

## Advanced ImTT Webinar Questions

1. Identifying the physical characteristic of a color particle allows a more complete release of the color particles. True False
2. The Look Back technique is useful for preventing the person from flooding with feeling. True False
3. ImTT can be used in the treatment of children only when they are old enough to visualize the color. True False
4. ImTT can only be used when people are sober. True False
5. When a person is suicidal, it is important to understand why before releasing any feeling. True False
6. Stages of Change describe the effects on the client of an image release. True False
7. Psychological patterns are de-energized by releasing the underlying images. True False
8. When an image becomes more positive when deconstructing it, treatment is to go back to the original negative image. True False
9. A counterbalance of a negative image or feeling occurs when the mind seeks to overcome the negativity by producing a positive image or feeling. True False
10. Installing a positive image after releasing the negative helps the person develop new behavioral patterns. True False
11. After a feeling of shame is released, the client should experience a feeling of pride in him/her self. True False
12. The survival purpose of shock is to numb the feelings. True False
13. Shock acts as a fixative to lock in the image and feelings so that the mind does not process the memories naturally. True False
14. When releasing Survival Rage, it is important to identify the location of the color of the feeling before releasing the feeling. True False
15. PPRs are reactions that optimize survival. True False
16. Emotions are processed by releasing the underlying PPR. True False
17. Rage is just a form of intense anger. True False
18. The purpose of anger is to maintain relationships. True False
19. The purpose of the freeze reaction is to block action. True False
20. The feeling of frozen can be activated in situations that are not actually fearful. True False
21. Hate is the result of feelings of guilt. True False
22. Feelings of bitterness are energized by hate True False
23. When a client states that he feels disrespected, the Win/Lose Dynamic is likely being activated. True False
24. The rage created by Win/Lose Dynamic is released by releasing the underlying terror. True False
25. The Win/Lose Dynamic extends to grandchildren. True False
26. Commandment images are formed with a child is between 7 – 10 years old. True False
27. Commandment images are processed by identifying the location of the image on the body. True False

28. Clients often do not want to release their rage because the underlying feeling has not been released. True False
29. Awareness Rage can be released by releasing the color of the underlying feeling. True False
30. The rage caused by Win/Lose should not be released because it will motivate the client to win. True False
31. Hate is useful for maintaining group survival. True False
32. Hate is a response to immediate threat. True False
33. The feeling of pain should always be released before releasing an EF. True False
34. The feeling of emptiness is usually painful. True False
35. The Feelings of Absence can usually be identified easily and should be released before feelings of pain and terror. True False
36. Feelings of Absence are often a driver of dysfunctional behavior. True False
37. Feelings of depression can be released with the F/SRP. True False
38. When a client is intensely anxious, it is important to understand the root causes of the anxiety before releasing the feeling. True False
39. When a client is in a crisis mode, releasing the feeling of frozen can make it possible for the client to feel that he can do something about his situation. True False
40. Clients are usually aware when they are experiencing a feeling of emptiness. True False
41. The feeling of frozen often underlies the feelings of being overwhelmed and the behavior of procrastination. True False
42. Releasing a feeling of being overwhelmed is usually the first release when a person feels overwhelmed. True False
43. An advantage of processing a memory in a Trauma Memory Network is that processing one memory de-energies all the memories in that network. True False
44. Each memory in a Trauma Memory Network has to have the pixel-particles of the image released separately. True False
45. The shock reaction may be the cause of dissociation. True False
46. Releasing shock may also release intense feelings. True False
47. Feeling Negative Cognitions and Image Negative Cognitions are released using the F/SRP. True False
48. It is important to release an EF before processing an Image Negative Cognition. True False
49. When a client cannot completely deconstruct the image, this means that the image is still being energized by a feeling. True False
50. It is necessary for the client to have a sensory modality image in order to release the image. True False
51. There is no real difference between an infused feeling and an Embedded Feeling. True False
52. The Image/Feeling Protocol is used to deconstruct Feeling-States and cultural images. True False
53. When using the IFP the Infused Feeling is always identified each time the image is re-imaged. True False

54. Each time the feeling in the IFP is identified, the color of the feeling is also identified before releasing the feeling. True False
55. One of the advantages of the IFP is that after the image is deconstructed the pixel-particles of the body do not have to be released. True False
56. Identifying the feeling each time the image is re-imaged allows a more complete processing of the image that are not obvious when the client first focuses on the image. True False
57. Anticipatory Images are differently than traumatic images. True False
58. The shock reaction usually needs to be released from an Anticipatory Image. True False
59. Anticipatory Images are formed at the same time as traumatic images. True False
60. When releasing the feeling of shame is an Anticipatory Image, the underlying pain or terror should be released instead of the feeling of shame. True False
61. A person can have Anticipatory Images even though there no traumatic event happened to them. True False
62. When working with clients with social anxiety, the IFP can be used to reduce all the Anticipated images before releasing the EF. True False
63. When using the IFP, the pixel-particles of the images should be released before releasing the EF. True False
64. When working with clients with phobias, always begin with the traumatic event that originally caused the phobia. True False
65. Displacement-caused phobias are the result of an earlier traumatic event that the client has displaced the old feelings onto current events. True False
66. When processing a displacement-caused phobia, complete the processing of the current phobia before processing the older traumatic event. True False
67. When targeting a feeling that the client has no image associated with it, the Imaginary Scenario Technique can be used to develop an image and identify other elements of the image. True False
68. When identifying the feeling using the IFP, the client's reaction to the image is drained out of the image. True False
69. When targeting social anxiety, all the image linked with the anxiety are processed before releasing the EF. True False
70. When targeting Generalized Anxiety Disorder, the images of the different worries are deconstructed before releasing the EF. True False
71. When treating Hypervigilance, release the terror first. True False
72. The Look Back Technique helps the person release levels of the feeling that he previously could not attune with. True False
73. When a person experiences guilt about a person's death, releasing the pain of the loss of relationship will also release the feelings of guilt. True False
74. When releasing the pain underlying the rage resulting from the Win/Lose Dynamic, it is not necessary to explain the Win/lose Dynamic to the client before releasing the underlying pain. True False
75. If you cannot identify the cause of panic attacks, release the images of the panic attacks that have already occurred and provide the client with an audio to reduce the panic attacks in the future. True False

76. When targeting paranoia, always believe the feeling but not the content.  
True False
77. When targeting paranoia, both the original cause of the paranoia and the paranoid images have to be treated. True False
78. Assured Survival Feelings provide feedback that the person is not facing an immediate threat to their survival. True False
79. The Win/Lose Dynamic evolved as a means to ensure that our genes were pass on to future generations. True False
80. What is considered winning when a person is 20 is different from what a person 60 years old considers to be what is winning. True False
81. When treating a person whose rage results from the Win/Lose Dynamic, it is important to help the client directly confront the pain to be released. True False
82. The cultural status image assigned to a group can be released using the Win/Lose Dynamic to identify the pain and the IFP to release the image. True False
83. The purpose of the Survival Model is to help clinicians identify targets for treatment.  
True False
84. Memories that are dissociated are de-energized by releasing the EFs of the memories that are linked with current events. True False
85. Dissociated memories are linked to current events through feelings. True False
86. When processing a traumatic memory, that memory should be completely processed before targeting any emerging memory so that the initially processed memory will be completely eliminated. True False
87. Negative cognitions can sometimes be de-energized by releasing the shock that the negative cognition is not true. True False
88. When treating memories of abuse, the Win/Lose Dynamic may be a factor along with feelings of shame. True False
89. People in different psychosocial stages of their lives have similar ideas of what winning means. True False
90. It is necessary to use the Imaginary Scenario Technique to process non-sensory modality image. True False
91. Embedded Feelings are separated into different categories because they have to be treated differently. True False
92. An Action EF example is a "desire to run away." True False
93. The Morphing Technique is useful for identifying unconscious images and feelings.  
True False
94. Only use the Morphing Technique one time otherwise the person loses the connection with the original image. True False
95. A person who is drunk cannot be treated with ImTT. True False
96. The reaction of disgust may underlie the feeling of shame. True False
97. Hate is a survival response to a non-immediate threat to the tribe. True False
98. The norms creating shame are similar across cultural groups. True False
99. The Me-Too movement is a good example of Win/Lose rage. True False
100. The wording and order of instructions in the Scripts is important and should only be changed for specific clinical reasons. True False
101. It is not necessary to release from all the parts of the body because clients are usually aware of where they need to release from. True False

102. When a client has difficulty releasing the color of the pain, identifying the reason for the resistance is usually sufficient to allow the client to release the feeling.  
True False
103. The On-Edge GAD is processed similarly to the Worry GAD. True False
104. If a person cannot identify the color of the feeling, an auditory sensory approach may be indicated. True False
105. The feeling of “not wanting to disappoint others” may be a motivation behind many behaviors. True False
106. “Authority” is an Infused Feeling that can intensify the “truth” of the content in an image. True False
107. Black Tar inhibits the capacity of the person and is released from the nearest spot on the body for releasing it. True False
108. The feeling of frozen may underlie a panic attack. True False
109. After a formative image is released, clients will usually feel motivated to move on in their lives. True False
110. There is nothing like ImTT. Very true Don't even think about it