

New Hope Basic Training Test: Class #6

Mental Disorders and Chatter Problems

Dr. Bill Gaultiere
(June, 2004)

Your Name: _____ Date Completed: _____

Please return your completed exam in a WORD attachment or the answers in the body of your e-mail to quinnw@crystalcathedral.org

1. In "When to Embrace Pain and When to Avoid It," Dr. Bill teaches that there are four reasons for my pain and each are dealt with differently. The pain that happens to me but can be redeemed is when someone _____. The pain I should always try to avoid is when I _____. The pain that happens to me that I can accept or heal is when _____. The pain that I can choose in order to grow is when I _____.
2. "Loneliness to Loveliness" is Dr. Bill's class that relates to almost every New Hope chatter! He says that _____ has a heart for the lonely and that for lonely people to become lovely they need to learn to _____ with the care they receive from people like you.
3. In his class, "Healing Mother Wounds," Dr. Bill uses Mother's Day flowers as an analogy to draw our attention to five types of mother wounds that need our care: _____ who don't get flowers, _____ who don't get flowers from their young children, _____ who feel they don't deserve flowers, _____ who don't get flowers from their adult children, and _____ who don't give their mother's flowers.
4. In "Returning for a Father's Blessing," Dr. Bill refers to a letter from our Heavenly Father that he wrote using 100 Bible verses. You can find this letter on his website, www.ChristianSoulCare.com, it's called _____.
5. "Understanding and Help for Schizophrenia" is one of the many "New Hope Notes," articles on www.NewHopeNow.org that Dr. Bill wrote to help hurting people and loved ones. He explains that hallucinations, delusions, confusion about what is real, and odd thoughts are examples of _____ symptoms of Schizophrenia and flat emotions, lack of motivation, and social withdrawal are examples of _____ symptoms of Schizophrenia.
6. In "Dark Clouds, Silver Linings: Moving from Bad Depression to Good Depression," Dr. Bill teaches that _____ is not biological and is an indicator light

on the dashboard. It becomes a bad depression if it's "ungrieved _____" or "immobilized _____." One of the "Light Posts for the Depressed" (<http://www.christiansoulcare.com/bibleverses.htm#lightposts>) to guide people in moving from bad to good depression is Jesus' words, "Blessed are those who _____ for they shall be _____."

7. In "Antidotes to Anxiety," Dr. Bill identifies common anxiety disorders including persistent worry called _____, heart-pounding and crazy-feeling fear called _____, and fear of embarrassment in public called _____.
8. Dr. Bill taught "PTSD and Trauma Recovery" right after 9-11. He used a graph to show that a normal arousal response (fear, intrusive images, bodily distress) to trauma is heightened and then tapers down, but a _____ arousal response stays very heightened for months
9. "Let Go of Perfectionism and Awake to Possibilities" discusses an anxiety problem that most people, including Dr. Bill, identify with more or less. Dr. Bill differentiates between the perfectionism that works against me and _____ that works for me. Working to be righteous is an example of _____. Perfectionists don't know how to process to a _____ end product.
10. In "Weep with those who Weep" Pastor Jim Kok says that _____ are good and to let them flow.
11. In "How to Facilitate Grief" Dr. Bill gives feedback to a New Hope Counselor responding to someone in grief. In his feedback Dr. Bill makes a "fine-tuning" mistake when he suggests a counselor response of: "You _____ miss him terribly." (Nobody is perfect!) Better would be to say, "It seems you..." or "I imagine you..."
12. Dr. Bill explains the Cycle of Domestic Violence in "Battered Women: Understanding and Helping Survivors," pointing out that a rather long _____ precedes the violent episode and then comes the _____ during which the perpetrator expresses remorse and is extra nice. At this same time the survivor feels hopeful and loving feelings that will cycle into another outburst.
13. In "Child Abuse: How we Can Help," Dr. Bill says that New Hope volunteers must report child abuse whenever they have a _____ that child abuse may have occurred. This means gathering identifying information on the child and may mean locating the chatter as we do in suicide intervention.
14. "Responding to People that Cut Themselves" is an especially important class by Dr. Bill for New Hope Online Counselors because cutters and self-abusers flock to the detachment of the Internet. Cutters say or think things like, "I want to feel

_____.” “I have to make the pain go away, to get _____ of it.”
Counselors need not panic, as cutting is not the same as a _____.”

15. In “Recovery from Alcoholism” (and in one of the many Self-Tests for the public on www.NewHopeNow.org) Dr. Bill uses the acronym “AN – ADDICT” to identify eight symptoms of alcohol addiction. The “T” stands for _____ or using alcohol to deal with emotional struggles. Dr. Bill says that if you think a chatter has been drinking then _____. Drinkers will need to _____ their drink while chatting with you and be referred to _____. Instead of listening to a “drunk-a-log,” ask the chatter to come back when _____.
16. In “Food, Feelings, and Recovery from Eating Disorders” Dr. Bill identifies these eating disorders: eating for emotional reasons could indicate a problem with _____, not eating to be thinner and to feel in control may be _____, and using exercise, laxatives, or vomiting to purge food and regulate emotions suggests _____. It’s not mentioned in the class notes, but if you go to our public website, www.NewHopeNow.org, and click “Articles,” then “Eating Disorders,” you’ll see some helpful resources to offer these chatters. One is called, “_____ for Food Addicts.”
17. In “Recovery from Sex Addiction,” Dr. Bill relays statistics that among sex addicts 4 of 5 have been _____. Sex addicts are addicted to _____ but missing _____.
18. Dr. Bill’s class on “Internet Addiction” identifies four ways people get caught in the Internet’s Web: _____, _____, _____, and _____.
19. Have you familiarized yourself with the “Tool Kit” document from the outline for this class? Yes No