

SESSION 5: CONTEMPLATION AND EMPATHY

QUESTION 1

Which empathy-enhancing method is a useful treatment of pain, social anxiety, depression, paranoid schizophrenia and anger?

CHOOSE ONE

- Breath awareness
- Loving Kindness
- Safe Place Imagery
- Tai Chi

QUESTION 2

Three steps of contemplation include:

CHOOSE ONE

- Upliftment, sustained focus and insight
- Breath awareness, body alignment and balance
- Relaxation, positivity and engaged activity
- Sitting, reflection and open monitoring

QUESTION 3

A meditation technique focused on empathic skill building:

CHOOSE ONE

- Tonglen
- Tai Chi
- Mindfulness
- Body scan

QUESTION 4

You are becoming easily annoyed by a coworker who frequently complains and resists your suggestions to help. Among the strategies below, which one is least likely to help?

CHOOSE ONE

- Practice brief relaxation exercises throughout the day
- Increase personal boundaries
- Cultivate compassion for your coworker
- Role model positivity and practice kindness

QUESTION 5

During meditation insight is often received through which of the following?

CHOOSE ONE

- Knowing, feeling, hearing, and/or seeing
- Calming, breathing, wondering and/or thinking

- Open monitoring, meta cognition, dreaming and/or hypnagogic state
- Thoughtful reasoning, imagination, distraction and/or sleep

QUESTION 6

Neural correlates of empathy include all BUT?

CHOOSE ONE

- dmPFC
- Superior temporal sulcus (STS)
- Inferior frontal gyrus (IFG)
- Occipital-lingual gyrus

QUESTION 7

Empathic understanding is inhibited by which of the following?

CHOOSE ONE

- Unconscious motor mimicry
- Facial expression
- Mindfulness
- Judgmental awareness

QUESTION 8

The 'Mind in the Eyes Test' devised by Simon Baron Cohen measures empathy using all of the following EXCEPT?

CHOOSE ONE

- Motor mirror neurons
- Facial expression
- Tone of voice
- Mirroring

QUESTION 9

Patients benefit when their care provider is highly empathic. These benefits include all BUT:

CHOOSE ONE

- Less mood disturbance
- Empowerment
- Devotion
- Compliance

QUESTION 10

Empathic healthcare providers often experience:

CHOOSE ONE

- More malpractice claims
- Increased burnout

- More medical errors
- Decreased burnout

QUESTION 11

A team at Yale devised a program to teach empathy to children using the acronym RULER. Which is NOT a representative description?

CHOOSE ONE

- Recognize emotions in self and others.
- Understand where emotions come from.
- Express emotions.
- React to emotions.

QUESTION 12

A method to increase functional expression of empathy developed by psychologist Marian R. Stuart is known as BATHE technique which stands for:

CHOOSE ONE

- Background, Affect, Troubles, Handling, Empathy
- Beaten down, Abandoned, Threats Hurts, Exhaustion
- Bitterness, Anxiety, Touchiness, Helplessness, Empathy
- Betrayals, Anxieties, Threats, Hates, Empathy

QUESTION 13

Which list represents the positive application of the BATHE technique?

CHOOSE ONE

- Best, Account, Thankfulness, Happen, Empowerment
- Belonging, Appreciate, Tender, Hopeful, Encouraged
- Bliss, Amusement, Touched, Honor, Enthusiasm
- Blessings, Awe, Thoughtful, Happiness, Energized

QUESTION 14

Compassion meditation increases brain activation consistent with the following empathy tasks EXCEPT:

CHOOSE ONE

- Emotion recognition
- Perspective taking
- Affective responsiveness
- Projection

QUESTION 15

Buddhist meditations often aim to cultivate four affective states. Which choice is NOT one of these states?

CHOOSE ONE

- Loving kindness/Metta, an affective state of unconditional kindness to all people.

- Compassion, an understanding suffering and desire to mitigate
- Sympathetic joy, to share in the happiness of others
- Determination, the driving force of perfection

Finish