) gentle
- b) aggressive
- c) better
- d) sneaky

Answer:

55) Choose all that apply: During the release of stored trauma from the tissues of the body, a person may experience \_\_\_\_\_ as the nervous system releases the cellular memory of the experience.

- a) shaking,
- b) trembling,
- c) vibrations, or
- d) blurry vision.

Answer:

56) Clinical conditions with significant relation to the Wood Element include all except: (choose best answer)

- a) Lyme Disease,
- b) Chronic Inflammation;
- c) Ulcerative Colitis, or
- d) Cholecystitis.

Answer:

57) Choose all that apply: When working with Prenatal mothers before 37 weeks gestation period, it is contraindicated to put downward pressure on acupoints:

- a) GB-21
- b) BL-67
- c) LI-10
- d) BL-1

Answer:

58) Manual treatments involving the Liver and Gallbladder organs, points, and energy channels; may have these effects on elderly clients:

- a) Aid in the digestion and assimilation of fats,
- b) Improve restoration of their nervous system,
- c) Help with the achievement of optimal metabolism,
- d) Increase energy levels, or
- e) All of the above.

Answer:

59) Extreme caution should be used when working manually with an inflamed or acutely pathological:  
(choose best answer)

- a) Liver,
- b) Gallbladder,
- c) Both a) and b), or
- d) None of the above.

Answer:

60) Choose the best answer: The most important aspect of treating patients with PTSD is:

- a) the establishment of a safe, comfortable, and neutral treatment space,
- b) practitioner resonance,
- c) having a white noise machine,
- d) none of the above.

Answer:

61) Low frequency background sounds, street noises, ventilation system sounds, vibrations from elevators and escalators) that would trigger, via neuroception, defensive states of the autonomic nervous system, may: (choose best answer)

- a) interfere with the effectiveness of the treatment,
- b) make your client sweat,
- c) make your client have to go to the bathroom every 10 minutes,
- d) increase your referrals from other providers.

Answer:

62) Emotional associations with the senses are so powerful because the Cranio-Facial nerves that assimilate the information from the senses, have their nuclei wired into the \_\_\_\_\_.

- a) Limbic System,
- b) Cerebellum,
- c) the mainframe,
- d) the Matrix.

Answer:

63) The Polyvagal Theory assumes that for treatments to be effective and efficient it is necessary to keep the Autonomic Nervous System out of states of \_\_\_\_\_.

- a) offense,
- b) defense,
- c) ease,
- d) none of the above.

Answer:

64) Several techniques that may assist in keeping an Autonomic Nervous System in a state of safety include, but are not limited to:

- a) eliminating low frequency background noise from the treatment space.
- b) not causing pain during the treatment.
- c) making eye contact and gently smiling in recognition.
- d) greeting the client with a gentle, prosodic voice.
- e) all of the above.

Answer:

65) One “red flag” that you are working with a client that may have a history of trauma is that they have a resistance to being touched. When you are working with a client during ANY type of treatment, and you begin to sense that they are losing resilience, it is a good idea to:

- a) keep treating them until the plan you have in your mind for the session is completed.
- b) push the client to focus on your techniques.
- c) back off of the treatment, and allow the client time to integrate what has been done thus far in the treatment, then reassess the state of the client and the treatment plan from that place.
- d) none of the above.

Answer:

66) Some signs to look for to let you know that a client may be receiving too much stimulation, dissociating, or possibly becoming re-traumatized would be:

- a) eyes rolling away into the head, or eyes becoming blank or distant;
- b) changes in skin tone;
- c) sweating or physical agitation;
- d) tears or an audible emotional release; or
- e) all of the above.

Answer:

67) Some ways to mitigate for the effects of wearing a face mask on the quality of social engagement and co regulation include:

- a) Using direct eye contact
- b) Using expressive eye gestures
- c) Using good communication technique and prosody with your voice
- d) All of the things

Answer:

68) Ending the session is just as important as how you begin the session. Some ways to ensure the client is leaving with a sense of support include:

- a) Using forward looking statements to let your client know that you are there for them on their path of healing.
- b) Giving the client an immediate call to action, suggesting when the next treatment session should be, and possibly what you may work on during that session, then giving them some direction on how to schedule the next appointment.
- c) Focus the client on no more than one or two immediate, specific goals or outcomes; and one general, positive path toward a long term goal or outcome.
- d) All of the above

Answer:

69) Choose all that apply. The following statements are good ways to approach manual therapy techniques:

- a) Always let the body guide you.
- b) Listen to the tissues and structures under your hands.
- c) Never use deep pressure into muscle tissue.
- d) Always look both ways before opening the door to the treatment room.

Answer:

70) Fill in the blank. Always clear the \_\_\_\_\_ (especially Right subclavian duct) before global cranial releases/cranial balancing techniques, and immediately after. This is Very Important.

- a) Diaphragm,
- b) Inguinal canal,
- c) Clavicles, or
- d) Right hand.

Answer:

71) Choose all that apply. Application of the following things may help enhance the treatment of acupuncture points, beyond simple finger pressure.

- a) Silver non insertion “needles.”
- b) Copper non insertion “needles.”
- c) Crystals
- d) Sandpaper

Answer:

72) Choose all that apply. Contraindications for manual therapy of the Liver and Gallbladder may include, but are not limited to:

- a) Acute inflammation or cirrhosis
- b) Infection or fever
- c) Broken Ribs
- d) All of the above

Answer:

73) When working with someone that has a history of trauma, the most important aspect of treatment is:

- a) creating a safe treatment space
- b) making sure the client has water
- c) making sure the session lasts exactly one hour
- d) none of the above

Answer:

74) Some instances that can trigger complex PTSD include, but are not limited to:

- a) the death of a family member
- b) the ending of a significant partnership
- c) an acute injury
- d) all of the above

Answer:

75) Choose the best answer. Complex trauma and PTSD can show up:

- a) years after an experience when triggered by a current event or scenario.
- b) immediately after an accident or injury
- c) a long time after an incident
- d) All of the above.

Answer:

76) Choose all that apply. Examples of traumatic events include:

- a) childbirth
- b) the death of a family member
- c) the ending of a long term romantic relationship
- d) a sports injury

Answer:

77) One effective way to decrease stress in your daily life and increase the atmosphere of healing is to:

- a) Eat broccoli,
- b) sit still for most of the day,
- c) create a Gratitude Journal to reflect on what you are grateful for,
- d) None of the Above

Answer:

78) Choose all that apply. Good ways to increase connection when wearing a face mask during treatments with clients, is to:

- a) Greet the client with direct eye contact when they come into the clinic,
- b) Use expressive eye gestures when talking and smile with your eyes,
- c) Use prosody in your vocal intonation,
- d) All of the above.

Answer:

79) Some things that clients can do at home to increase vagal tone include:

- a) singing in a choir,
- b) swimming,
- c) using a chilled jade, or other kind of stone face roller,
- d) all of the above.

Answer:



80) Signs and signals that a client's body may give you to alert you to potential re-traumatization during the treatment process include:

- a) Physical Agitation, or crying,
- b) Loss of focus in eyes if eyes are open/ eyes rolling away from focus,
- c) Changes in skin tone or tonus, and/or
- d) Sweating or changes in heart rate or blood pressure.
- e) All of the above.

Answer: