

SESSION 2: IMAGERY

QUESTION 1

What advice would you give patients who experience a negative memory or feeling during meditation?

CHOOSE ONE

- If the feeling is not too uncomfortable, see if they can make it their focus and experience it with a nonjudgmental attitude.
- Stop meditating and do something relaxing to avoid triggering more stress.
- Reflect on the memory or feeling in an attempt to understand its underlying trigger(s).
- Review their meditation practice to make corrections; they are obviously doing something wrong.

QUESTION 2

The relaxation response is elicited through:

CHOOSE ONE

- Many activities
- Meditation techniques alone
- Cognitive reappraisal
- Years of practice

QUESTION 3

In studies of novice meditators an 8 week daily meditation practice has been shown to result in both neural and genomic changes. These findings are based on how many minutes of daily practice?

CHOOSE ONE

- 10
- 20
- 40
- 60

QUESTION 4

Which statement is FALSE?

CHOOSE ONE

- Imagery creates a safe and peaceful scene.
- Imagery guides a healing process.
- Imagery supports desired behavior change.
- Imagery is most effective when guided.

QUESTION 5

An ideal meditation practice is:

CHOOSE ONE

- A daily discipline

- A morning practice
- Begun with a few minutes
- Before bedtime

QUESTION 6

Which statement is FALSE?

CHOOSE ONE

- The relaxation response is easier after physical exercise.
- Meditating can help you go to sleep.
- Meditating alone is better than in a group.
- Meditating is best if practiced before your begin your daily activities.

QUESTION 7

During meditation, if unwanted feelings arise, a useful suggestion is:

CHOOSE ONE

- Notice these feelings with a receptive attitude.
- Stop meditating and try again at another time.
- Change meditation technique.
- Process the new feelings with thoughtful reflection.

QUESTION 8

What would NOT be helpful while guiding others in a meditation?

CHOOSE ONE

- Maintain a comfortable pace and rhythm with your voice.
- Move around the room to encourage focused attention.
- Soften your facial muscles to aid your own relaxation.
- Vocalize sounds of letting go such as “ahhh.”

QUESTION 9

Focused attention is a critical component of meditation. Beyond building the ability to sustain attention it is also useful to all of the following EXCEPT:

CHOOSE ONE

- Monitor distractions without destabilizing intended focus.
- Disengage from distraction without further involvement.
- Prompt redirection to a chosen object.
- Cognitive and emotional interpretations of stimuli.

QUESTION 10

Meditation refers to a broad variety of practices designed to promote all of the choices below EXCEPT:

CHOOSE ONE

- Abstract reasoning
- Attentional function
- Heightened sense of well-being
- Altruistic behaviors

QUESTION 11

Neuroscientist Joseph LeDoux states, "We are who we remember ourselves to be." Based on this insight, which meditation practice would likely support desired behavior change?

CHOOSE ONE

- Mindfulness
- Imagery
- Yoga
- Tai Chi

QUESTION 12

Mental imagery involves sensory memory. Which statement below is FALSE?

CHOOSE ONE

- Imagery treats nightmares.
- Imagery improves performance.

- Imagery is a feature of psychological disorders.
- Imagery requires open monitoring.

QUESTION 13

Which is NOT a useful strategy to include in a guided meditation script?

CHOOSE ONE

- Add detail to stimulate associations.
- Make suggestions that include all the senses.
- If negative feelings arise, trust them as a sign to stop.
- Use open-ended language.