ART 357: Art Therapy Perspective– Understanding Children's Art Test #2 Spring 2023

Name:

1. What is an Internal Working Model (IWM), and how does it relate to an individual's attachment capacity? (6 points)

From a somatic experience perspective, draw a diagram of a dysregulated nervous system. (5 points)

3. Name 2 symptoms of un-discharged traumatic stress when the system is "stuck on." (2 points)

4. Name 2 symptoms of un-discharged traumatic stress when the system is "stuck off." (2 points)

5. What is the researcher's name who describes dysregulation of the nervous system as undischarged traumatic stress? (1 point)

6. Draw a diagram of the ETC. (7 points)

- 7. ETC is an acronym for what? (2 points)
- 8. What is the first and last name of the inventor of the ETC model? (1 point)

9. What is the Limbic System? (3 points)

10. Name and accurately spell 2 of the 3 subparts of the Limbic System. (2 points)

11. Describe the hippocampus' role in brain functioning. (4 points)

12. Image making engages all 3 systems of the brain. Chapman connects the 4 levels of the ETC to image-making and trauma resolution.

Start at Level 1. List which part of the brain is engaged for each level. Then describe what happens at this level. (12 points)

Level 4-

Level 3-

Level 2-

Level 1-

13. What is the significance of starting at Level 1? (4 points)

14. Name 3 behavioral consequences due to the delayed development of a child's limbic system? (6 points)

a.

b.

c.

15. What is neuroplasticity? (2 points)

16. What happened in Chowchilla, CA? (5 points)

17. Who studied the long-term effects of the event in Chowchilla, CA? (2 points)

18. List 2 of the long-term trauma symptoms reported by the Chowchilla trauma survivors? (4 points)

a.

b.

19. Who is Bessel Van der Kolk? (2 points)

Jane Lee created a 4-stage model describing reactions to traumatic events. (12 points) 20. *Stage 1 is* _____? Provide two characteristics that occur in this stage? a. b. Stage 2 is ? Provide two characteristics that occur in this stage? a. b. *Stage 3 is* _____? Provide two characteristics that occur in this stage? a. b. *Stage 4 is* _____? Provide two characteristics that occur in this stage? a. b.

21. True _____ or False _____ according to Jane Lee's model, a psychological retreat is a normal part of the trauma integration (3 points)

- 22. The brain has a hierarchy of 3 primary systems; list them in back to front order (3 points) a.
 - b. с.
- 23. List 2 examples of what the Brain Stem regulates? (4 points)
 - a.
 - b.
- 24. List 2 examples of behaviors you could not perform if your Cerebral Cortex does not work correctly? (4 points)
 - a.
 - b.
- 25. Traumatic information is processed where in the brain, and how? (2 points)

Extra Credit: (for a total of 5 points)

1. How does Chapman describe the image emerging?

Consider making 2 and 3 not extra credit and flip out easier questions.

2. What is the significance of starting at level 1 in Question #12?

3. What is the name of Lenore Terr's book and how does the title relate to the Autonomic Nervous System?