

Wood Element Completion Sequence for PDA, NCCAOM

“Worksheet Question” - this question must be answered to unlock the final exam for completion of PDA/CEU credit.

In less than 300 words, please briefly describe the way EMMTs within the Wood Element may have a beneficial effect on the Autonomic Nervous System, and the processing of stress or historical trauma.

Final Quiz Questions (Aggregated)

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

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

Answer:

2) (T/F) The Gallbladder Divergent Channel is the energetic pathway for the “Face : Heart” Connection referenced in the Polyvagal Theory.

Answer:

3) Fill in the blanks: _____ means information flows within the nervous system, from the body _____ the Brain.

- a) Afferent, Away
- b) Efferent, Toward
- c) Afferent, Toward

Answer:

4) (T/F) The Liver has a relationship to spinal segments T7 through T12.

Answer:

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

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

Answer:

6) 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:

7) 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

Answer:

7) (T/F) 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 digestion and elimination quality and detail.

Answer:

8) (T/F) Establishment of a safe treatment space and practitioner resonance is the most important aspect of treating patients with PTSD.

Answer:

9) 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:

10) (T/F) One very amazing phrase to use to help the client (or anyone in your life) return to a sense of safety and support is to ask this question *with sincerity and a committed follow through*: “How can I best support you in this moment?”

Answer: