

Control Questions to Psychodynamic Foundations of Bioenergetic Analysis – Volume 1: Weaving Insight with Intensity through Body-Psychotherapy

20 Control Questions for Chapter 1.1 (Volume 1)

1. When do we speak of healing in Bioenergetic Analysis?

- a) When the client is completely freed from their character-structural limitations.
- b) When the therapist declares a client cured.
- c) When the client is freed from their energy blockages.

2. What is self-regulation in the sense of Bioenergetic Analysis?

- a) Controlling a process or flow
- b) Grounding
- c) Target-oriented measures to influence certain processes and conditions

3. Which thesis on self-regulation is not correct?

- a) Allow fears to materialize.
- b) From confusion to your own point of view.
- c) Keep self-evident things to yourself.

4. We consider the term *regulation* to be misleading because ...

- a) ... it suggests a clearly definable goal, or measures and focuses less on the development path.
- b) ... it does not make it clear where the journey is going, and because one can easily get lost in the ocean of possibilities.
- c) ... the term has no relevance in Bioenergetic Analysis, or in psychotherapy in general.

5. What do change and development have in common?

- a) Both define a specific path.
- b) Both are based on an actual situation.
- c) Nothing.

6. Which fear is often associated with development?

- a) Pendulum movements
- b) Loss of control
- c) Loss of power

7. What is an autoethnography?

- a) A cultural study by the International Organization of Motor Vehicle Manufacturers on the use of cars.
- b) A research method in the social sciences.
- c) A multi-volume encyclopedia on biographical work.

8. What is good advice when it comes to theoretical concepts?

- a) Listen to them and then write them down.
- b) Take notes and keep them in a safe place.
- c) Try them out on yourself.

9. What is the main therapeutic problem when an armor is loosened?

- a) The released anxiety states.
- b) The anxiety that is bound in the armor and the fear of strong emotions coming up.
- c) The avoided anxiety states.

10. What are the three layers of Wilhelm Reich's character model called?

- a) Character structure, body-armor, Freudian unconscious
- b) Mask of trained sociality, Freudian unconscious, biological core
- c) Façade of compulsive politeness, repressed elements, human structure

11. What lives and works in the depths of the biological core?

- a) Spontaneous joy of work, ability to love, natural sociality, sexuality
- b) Libido congestion, affects, destruction, conversion
- c) Ambivalence, coherence, sexuality, spontaneous joy of work

12. What happens to impulses in Wilhelm Reich's three-layer character model?

- a) The impulse penetrates all layers in a straight line until it reaches the surface.
- b) The impulse is modified by the character armor and the body-armor, and then brought into the world with the support of the outermost layer.
- c) The impulse is blocked by the body-armor and therefore does not reach the world.

13. Which elements are often part of a therapeutic process?

- a) Disorientation and confusion
- b) Migraine and cardiac arrhythmia
- c) Indifference and boredom

14. What does *journey* mean in a therapeutic context?

- a) I travel with my therapist to a foreign city, e.g., to Venice, to work on my issues in a foreign environment.
- b) I take a certain path to get closer to my therapeutic goal.
- c) A process that moves towards a balance in the bio-psycho-social sense.

15. What are the characteristics of serendipity?

- a) Keep moving and rely on luck.
- b) Inquisitiveness, observation of the peripheral/random, perspicacity.
- c) Pursue a goal, possibly ask questions and take detours to get there.

16. What questions arise in connection with the saying »I was thrown off track«?

- a) Where am I now? And what is the quickest way to get back on track?
- b) How do I get back on track? And in which direction was I actually traveling?
- c) Where am I now? And do I have to get back on track?

17. What are the biggest enemies of integrating body-exercises into everyday life?

- a) Laziness, convenience and inner resistance
- b) The partner's lack of understanding
- c) Incompatibility with job and family

18. What side effects can bioenergetic body-exercises have?

- a) Sore muscles and tension
- b) Life issues make themselves felt
- c) Life issues simply disappear

19. When life is a spiral of development, can regression happen?

- a) Yes
- b) No
- c) Perhaps

20. What often happens to life issues when you try to get rid of them?

- a) At some point they simply disappear.
- b) They remain stubbornly present and multiply.
- c) Self-observation is carried out to determine whether the topic is still there.

Solutions: 1c; 2b; 3c; 4a; 5b; 6b; 7b; 8c; 9b; 10b; 11a; 12b; 13a; 14c; 15b; 16c; 17a; 18b; 19b; 20c

10 Control Questions for Chapter 1.2 (Volume 1)

1. Self-actualization is ...

- a) ... a supra-historical aspiration that is anthropologically inherent in all human beings.
- b) ... a concept that is outdated in postmodernism.
- c) ... a concept that is specifically linked to modern individualism.

2. Truthfulness and self-actualization are ...

- a) ... two closely related terms.
- b) ... mutually exclusive.
- c) ... two obsolete concepts in post-humanist psychology.

3. Existential philosophy ...

- a) ... is a creation of Martin Heidegger.
- b) ... aims at the truthfulness of being a person.
- c) ... proves the nullity of all human existence.

4. Which statement regarding Maslow's pyramid of needs is correct?

- a) It distinguishes between deficiency needs and growth needs.
- b) It represents a critique of the humanistic worldview.
- c) It was already anticipated by Kierkegaard.

5. What is the »good life« for Carl Rogers?

- a) The fulfilled moment (*nunc stans*)
- b) A defensive illusion
- c) An ongoing process

6. In relation to what did Humanistic Psychology see itself as a »third force«?

- a) Behaviorism and Psychoanalysis
- b) Social Darwinism and Marxist collectivism
- c) Positivism and empiricism

7. What kind of setting is the *encounter form of therapy*?

- a) A harmonious further development of the psychoanalytic setting.
- b) A revolution in the psychoanalytic setting.
- c) A setting that also favors encounters between patient and therapist outside the setting in the narrower sense.

8. Alexander Lowen's concept of self-actualization ...

- a) ... corresponds exactly to the humanistic approach of Maslow, Perls and Rogers.
- b) ... questions the humanistic approach in principle.
- c) ... wants to combine the humanistic approach with bodily experience.

9. The term *postmodernism* ...

- a) ... denotes a historical epochal break in the course of modernity.
- b) ... is a misleading term, as it has been transferred from art to society as a whole.
- c) ... was coined by the sociologist Ulrich Beck.

10. What characterizes performative self-actualization?

- a) It ties the »good life« to professional success (performance).
- b) It sees itself as self-presentation in social media.
- c) It completely excludes the real lives of those involved.

Solutions: 1c; 2a; 3b; 4a; 5c; 6a; 7b; 8c; 9a; 10b

20 Control Questions for Chapter 2.1 (Volume 1)

1. Which of the following body-interventions is suitable for the initial phase of the therapy?

- a) Working with bodily regression states.
- b) Questions relating to body-history, interaction or experience.
- c) Working on the expression of aggression.

2. What does abstinence mean in Bioenergetics (BA)?

- a) The therapist only touches the client if it clearly serves to promote the client's development.
- b) The therapist remains emotionally and physically detached.
- c) There is no touch.

3. In modern BA, ...

- a) ... a maximum cathartic discharge is aimed for.
- b) ... the integration of the cathartic experience into the self is not important.
- c) ... the discharge is dependent on the client's ability to regulate affects.

4. What is meant by *functional unity*?

- a) Body-interventions and body-exercises have the same function.
- b) Bodily tensions and mental repressions fulfill the same function, namely a defense against undesired drive needs.
- c) Moving and being moved are two sides of the same coin.

5. What are the possible intervention goals for the schizoid/thinking-oriented character structure?

- a) Stretching the contracted muscles
- b) Expanding the ability for self-care and self-defense
- c) Building endurance, strength and independence

6. What are the prerequisites for the use of body-interventions?

- a) Physical fitness of the client
- b) Therapy duration of at least 75 minutes per unit
- c) Consent of the client and agreement of a stop rule

7. Why is the therapeutic process in BA understood as a body-dialogue?

- a) Because attention is focused first and foremost on the corporality of both the client and the therapist, and their relational dynamics.
- b) Because the verbal exchange is of secondary importance.
- c) To emphasize the energetic aspect of this method.

8. What is the starting point for George Downing's *Inner Techniques*?

- a) A hypothesis on the character structure
- b) The client's momentary experiences expressed through words, gestures or movements
- c) Symptoms recorded in the initial phase of the therapy

9. What are helpful body-interventions for the oral/needs-oriented character structure?

- a) Techniques that promote regression
- b) Guided fantasy journeys
- c) Techniques that focus on the regulation of proximity and distance

10. The importance of bodywork in the treatment of traumatized people is ...

- a) ... negligible.
- b) ... medium.
- c) ... high.

11. What are *bodily micro-practices*?

- a) Reflexes
- b) Goal-oriented interaction strategies of the infant
- c) Embodied, highly complex abilities without mental representations

12. What are the aims of helpful body-interventions in the masochistic/burden-oriented character structure?

- a) Expressing aggression
- b) Developing endurance
- c) Clarifying the body contours

13. What is a primary intervention goal for the psychopathic/control-oriented character structure?

- a) Developing contact with needs and needing
- b) Making self-assertion available
- c) Encouraging the expression of aggression

14. In which situation is the therapeutic work primarily mobilizing, unblocking, uncovering and experience-activating?

- a) In the case of a deficient or (developmentally) traumatic processing pattern.
- b) In the case of traumatization.
- c) In the case of a neurotic processing pattern.

15. What is meant by *resonance events*?

- a) Empathic listening
- b) Transference and countertransference phenomena, which also include the body level
- c) A reflection of behavior

16. The term *intervention* is used when the engagement in the process ...

- a) ... is limited to learned methods.
- b) ... takes place consciously and purposefully.
- c) ... results from the client's wishes.

17. What is the first thing to do when working with affects?

- a) Enable an expression of emotion.
- b) Name affects and find out what they relate to.
- c) Feel affects, let them take effect and perceive their bodily anchorage.

18. What are criteria such as ego strength, affect tolerance, stability of defense mechanisms, self-esteem regulation or subject-object differentiation used for?

- a) To assess the client's character structure.
- b) To assess the client's structural level.
- c) To assess the client's suicidal tendencies.

19. To resolve the cephalic shock, ...

- a) ... the therapist works with the client's ocular segment.
- b) ... grounding and breathing exercises are performed.
- c) ... the client's head is held as if in a bowl and cradled from side to side .

20. How do body-exercises differ from body-interventions?

- a) They are repeated more often.
- b) They do not have to be embedded in the process.
- c) They do not require touch.

Solutions: 1b; 2a; 3c; 4b; 5b; 6c; 7a; 8b; 9c; 10c; 11b; 12a; 13a; 14c; 15b; 16b; 17c; 18b; 19c; 20b.

20 Control Questions for Chapter 2.3 (Volume 1)

1. How did the theoretical dispute between the child psychoanalysts Anna Freud and Melanie Klein end?

- a) Anna Freud is considered the winner because she remained the most faithful to her father's teachings.
- b) Melanie Klein was more radical and was therefore able to win the discourse.
- c) Today, both women are considered pioneers because of their leadership and their valuable contributions to the further development of psychoanalytic theory.

2. Why did the treatment of children and adolescents lead a niche existence in Psychoanalysis for so long, despite the prominent work of Anna Freud and Melanie Klein?

- a) Because the play-therapeutic treatment technique deviated too much from the method of associating on the couch, which was used for adults at the time.
- b) Because the treatment goals for children and adults are too different.
- c) Because Sigmund Freud did not take his daughter seriously, despite all her efforts to win his favor.

3. Why do children rarely seek psychotherapeutic treatment of their own free will?

- a) As a rule, they do not feel any suffering, at least not psychologically.
- b) They still have no concept of what illness and therapy are.
- c) They usually blame their parents if they are not doing well.

4. What should always be considered when treating teenagers?

- a) Adolescent issues always play a role in the treatment.
- b) Due to their need for autonomy, the voluntary nature of their treatment is paramount.
- c) Parents should be informed in detail about the content of the therapy so that they can develop an understanding of their children's problems.

5. Compared to somatic diagnoses, the proportion of inpatient treatment for mental health diagnoses in children and adolescents aged ten or older is ...

- a) ... significantly lower .
- b) ... difficult to quantify due to the large number of psychosomatic diagnoses.
- c) ... approximately the same, in some survey periods even higher.

6. Which of the following statements about suicides among children and adolescents is correct?

- a) Suicides among minors are rather rare.
- b) Suicide attempts occur frequently, but are usually a cry for help and therefore rarely completed.
- c) Suicides are the second-most common cause of death among minors in Germany.

7. According to Martin Dornes, what turned out to be the most significant influencing factor for the healthy development of children?

- a) Targeted and measured frustration, such as sleep training, to promote children's resilience.
- b) Children must be breastfed for as long as they require their mother's breast to ensure self-determination as the basis of their individual development.
- c) A caregiver who is always emotionally available.

8. Who initiated the gradual introduction of a ban on parents physically punishing their children in Europe?

- a) Martin Dornes
- b) Astrid Lindgren
- c) The United Nations International Children's Emergency Fund (UNICEF)

9. What has been the result of the development and implementation of child protection laws over the past decades?

- a) Only now have the positive effects of parenting styles without physical violence been empirically proven.
- b) A far-reaching implementation of children's rights in almost all areas of society.
- c) Children today no longer know any boundaries, which has led to individual superego weaknesses and social erosion of common values and norms.

10. Which statement is most likely to be true? Body-psychotherapy with children means ...

- a) ... adapting the interventions to the patient's natural urge to move, and thus leaving aside therapeutic considerations regarding the goals of the individual interventions .
- b) ... justifying interventions professionally and, if necessary, making them transparent in order to effectively counter possible child protection-related concerns about the sometimes body-related work with the children.
- c) ... »nourishing« them through bodily interventions in the aftermath in order to compensate for emotional deficiencies and to prevent long-term psychological consequences.

11. Which attitude is particularly recommended on the learning path to therapeutic competence and identity?

- a) Professional curiosity between not-knowing and knowing.
- b) Especially with children: Trust in the (partly unconscious) self-healing potential of the patients.
- c) Catharsis is the key to therapeutic success!

12. Bioenergetic child and adolescent therapists are rare, and those with an analytical focus are even rarer. What is the prevailing tenor among them regarding to the integration of BA and psychodynamics?

- a) Theoretically interesting, but methodologically too complex.
- b) Methodologically seamless, as children are very strongly connected to their bodies.
- c) After necessary methodological adjustments, highly enriching and effective.

13. What does an adaptation of the BA methodology for the treatment of children *not* have to include?

- a) A play-therapeutic orientation of the interventions.
- b) If possible, Family Therapy involving parents, siblings, guardians and all other relevant parts of the child's social environment.
- c) A system with which the therapist can relate the child's emotions 1:1 to bodily symptoms.

14. Why is the integration of body-psychotherapeutic approaches useful in the psychodynamic treatment of children and adolescents?

- a) There is no lack of conceptual attention to the body in the psychoanalytic literature, especially with regard to developmental-psychological issues. In this context, many body-psychotherapeutic points of contact can be identified and methodically implemented, especially with young clients.

b) As an after-effect of Sigmund Freud's primacy of sublimation, psychodynamic practice tends to taboo the human body in general. Bioenergetics could herald the long-awaited countertrend here.

c) In view of the success of Cognitive-Behavioral Therapy, psychodynamic approaches have lost a lot of ground. The integration of body-oriented theory and practice can turn the tide here.

15. What are some of the advantages that the combined application of body-psychotherapy and Analytical Psychology according to C.G. Jung offer when working with children and adolescents?

a) Archetypes and character types are conceptually almost identical.

b) Transitions between bodily and creative energies can be observed and encouraged, especially in children.

c) Working on the muscle armor is the most direct route to the collective unconscious.

16. What are some of the advantages of the combined application of body-psychotherapy and Ego Psychology when working with children and adolescents?

a) The assessment of the care system (usually the family) allows conclusions to be drawn as to why the young patient remains at a more immature level of defense than would be possible from a developmental-psychological point of view.

b) If the instincts are given access to the musculoskeletal system through bodywork, age-appropriate maturation follows automatically.

c) Adolescents can overcome their drive-related experience of ambiguity through bodywork and thereby permanently suppress the superego, or at least discover preconscious access to the id.

17. What are some of the advantages of the combined application of body-psychotherapy and Object-Relations Theory when working with children and adolescents?

a) The energies bound in the paranoid-schizoid position can be drained through bodywork, thereby bypassing the depressive position.

b) Through body-psychotherapy, the children's failed object needs, which are symbolized by play therapy, can be partially compensated for.

c) The intensity of the bioenergetically guided body-experience corresponds to the processes in the archaic unconscious postulated by Melanie Klein, so that the intensity of the transference processes can be better understood, especially in children and adolescents.

18. What are some of the advantages of the combined use of body-psychotherapy and Mentalization-Based Therapy when working with children and adolescents?

a) Mentalization knowledge helps to impart body knowledge, and vice versa – also and especially with children and adolescents.

b) The immediacy of Bioenergetics simplifies the concept of mentalization, especially for children and adolescents, because the as-if mode only rarely shows up.

c) Adolescents who are in equivalence mode can be brought back into more mature mentalization modes more quickly through expressive body-exercises.

19. What are the fundamental benefits of body-psychotherapeutic approaches for working with children and young people?

a) The classic talking cure overwhelms children and young people. Or it bores them. Or both.

b) There are no benefits, at least none that music or art therapy cannot offer as well.

c) The suffering of children and adolescents always takes place directly on the body-level. Through body-psychotherapeutic knowledge, they can feel understood in a more direct and differentiated way.

20. What makes the field of child and adolescent psychotherapy so interesting for body-oriented methods?

a) Working with children and adolescents is »live« body-developmental psychology or body-developmental psychopathology, respectively – and therefore a perfect starting point for the further development of body-psychotherapeutic theory and treatment techniques.

b) Basically nothing. Are we not working with the child in the adult's body anyway?

c) Here we can prove that, unlike music and art therapy, therapeutic methods do not have to be taught at universities to be effective.

Solutions: 1c; 2a; 3b; 4a; 5b; 6c; 7c; 8b; 9a; 10b; 11a; 12c; 13c; 14a; 15b; 16a, 17c; 18a; 19c; 20a

12 Control Questions for Chapter 2.4 (Volume 1)

1. What is typical of complex PTSD?

- a) Dissociations
- b) Chronic diseases
- c) Distinct defense mechanisms

2. What is complex PTSD at its core?

- a) Impaired ability to attach and relate
- b) Impaired affect regulation
- c) Impaired ability to perceive and learn

3. Those who develop complex PTSD despite a sufficiently stable attachment background have ...

- a) ... abused drugs.
- b) ... experienced torture or severe violence.
- c) ... been bullied over a longer period of time.

4. Who invented the model for the development of self-functions?

- a) Guy Tonella
- b) Bessel van der Kolk
- c) Michaela Huber

5. What is titration?

- a) When perceptions are filtered out for simplification.
- b) A tremor caused by TRE® exercises.
- c) A method of trauma processing based on very small steps.

6. How should therapists work with complex traumatized persons?

- a) They should hold regular confrontation sessions.
- b) They should be an authentic counterpart.
- c) They should talk as little as possible.

7. What is the name of Peter Levine's model that describes the elements that make up an experience?

- a) FATS1
- b) LUDS
- c) SIBAM

8. What does *processing* mean in the context of treating traumatized people?

- a) The structured course of a therapy session
- b) The process of »digesting« traumatic experiences
- c) A conversation technique that helps the client to feel themselves better

9. What is typical of a dissociative identity structure?

- a) Repeated neurological dropouts.
- b) The self-functions could not grow together in the development process.
- c) Those affected deliberately play many roles.

10. Self-regulation is the ability to ...

- a) ... maintain balance.
- b) ... tense and relax all muscles.
- c) ... control the internal level of arousal.

11. What is the most natural way to calm down?

- a) Holding on to another person.
- b) Humming quietly to yourself.
- c) Going for a run.

12. We can only change what we feel if we ...

- a) ... tell other people about it.
- b) ... really want it.
- c) ... familiarize ourselves with what is going on inside us.

Solutions: 1a; 2b; 3b; 4a; 5c; 6b; 7c; 8b; 9b; 10c; 11a; 12c

Control Questions to Psychodynamic Foundations of Bioenergetic Analysis – Volume 2: Responses from Body-Psychotherapy to the Uncertainty of Our Times

20 Control Questions for Chapter 1.1 (Volume 2)

1. Consciousness ...

- a) ... is achieved by the cerebral cortex.
- b) ... is primarily achieved by the reticular activation system.
- c) ... arises first and foremost in the right orbitofrontal cortex.

2. Which sub-areas does neurobiology consist of?

- a) Physiology, psychology, morphology
- b) Nerve cell, genetics, computer science
- c) Morphology, electrophysiology, biochemistry

3. What is a nerve cell made of?

- a) Nerve cell body and synapse
- b) Nerve fiber and synapse
- c) Nerve cell body and nerve fiber

4. Resilience ...

- a) ... represents a predisposition to psychopathology.
- b) ... is always innate.
- c) ... provides relative protection against unfavorable environmental influences.

5. How long is a nerve fiber?

- a) Up to one meter
- b) At least 5.8 mm
- c) No more than 5.8 cm

6. Who was one of the co-founders of the International Society for Neuropsychanalysis?

- a) A. Lowen
- b) M. Solms
- c) S. Freud

7. Affects ...

- a) ... are constructs of cognitive behavioral science.
- b) ... each have their own neurological networks.
- c) ... are essentially the basic emotions of anger, pleasure, interest, sadness, disgust and fear.

8. What is influenced in an infant by the emotional facial expression of the primary attachment figures?

- a) Development of the brain
- b) Sleep behavior
- c) Play behavior

9. What are the transmitters in synapses?

- a) Exclusively thyroxine, dopamine and serotonin
- b) Serotonin, noradrenaline and dopamine, among others
- c) Dopamine, protein and glucose

10. Where do attachment regulation and affect regulation primarily have their neurobiological substrates?

- a) In the diencephalon.
- b) In the occipital cortex.
- c) In the orbitofrontal cortex.

11. What is *the* key event of early childhood?

- a) Being breastfed
- b) Development and maturation of affects
- c) Development of empathy

12. What promotes the development of an infant's attachment?

- a) Active search by the infant for their attachment figure's gaze.
- b) Active eye contact with the attachment figure.
- c) Synchronized affective communication of both the infant and the attachment figure.

13. Which elements belong to the central nervous system?

- a) Cerebellum, adrenal cortex and cerebrum
- b) Nerve cell bodies in the spinal cord, contact points to muscle cells, and hypothalamus
- c) Spinal cord, cerebellum and diencephalon

14. The self is ...

- a) ... a bubbling cauldron of untamed passions.
- b) ... always armored at birth.
- c) ... a biological-bodily rather than a psychological phenomenon.

15. What is controlled by the cerebellum?

- a) Motor activities
- b) Sexual activities
- c) Appetite and sleep behavior

16. How many genes does a person have?

- a) Approximately 86 billion
- b) 46
- c) Approximately 22,000

17. What is the vagus nerve?

- a) Part of the autonomic nervous system
- b) Part of the sympathetic nervous system
- c) A control mechanism for concentration and attention in the event of danger

18. Empathy is ...

- a) ... expression and effect of a dyadic coordination of activity patterns.
- b) ... an intrauterine acquired ability.
- c) ... the prerequisite for the development of mirror neurons.

19. What scientific evidence is the polyvagal theory based on?

- a) Detection of several (= poly) vagus branches
- b) Detection of two vagus branches
- c) The theory has been critically scrutinized.

20. What makes Panksepp's seven activation- and orientation-systems so special with regard to affects?

- a) They contain all six basic emotions according to Ekman.
- b) They are the only taxonomy of feelings to contain a play system.
- c) They explain how affect regulation works without using any words.

Solutions: 1b; 2c; 3c; 4c; 5a; 6b; 7b; 8a; 9b; 10c; 11b; 12c; 13c; 14c; 15a; 16c; 17a; 18a; 19c; 20b

20 Control Questions for Chapter 1.2 (Volume 2)

1. What does the term *organismic defense* mean?

- a) It is used to describe psychologically induced dysfunctions of the heart, lungs, kidneys, stomach and intestines.
- b) It is a generic term for all psychosomatic illnesses.
- c) It describes a special form of defense that has a simultaneous muscular-bodily and psychological effect.

2. What does *functional unity* mean?

- a) Agreeing with the functions that the ego has assumed and with which it identifies.
- b) A unity of muscular cramping and psychological repression, which causes a disturbance of the vegetative mobility of the entire bio-psycho-social system.
- c) An identity based on a false self.

3. What is the purpose of defense?

- a) Defiance towards the duties that every person has to fulfill.
- b) To stabilize the social functioning of the self.
- c) To be able to rebel against orders and regulations, and to defend one's own point of view.

4. What is meant by *sexual etiology of neuroses*?

- a) A theory according to which all mental disorders can be traced back to disorders of sexuality or sexual development.
- b) The entire panorama of sexual practices which, according to sexology, are caused by mental disorders.
- c) The sexual blockages most frequently observed in the five bioenergetic character types.

5. What is the *theory of motivational systems*?

- a) A theoretical model that has largely replaced the idea of a psychosexual drive, particularly in Self-Psychology.
- b) A theory of how people can best motivate themselves to achieve their self-imposed goals.
- c) A model that shows how easy it is to manipulate people and impose your will on them.

6. What is the central difference between Freud's and Reich's understanding of drives?

- a) Reich understood the drive as a political force that would one day lead to people rising up against their oppressors and building a human society. For Freud, on the other hand, the drive was merely the one source of power that feeds people's lives.
- b) According to Freud, not only the instinct, but also the will and spirituality are available to humans as a source of strength. Reich, on the other hand, was of the opinion that the instinct alone determines human development.
- c) While Freud considered the renunciation of the drive as a necessary and essential feature of the development of civilization, for Reich the progress of humanity was linked to the uninhibited development of the drive.

7. What is considered a key competence in Psychoanalysis (PA) today in order to prevent psychopathological developments?

- a) The ability to regulate emotions and relationships.
- b) The ability to achieve a shared orgasm in a sexual partnership.
- c) The ability to achieve perfect harmony with oneself and the world.

8. Emotions are ...

- a) ... a part of our instinctual heritage that has contributed significantly to the survival of *Homo sapiens*.
- b) ... a manifestation of drives and instincts.
- c) ... the basis of civilization: All cultural and artistic developments are based on emotions.

9. These days, it is no longer enough for many clients to offer them access to their frozen affects because ...

- a) ... the romantic model of an authentic and true self, which characterizes the idea of Bioenergetic Analysis (BA), is considered outdated by postmodernism and no longer meets the demands of younger clients for their own lives.
- b) ... many clients today have built up an immunity to bioenergetic body techniques and can therefore no longer be reached through bodywork alone.
- c) ... in younger clients, averted affects no longer form muscular blockages to the same extent as was the case 70 years ago.

10. Optimal frustrations are important because ...

- a) ... only optimal frustrations in the context of a loving attachment relationship support the transformation of positive relationship experiences into intrapsychic representations; however, this transformation is the prerequisite for appropriate affect and relationship regulation.
- b) ... in life one must also learn to cope with disappointment.
- c) ... only optimal frustration creates a space for the child's aggression, which can then be tamed and restrained.

11. What is meant by *psychological structure* in this essay?

- a) Freud's second topic
- b) A set of five skills that help to regulate emotions
- c) The character-analytical model of the BA

12. Which disorder model is primarily used in PA today?

- a) Anxiety, compulsion, hysteria and depression
- b) Trauma, psycho- and actual neurosis
- c) Trauma, conflict and structure

13. What characterizes deep bioenergetic-cathartic processes?

- a) An intensive encounter between the client and the bioenergetic analyst.
- b) An experience that can only be described as spiritual.
- c) The collapse, or dissolution, of the organism's defenses.

14. In PA, intrapsychic conflicts are the engine of self-development because ...

- a) ... humans always strive for pleasure and must be made to accept the reality of life.
- b) ... human self-development has a bipolar structure.
- c) ... there is an insurmountable distance between human nature and the demands placed on people in modern societies.

15. What does PA mean by trapped affects?

- a) Affects that cannot be reduced and lead to an accumulation of drives.
- b) Affects that are related to unresolved ambivalence conflicts.
- c) Affects that are not mirrored to the child by its environment.

16. In bioenergetic work with complex traumatized clients, there is a risk that ...

- a) ... the client can no longer distinguish between fantasies and reality.
- b) ... they may suffer re-traumatization.
- c) ... an uncontrollable rage arises.

17. Why has the focus of bioenergetic action shifted from affect mobilization to affect regulation?

- a) Experience has shown that although the mobilization of affects makes great cathartic experiences possible, it does not change the client's actual difficulties.
- b) Most clients today are not looking for deeper self-experiences, but want concrete help with their difficulties as quickly as possible.
- c) Cultural change and changing educational attitudes have given rise to new disorder patterns.

18. Why does bioenergetic process work often not lead to a maturation of personality in clients with structural deficits?

- a) Due to their life circumstances, younger clients have developed such a strong consumer behavior that body-therapeutic experiences are only consumed in a similar way to drug experiences.
- b) They cannot integrate the experiences they have had and therefore cannot use them for the development of intrapsychic, affect-regulating instances.
- c) Clients today are so afraid of a vitality of their body that they may no longer be able to control that they cannot engage more deeply with these processes.

19. What is OPD?

- a) A psychodynamic manual for the diagnosis of mental disorders that is widely used in German-speaking countries
- b) A psychosomatic disease of the respiratory tract
- c) The Office of the Physics Department

20. What is a useful addition to the character-analytical diagnostic procedure of BA?

- a) An anamnesis according to the guidelines of Cognitive-Behavioral Therapy
- b) Freud's second topic
- c) The psychodynamic Trauma-Conflict-Structure Cluster

Solutions: 1c; 2b; 3b; 4a; 5a; 6c; 7a; 8b; 9c; 10a; 11b; 12c; 13c; 14b; 15a; 16b; 17c; 18b; 19a; 20c

17 Control Questions for Chapter 1.3 (Volume 2)

1. When was the Institute for Bioenergetic Analysis founded?

- a) 1954
- b) 1956
- c) 1958

2. Match the basic bioenergetic rights and the respective character structure (letter to number):

- | | |
|------------------------------------|-----------------|
| a) Right to exist | 1. Psychopathic |
| b) Right to closeness and security | 2. Oral |
| c) Right to freedom | 3. Schizoid |
| d) Right to satisfaction of needs | 4. Borderline |
| e) Right to independence | 5. Rigid |
| f) Right to sexuality and love | 6. Masochistic |

3. Which of these character structures reflects the »trap« of putting one's own needs above independence?

- a) Borderline
- b) Oral
- c) Masochistic

4. Which of these character structures reflects the »trap« of prioritizing existence before needs?

- a) Schizoid
- b) Psychopathic
- c) Rigid

5. According to Bioenergetic Analysis (BA), which character structure is the result of a disturbance in a child's development from the 18th to the 24th month of its life?

- a) Psychopathic
- b) Borderline
- c) Masochistic

6. When did the collaboration between John Bowlby and Mary Ainsworth on Attachment Theory begin?

- a) 1950
- b) 1959
- c) 1969

7. Match the attachment styles with the respective behavior pattern (letter to number):

- | | |
|-----------------------|---|
| a) Secure | 1. Comfortable while discussing problems |
| b) Anxious-avoidant | 2. Often expecting the worst to happen |
| c) Anxious-ambivalent | 3. Difficulty to reach out and ask for help |
| d) Disorganized | 4. Tendency to self-doubt |

8. Which of these attachment styles tends to over-regulate affects?

- a) Disorganized
- b) Anxious-ambivalent
- c) Anxious-avoidant

9. People with an anxious-ambivalent attachment style ...

- a) ... deny their longing and try to maintain the impression of distance and indifference.
- b) ... protect themselves by only trying to attract attention, in order to establish at least some form of contact.
- c) ... may find themselves in threatening situations that turn out not to be as dangerous as they had perceived .

10. What is the *Inner Working Model (IWM)*?

- a) An inability to remember past events correctly (memory is distorted by the addition of false details or a wrong temporal reference).
- b) An intrapsychic functional model that fundamentally determines how the world, the self and relationships with others are perceived and shaped.
- c) A scientific principle according to which learning involves a holistic functioning of all brain areas.

11. Which behavioral and regulatory systems are based on the IWM?

- a) Affect blockage, social functioning, subordination.
- b) The systems are too complex to be named.
- c) Affect regulation, social adaptation, world exploration, self-confidence.

12. What can be the result of a dysfunctional, inflexible IWM that is too focused on the burdens of the original family?

- a) Tendency to maintain an integrative existence.
- b) Reproducing the old patterns of disappointments that reinforce the early insecurity.
- c) Gaining new strengths and sustainable affect regulation structures.

13. Match the Attachment Theory (AT) attachment style with the BA character structure based on similarities regarding the affect regulation (more than one answer possible):

- | | |
|-----------------------|---------------------------|
| a) Secure | 1. Schizoid |
| b) Anxious-avoidant | 2. Oral |
| c) Anxious-ambivalent | 3. Borderline |
| d) Disorganized | 4. Psychopathic |
| | 5. Masochistic |
| | 6. Rigid |
| | 7. No allocation possible |

14. From the perspective of AT, which of the following sentences is *not* true?

- a) All bodily-emotional processes activated in BA are attachment experiences.
- b) AT is an exhaustive description of human relationships, and it is synonymous with love and affection.
- c) The attachment style and attachment behavior of the bioenergetic analyst are part of the client's therapeutic process.

15. Which of these character structures tends to over-regulate affects (*more than one answer possible*)?

- a) Schizoid
- b) Oral
- c) Borderline
- d) Psychopathic
- e) Masochistic
- f) Rigid

16. Which of these attachment styles has no strategy to regulate affects?

- a) Anxious-ambivalent
- b) Disorganized
- c) Secure

17. What is included in a therapeutic process that focuses on expanding the client's IWM?

- a) A re-examination of the client's values.
- b) The combination of retrospective and prospective methods into an overall perspective.
- c) Dealing with relational conflicts/crises between the client and the therapist in order to reactivate the blocked process of developing a secure attachment experience.

Solutions: 1b; question 2: »a3, b4, c6, d2, e1, f5«; 3b; 4a; 5c; 6a; question 7: »a1; b3; c4; d2«; 8c; 9b; 10b; 11c; 12b; question 13 »a7; b1,4,5,6; c2,3,4,5,6; d3«; 14b; 15a/d/e/f; 16b; 17c

18 Control Questions for Chapter 1.4 (Volume 2)

1. What is meant by the term *psychodynamics* in Psychoanalysis?

- a) This is the psychoanalytical term for psychophysics according to G.T. Fechner.
- b) Freud used this term to describe the Oedipus constellation.
- c) It describes the intrapsychic dynamics of abnormal experience.
- d) It describes the intrapsychic dynamics of normal and abnormal experience.

2. What is an *unconscious scene*?

- a) The term comes from Psychodrama and represents a family sculpture.
- b) Freud used this term to describe the Oedipus complex.
- c) It shows whether the fit between psychotherapist and patient is right.
- d) It constellates itself in every psychotherapy session and refers to the psychodynamic conflict of the patient.

3. Which basic positions were opposed in the debates on psychoanalytic technique in the 1920s?

- a) Traumagenesis vs. unconscious fantasies as psychogenesis
- b) Defense vs. drive conflict
- c) Experiencing vs. remembering
- d) Structural genesis vs. conflict genesis

4. What do body-psychotherapists describe as *expressive movements* and what significance do these movements have in the therapeutic process?

- a) The psychotherapist indicates the patient's place with an expressive movement.
- b) Expressive movements have a social function, while muscle tension has an intrapsychic function.
- c) By expressive movements, Ferenczi meant what Reich called muscle armor.
- d) The patient calms down during psychotherapy with expressive movements.

5. What characterizes a one-person psychology as opposed to a two-person psychology?

- a) One-person psychology characterizes the narcissistic personality structure.
- b) Two-person psychology has overcome one-person psychology.
- c) One-person psychology refers to intrapsychic experience, two-person psychology to interpersonal experience.
- d) Two-person psychology has recognized that not only the mother but also the father is important for the child's early development.

6. What are the characteristics of the medical versus the contextual model of psychotherapy?

- a) The medical model is only used by medical psychotherapists.
- b) In the contextual model, the psychotherapist should always invite the patient's husband as well.
- c) In the contextual model, special attention is paid to the psychotherapist's countertransference.
- d) Only the medical model of psychotherapy is interested in the countertransference of the psychotherapist.

7. What does Michael Balint mean by the term *new beginning*?

- a) It overcomes the compulsion to repeat.
- b) The start of psychotherapy as a new beginning.
- c) A regression in the service of the id.
- d) A new beginning is an expression of primary love.

8. What is a *potential space* according to Donald C. Winnicott?

- a) In the potential space, the therapist gives their younger patients a teddy bear.
- b) Winnicott opened the potential space of the babies with a spatula.
- c) Psychotherapist and patient meet in the potential space.
- d) The potential space must be closed by playing.

9. What does the term *holding* mean according to Donald C. Winnicott?

- a) Winnicott said that sometimes you have to hold patients like infants.
- b) It is a phase of infant development in which the infant clings to the mother.
- c) It is a form of company in which Winnicott organized his practice in England.
- d) Winnicott asked his patients to take themselves in their arms.

10. What is the difference between the self and the ego?

- a) The self refers to the spiritual person, whereas the ego refers to the bodily and emotional aspects of the personality.
- b) The self is above the ego.
- c) In order to reach the true self, the ego must be dissolved.
- d) The ego tries to control the world, while the self experiences the world.

11. What early internal structures does a fetus develop in the womb?

- a) An intrapsychic conflict
- b) The id and the ego (the superego comes later)
- c) A movement-self and a touch-self
- d) Auto-erotic representations

12. What does the bipolar body-self consist of?

- a) An id and an ego
- b) A self and object-representations
- c) A movement-self and a touch-self
- d) Self-representations and object-representations

13. Which law governs the bodily encounter between mother and baby, and between psychotherapist and patient?

- a) Law of homeostasis
- b) Law of equidistance
- c) Law of self-regulation and object regulation
- d) Law of drive and defense

14. What is the definition of *intersubjectivity*?

- a) Intersubjectivity refers to the development of the id, ego and superego.
- b) Intersubjectivity refers to the development of narcissism.
- c) Intersubjectivity refers to the development of interpersonal defenses.
- d) Intersubjectivity refers to a bodily and verbal encounter.

15. What is meant by *interruption* in Self-Psychology and Intersubjectivity Theory?

- a) It is a classic intervention from the Lacanian school of Psychoanalysis.
- b) It refers to a loss of empathy between patient and psychotherapist, which must be prevented at all costs.
- c) The interruption of contact between psychotherapist and patient reveals the patient's intrapsychic conflict.
- d) Interruption and recovery are techniques of Sequential Psychotherapy.

16. Why do intersubjectivists resist the terms *co-construction* and *co-creation*?

- a) Because they have an aversion to Systemic Therapy.
- b) Because they do not want to leave the interpretation to the patient.
- c) Because they always see interpretations contextually.
- d) Because interpretations are not arbitrary.

17. What can Psychoanalysis do for Bioenergetic Analysis?

- a) It supplements Bioenergetics with verbal intervention.
- b) It supplements Bioenergetics with psychogenetic interpretation.
- c) It supplements Bioenergetics with the concept of projective identification.
- d) It gives the bioenergetic analyst a theoretical orientation in the patient's regression process.

18. What can Psychoanalysis learn from Bioenergetic Analysis?

- a) Bioenergetics supplements Psychoanalysis with its empirical knowledge with regards to the body.
- b) Bioenergetics supplements Psychoanalysis with Character Analysis.
- c) Bioenergetics supplements Psychoanalysis with body-reading.
- d) Bioenergetics supplements Psychoanalysis with energy work.

Solutions: 1d; 2d; 3c; 4b; 5c; 6c; 7a; 8c; 9a; 10d; 11c; 12c; 13c; 14d; 15c; 16d; 17d; 18a

20 Control Questions for Chapter 1.5 (Volume 2)

1. Psychiatric diagnoses ...

- a) ... and bioenergetic diagnoses complement each other perfectly.
- b) ... do not have a good reputation among bioenergetic analysts.
- c) ... are based on psychodynamic diagnostics.

2. Psychodynamic diagnostics ...

- a) ... is a useful addition to psychiatric and bioenergetic diagnostics.
- b) ... excludes bioenergetic diagnostics.
- c) ... can only be applied projectively.

3. Which basic concepts are included in bioenergetic diagnostics?

- a) Grounding, self-expression, vibration
- b) Vibration, breathing, structure
- c) Energy, conflict, sexuality

4. Which statement about psychiatric diagnostics is correct?

- a) They are explicitly free of etiologies.
- b) They are primarily free of etiologies.
- c) They are linked to etiologies.

5. Which list contains only representatives of the major psychoanalytic schools?

- a) Drive Psychology, Object-Relations Theory, Attachment Theory
- b) Self-Psychology, neuroscience, Ego Psychology
- c) Object-Relations Theory, Self-Psychology, Ego Psychology

6. Which structure does *not* belong to the neurosis structures according to Schultz-Hencke?

- a) Masochistic personality structure
- b) Emotionally unstable personality structure
- c) Schizoid personality structure

7. Which models belong to the psychoanalytic theory of disease according to R. Krause?

- a) Structural model, affect model, drive model
- b) Drive model, development model, defense model
- c) Drive model, defense model, conflict model

8. Which central psychodynamic concept underlies projective methods?

- a) Interpretation
- b) Mirroring
- c) Countertransference

9. With which instance did S. Freud identify the dynamic unconscious in his second topographical model?

- a) Ego
- b) Id
- c) Superego

10. What are the three psychodynamic axes of the OPD model?

- a) Conflict, relationship, structure
- b) Attachment, relationship, structure
- c) Conflict, ego structure, relationship

11. What causes structural deficits?

- a) Character armor
- b) Practically unresolved intrapsychic conflicts
- c) Impairments in the context of the maturation process of the self

12. What is an essential part of psychiatric diagnostics?

- a) Differential medication
- b) Psychopathological findings
- c) A lumbar puncture

13. Which of the following points does *not* belong in the psychiatric anamnesis?

- a) Sexual anamnesis
- b) Addiction history
- c) Chromosome analysis

14. When do malformations of the brain cause a mental disorder?

- a) Always
- b) Sometimes
- c) Never

15. When is a sexual anamnesis indicated?

- a) Especially in adolescents (drive congestion)
- b) Always
- c) For impairments of sexual experience

16. In recent decades, structural disorders have ...

- a) ... declined.
- b) ... completely disappeared.
- c) ... increased.

17. Which statement applies to the stages of self-development according to G. Rudolf?

- a) They are considered obsolete.
- b) They are compatible with Lowen's developmental-psychological model.
- c) They contradict Lowen's developmental-psychological model.

18. How was the so-called *body reading* performed?

- a) In underwear.
- b) The person being read was completely naked.
- c) All participants were naked.

19. How can so-called *spectrum disorders* such as schizophrenia best be assessed?

- a) Categorically-dimensionally
- b) Categorically only
- c) Dimensionally only

20. What type of diagnostics are projective procedures assigned to?

- a) Psychodynamic diagnostics
- b) Bioenergetic diagnostics
- c) Psychiatric diagnostics

Solutions: 1b; 2a; 3a, 4b; 5c; 6a; 7b; 8a; 9b; 10a; 11c; 12b; 13c; 14b; 15c; 16c; 17c; 18a; 19a; 20a

20 Control Questions for Chapter 2.2 (Volume 2)

1. Which method was used in 1878 to recognize mental disorders as independent diseases in medicine?

- a) Bathing cures, which were widespread in the 19th century
- b) Psychoanalysis
- c) Hypnosis

2. Who are the authors of the *Studien über Hysterie* [Studies on Hysteria]?

- a) Anna Freud and Sigmund Freud
- b) Sigmund Freud and Carl Gustaf Jung
- c) Josef Breuer and Sigmund Freud

3. What does Psychoanalysis understand by *shell shocks*?

- a) A healing vibration process
- b) Sexual overexcitement
- c) A traumatic neurosis

4. Which bioenergetic technique was anticipated by the psychoanalyst Dr. Ernst Simmel?

- a) The grounding technique
- b) A regressive technique
- c) The technique of bodily-cathartic discharge

5. Freud's work *The Ego and the Id*, published in 1923, is a new version of which theme?

- a) Structural theory
- b) Anxiety theory
- c) Dream theory

6. In which modernized form did Psychoanalysis become fashionable between 1920 and 1945, especially in the USA?

- a) Self-Psychology
- b) Drive psychology
- c) Ego Psychology

7. The spread of a psychotherapeutic method can also be closely linked to technological inventions. Which pharmacological invention was particularly important for the success of Bioenergetic Analysis?

- a) Chlorpromazine
- b) Birth control pill
- c) Viagra

8. Cultural values such as self-sacrifice or devotion to higher goals defined the zeitgeist for a very long time. From the 1950s onwards, which values increasingly supplanted them?

- a) Liberty, equality and fraternity
- b) Freedom, love and justice
- c) Freedom, individuality and self-determination

9. Who founded the Institute for Bioenergetic Analysis in 1956?

- a) Alexander Lowen, Bob Lewis and Eva Wassermann
- b) Alexander Lowen, John Pierrakos and William Walling
- c) Alexander Lowen and John Pierrakos

10. What connects Wilhelm Reich, Herbert Marcuse and classical Bioenergetic Analysis?

- a) The idea of a sexual drive capable of self-sublimation.
- b) The idea of a neurosis healing through the orgasm reflex.
- c) The idea of blocked life energies as a central feature of mental disorders.

11. How was the liberalization program of the communist leadership in Czechoslovakia ended in 1968?

- a) Construction of a wall
- b) Military invasion by the Warsaw Pact states
- c) Deselection of the government

12. Methods such as Gestalt Therapy and Bioenergetic Analysis became a mass phenomenon during the psychoboom in the Federal Republic of Germany. What is their common main concern?

- a) Removal of alienation
- b) Dissolution of heteropatriarchal structures
- c) Learning new relationship practices

13. Which problem hindered the further success of Bioenergetic Analysis at the beginning of the 1980s?

- a) Global economic recession
- b) Aids
- c) Emergence of the internet

14. Since the 1980s, bioenergetic analysts have been increasingly confronted with clients whose disorders no longer really fit into the character-analytical scheme of Bioenergetic Analysis. What do these clients suffer from?

- a) Psychosomatic illnesses
- b) Burnout and depression
- c) Narcissistic and borderline personality disorders

15. What characterizes the postmodern understanding of freedom and emotions?

- a) Emotional distance and rationality
- b) Dominance of positive emotions
- c) Moral correctness

16. What does the German psychoanalyst Dr. Rainer Frank call the postmodern social character he describes?

- a) I-am-me orientation
- b) I-am-thou orientation
- c) I-am-my-body orientation

17. The developmental-psychological ideas of Bioenergetic Analysis can no longer claim the same validity as they did 70 years ago. What changes are primarily responsible for this?

- a) New cultural theories and the spread of the internet as a personality-shaping technology
- b) The collapse of communism and the spread of the internet
- c) Growing awareness of the finite nature of natural resources and the associated dangers for the world

18. The developmental-psychological concept of Bioenergetic Analysis should be supplemented by psychodynamic models that emphasize the child's tasks of independence in early childhood development. What tasks are meant by this?

- a) Ability to symbolize inner conflicts
- b) Ability to endure separation, abandonment and exclusion
- c) Ability to freely communicate all existing needs

19. Which developmental tasks must be accomplished at the oral, anal and oedipal stages?

- a) Maturation of the genital character
- b) To develop joy of life
- c) To form an inner mental structure and an internal representation system

20. Coping with mourning and parting processes is similarly significant for the development of the inner mental structure and the internal representational system as claiming the rights denied in the process of upbringing is for the development of aliveness. They affect all five bioenergetic character structures and can be assigned to the phases of psychosexual development. Assign the developmental tasks to the respective characters:

Oral and schizoid character

- a) Separateness
- b) Abandonment
- c) Exclusion

Masochistic and psychopathic character

- a) Abandonment
- b) Separateness
- c) Exclusion

Rigid character

- a) Exclusion
- b) Abandonment
- c) Separateness

Solutions: 1c; 2c; 3c; 4c; 5a; 6c; 7b; 8c; 9b; 10a; 11b; 12a; 13b; 14c; 15b; 16a; 17a; 18b; 19c; 20 oral/schizoid a; 20 masochistic/psychopathic a; 20 rigid a

10 Control Questions for Chapter 2.3 (Volume 2)

1. What is meant by *gender performativity*?

- a) The consequence of a social change that turns gender, whether male or female, into a conventional staging.
- b) The male/female role that the boy/girl assumes according to biological predispositions.
- c) Neither answer, because in reality there is no gender performativity.

2. Who formulated the above concept of gender performativity?

- a) Monique Wittig
- b) Judith Butler
- c) Simone de Beauvoir

3. Is there a difference between sex and gender?

- a) No, the terms are synonymous.
- b) Yes, sex is biological and gender is cultural.
- c) Yes, sex is cultural and gender is biological.

4. What is *gender identity*?

- a) The sexual identity of every person
- b) A correspondence of sexual orientation
- c) One of the components of sexual identity (alongside biological sex, gender role and sexual orientation)

5. A person's gender identity can be ...

- a) ... cisgender or transgender.
- b) ... cisgender if it does not correspond to the sex assigned at birth.
- c) ... transgender regardless of whether their sex corresponds to the sex assigned to them at birth.

6. Which term(s) has/have been introduced in the DSM-V Diagnostic and Statistical Manual?

- a) Gender incongruence
- b) Transgender
- c) Cisgender and gender dysphoria

7. According to Schwartz, what state of suffering has the media bombardment of postmodern society caused in the new generations?

- a) Paradox of bisexuality
- b) Paradox of freedom of choice
- c) Paradox of asexuality

8. Who spoke of a »massive gender trauma«?

- a) Schwartz
- b) Bauman
- c) Saketopoulou

9. The Tavistock Clinic has found that in minors the number of ...

- a) ... trans-states has increased by 5.500 percent.
- b) ... female-to-male transitions has remained unchanged over the last 15 years.
- c) ... male-to-female transitions has dramatically increased.

10. For James Hillmann, the male and female archetypes are ...

- a) ... equally present in men and women.
- b) ... complementary (the anima is constellated in the masculine and the animus in the feminine).
- c) ... gender-specific as with Jung.

Solutions: 1a; 2b; 3b; 4c; 5a; 6c; 7b; 8c; 9a; 10a

15 Control Questions for Chapter 2.4 (Volume 2)

1. What could be described as the fourth blow of humanity?

- a) Darwin's theory of evolution
- b) Proof of the evidence for God is still inconclusive
- c) The development of an intelligence superior to that of humans

2. Which sentence best describes the meaning of *performative self-actualization*?

- a) The late-modern subject defines itself through its outwardly displayed special experiences and its uniqueness, which only find their realization in the external representation.
- b) True self-actualization is only possible in performance as perceived from the outside.
- c) In the postmodern age, access to inner experience is only possible through mirrored self-expression.

3. The statement »Data show that ›touching‹ an avatar in a digital space (e.g., a computer game or a metaverse) can be traumatizing« is ...

- a) ... true.
- b) ... not true.
- c) ... only true for inexperienced users.

4. Which metaphor does Peter Sloterdijk's theory contain to describe social conditions?

- a) Foam
- b) Permafrost
- c) Galaxy

5. ELIZA, an early algorithm that simulated talk therapy according to Rogers, ...

- a) ... was meant as a critical ironization of this therapeutic approach.
- b) ... was more effective than talk therapy by humans.
- c) ... became a training module in therapy training.

6. Can an Artificial Intelligence (AI) recognize emotions?

- a) Yes
- b) No
- c) Only in animals

7. What is facial decoding?

- a) An AI-supported form of facial design.
- b) A process for measuring human emotions through facial expressions.
- c) The process of recognizing human emotions by psychotherapists.

8. Which of the statements regarding apps is true?

- a) Freely available health apps are without harmful side effects.
- b) Health apps without approval as medical devices achieve the highest download figures.
- c) Bioenergetics apps are available in different versions.

9. In which area could AI play a role in psychiatry/psychotherapy in the future?

- a) In the area of suicidal behavior detection
- b) In the area of therapeutic conversations
- c) In both areas

10. What is the *smallest* hurdle in the implementation of health apps in the clinical field?

- a) Ethical implications
- b) Data security
- c) Technical possibilities

11. What opportunities could AI open up for Bioenergetics?

- a) None
- b) Measurement of affects
- c) Operationalization of vitality or energy

12. The ambiguity of the German word *Befinden* indicates that ...

- a) ... experience has a spatial dimension (which an AI does not know).
- b) ... feelings must be sought and found.
- c) ... feelings are findings.

13. From which century does the sentence: »Embodiment is therefore the basis of every sentient, meaningful and evaluative relationship to the environment« originate?

- a) 21st century
- b) 20th century
- c) 16th century

14. Which quote from Roy Amara is reproduced correctly?

- a) We tend to overestimate the short-term consequences of a technology and underestimate its long-term consequences.
- b) Paradoxically, the short-term consequences of new technologies are even more difficult to grasp than the long-term ones.
- c) In the long term, technology assessment is carried out by the technology itself.

15. Which of the following questions is answered in the essay?

- a) Does the concept of the intersubjective field in psychotherapy need to be expanded to include a subject-machine field?
- b) Can an AI mentalize?
- c) None of them.

Solutions: 1c; 2a; 3a; 4a; 5a; 6a; 7b; 8b; 9c; 10c; 11c; 12a; 13a; 14a; 15c

20 Control Questions for Chapter 2.5 (Volume 2)

1. What do the human body and spirituality have in common?

- a) Both are of divine origin.
- b) They are two opposing parts that form a whole.
- c) Both the body and spirituality live exclusively in relationships.

2. Which parts of the human being meet when people enter into a relationship?

- a) Reason, drive and emotion
- b) Body, mind and soul
- c) Autonomy, sociality and empathy

3. Why is the transpersonal perspective important for psychotherapy?

- a) Because the spiritual opening leads to a comprehensive redemption that makes many body-therapeutic efforts superfluous.
- b) Because it gives clients access to ancient, sacred healing knowledge that is only preserved today by a few wise men and women, or shamans.
- c) It gives clients the opportunity to reflect on their relationship to a greater whole and to connect with a power that goes beyond the human level of being.

4. Why do the roots of spirituality lie within the body?

- a) Because the life energy originates in the body.
- b) Because Christians believe in the resurrection of the flesh.
- c) Because we humans were created in the image of God.

5. What is meant by the wholeness of the human being?

- a) A relationship in which bodily, emotional and mental aspects are mutually dependent and influence each other.
- b) The totality of all scientifically founded interpretations of the human being.
- c) The human striving for perfection.

6. What is *body-oriented pastoral care*?

- a) Activities such as dance evenings or gymnastics courses offered by church congregations as an expression of a living Christian sense of community.
- b) A personal-spiritual accompaniment that is essentially characterized by the integration of body-experiences into the pastoral relationship.
- c) Pastoral care that specializes in working with people who suffer from physical disabilities and handicaps.

7. According to Alexander Lowen, what is the main goal of bioenergetic therapy?

- a) The liberation of repressed instincts and thus the full development of the capacity for sexual experience.
- b) The restoration of wholeness, or the natural harmony, of the human being.
- c) The restoration of a bodily grounded sense of self that can also integrate hatred and destruction as important qualities of human experience.

8. According to Lowen, why does human health also have a spiritual side?

- a) Because only a person who believes in God can be truly healthy.
- b) Because the body itself has an inherent spirituality.
- c) Because a person without spiritual consciousness is incomplete and therefore ill.

9. Why is grounding important for a person's spirituality?

- a) Without a bodily perceptible contact with the ground, spirituality atrophies into a lifeless abstraction.
- b) Since spiritual experiences can be overwhelming, an ego that is too weakly grounded would be overwhelmed, so that the mental health of the person concerned could be jeopardized.
- c) The actual spiritual power comes from the ground. Only when people connect with Gaia, Mother Earth, can they actually tap into the spiritual dimension of their existence.

10. What makes an experience a transcendental, transpersonal, spiritual or religious experience?

- a) The experience of being thrown out of everyday life.
- b) The subjective interpretation of the experience.
- c) The feeling of being filled with an energy that goes beyond one's own ego boundaries.

11. Where does Lowen locate human energy?

- a) In the force of human drives, because naturally lived sexuality is the royal road to a cosmic-spiritual world of experience.
- b) In a universal form of energy that has not yet been scientifically proven, which Wilhelm Reich called orgone.
- c) In a power beyond the mental-emotional.

12. What connection can be made between spirituality and the early mother-child relationship?

- a) The feeling of being in contact with a force greater than oneself is inherent in both spirituality and the early mother-child relationship.
- b) Spiritual people can merge with the world in a form that corresponds to the symbiotic experience in the mother-child relationship.
- c) In the early mother-child relationship, the child still has a connection to an oceanic sense of self rooted in the prenatal, which the adult person then rediscovers when they open up to the spiritual dimension of their existence.

13. What role does Lowen assign to breathing in a spiritual context?

- a) With Holotropic Breathwork, Alexander Lowen has developed a body technique based on the breath that makes spiritual self-exploration possible.
- b) Bioenergetic exercises deepen breathing and increase human vitality. Applied consistently, the result of bioenergetic therapy is a sense of self that also encompasses the spiritual dimension of the human being.
- c) Lowen describes the natural breath as a gift from God, who has breathed the spirit into our body.

14. According to Lowen, which eye expression reveals a high degree of spirituality?

- a) narrowed eyes
- b) gentle, wide-open eyes that are charged with energy and love
- c) a piercingly clear gaze

15. Lowen's spirituality of the body is nothing other than ...

- a) ... the genital character that Bioenergetic Analysis strives for in the therapeutic process.
- b) ... the grounded force of the drives that makes orgiastic events possible.
- c) ... the feeling of connection with the universe, or with God.

16. What does Lowen mean by *faithful trust*?

- a) A basic attitude inherent in the body that can be beneficial for the human organism.
- b) The therapeutic alliance that clients must enter into with their analyst in order to be able to embark on the spiritual path with him or her.
- c) The naivety of people who are convinced that they can develop their spirituality without a deeper connection to their own body.

17. Which point is *not* a basic idea of body-oriented pastoral care?

- a) Consideration of all intrapsychic, intersubjective and interpersonal (relationship) aspects.
- b) Perception of transference, countertransference, resistance and defense phenomena, also in their embodied form.
- c) Fulfilling needs as far as possible in order to convey the experience of feeling loved by God and other people.

18. What is the historical origin of the concept of spirituality?

- a) In the 18th century, the English colonial powers in Africa made fun of the religious rituals of the natives and referred to them derogatorily as *spirit & spirits*. Today's term spirituality has developed from this derogatory remark.
- b) It comes from Christianity and literally means the Christian way of life by virtue of the Holy Spirit.
- c) The first European explorers who described yogic practice in India in the 17th century mistakenly translated *ujjayi* (today: victorious breath) with the Latin word *spiritus* (breathing).

19. According to Lowen, why is there a direct link between sexuality and spirituality?

- a) Both the sexual and the spiritual dimension of experience are an expression of the dissolution of boundaries and therefore expand human consciousness.
- b) Spirituality and sexuality have a natural, original connection to the heart, which has unfortunately disappeared from the lives of many people today.
- c) These are the most intense relationship experiences that people can have.

20. What does Lowen understand by human *grace* in body and mind?

- a) A friendly and kind attitude towards every creature of God, which arises from the spirituality of man rooted in the body.
- b) The original, natural form of being human. However, since wrong educational practices have deformed the body and mind in many ways, this form is rarely found today.
- c) The joyful smile on a client's face when they greet their therapist.

Solutions: 1c; 2b; 3c; 4a; 5a; 6b; 7b; 8b; 9a; 10b; 11c; 12a; 13c; 14b; 15c; 16a; 17c; 18b; 19b; 20a