

Section
Quiz

7-2

Hypnosis, Biofeedback, and Meditation

SCORE

Matching

Match each item in Column A with the items in Column B. Write the correct letters in the blanks.
(10 points each)

Column A

- D 1. state of consciousness resulting from a narrowed focus of attention and characterized by heightened suggestibility
- E 2. process of learning to control bodily states with the help of specialized machines
- A 3. influences behavior of person after hypnosis
- C 4. focusing of attention to clear one's mind and produce relaxation
- B 5. reduction of pain reported by patients who have undergone hypnosis

Column B

- A. posthypnotic suggestion
- B. hypnotic analgesia
- C. meditation
- D. hypnosis
- E. biofeedback

Multiple Choice

Choose the item that best completes each statement or answers each question. Write the letter of that item in the blank to the left of the sentence. (10 points each)

- B 6. Ernest Hilgard has suggested that during hypnosis the various parts of consciousness may separate. This is known as the
- A. posthypnotic theory. C. neohypnosis theory.
- B. neodissociation theory. D. dissociation theory.
- C 7. What is the best way to describe the relationship between hypnotist and participant?
- A. hypnotist has total control C. one of mutual participation
- B. one of mutual distrust D. participant gives up control
- D 8. Which of the following is NOT a common use of hypnosis?
- A. to aid memory C. to manage pain
- B. to help people forget D. to help people learn
- D 9. Which of the following is NOT something that can commonly be controlled with biofeedback?
- A. a single muscle C. brain waves
- B. heart rate D. sleep
- B 10. The approach to meditation developed from a Buddhist tradition that focuses on the present moment is called _____ meditation.
- A. transcendental C. breath
- B. mindfulness D. relaxation