

Psychology of the Body Home Study Course

15 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on massage techniques. Written medical opinions are always the best way to resolve any questions regarding mind and body connection and/or body psychology in relation to massage therapy.

Instructions for the Psychology of the Body home study course

Thank you for investing in the Psychology of the Body home study course, a 15 CE hour course designed to further your knowledge in the intricate connections between the mind and body and the underlying psychological factors that influence the massage therapist/client relationship.

This guide will contain all of the instructions you will need to complete this course. This is a 15 CE hour course, so that means it should take you approximately 15 hours to read the textbook, view the optional online resources, and complete the multiple choice exam and course evaluation.

The following are steps to follow in completing this course:

- 1. Review the textbook and exam. Your textbook will be mailed to you.**
- 2. This course includes optional online resources, which provide practice quizzes, a glossary and flashcards. These are not a required part of the course, but we encourage you to view them to enhance your learning. To view these, follow the instructions in the front inside cover of the textbook.**
- 3. Access the online examination in your account at www.massagetherapyceu.com.**
- 4. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the exam. It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

This course uses the text *The Psychology of the Body, 2nd Edition*, by Elliot Greene and Barbara Goodrich-Dunn. There are no trick questions on the exam. All the answers can be found in the textbook and there is only one answer per question.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Psychology of the Body home study course.

Psychology of the Body Exam

Section I

Chapter 1

1. What is the term most often used to describe a new model of mind which suggests that we think not just with our brains, but with our bodies?
 - A. Embodied cognition
 - B. Represented cognition
 - C. Symbolized cognition
 - D. Manipulated cognition

2. In this book, the term intervention refers to:
 - A. Confronting a person with an addiction or another problem
 - B. Any action, verbal or nonverbal, on the part of the massage therapist that changes the course of a session
 - C. The recognition of the unity of the body and mind
 - D. Any action, verbal or nonverbal, on the part of the client that changes the course of a session

3. Tiffany Field and Frank Scafidi of the Touch Research Institute and their colleagues conducted a landmark study in which the data showed:
 - A. That extra mechanosensory stimulation led to inferior growth and developmental performance in human babies
 - B. That extra mechanosensory stimulation led to superior growth but inferior developmental performance in human babies
 - C. That extra mechanosensory stimulation led to superior growth and developmental performance in human babies
 - D. That extra mechanosensory stimulation did not affect growth and developmental performance in human babies

4. What is the paradox of healing?
 - A. Although the client consciously desires change, he may also unconsciously have nerve blocks which make the change impossible
 - B. Although the client consciously dreads change, he unconsciously desires it and thus resists the process
 - C. Although the client consciously desires change, he may also unconsciously dread it and thus resist the process
 - D. Although the client has a diagnosis for the condition, he may also unconsciously dread making a change and thus resist the process

5. What is emotional release?
- A. A phenomenon in which a client, during a massage therapy session, begins to project unresolved feelings onto the therapist
 - B. A phenomenon in which a therapist, during a massage therapy session, begins to project unresolved feelings onto the client
 - C. A phenomenon in which a client, during a massage therapy session, begins to relax and the therapist can feel the tightened muscle tissue relax
 - D. A phenomenon in which a client, during a massage therapy session, begins to spontaneously express emotions, such as sadness, anger, or fear

Chapter 2

6. Which of the following roles is NOT considered to be an archetype of the healer?
- A. Nurse
 - B. Student
 - C. Massage therapist
 - D. Dentist
7. The _____ is a key to healing and the effectiveness of the therapeutic process.
- A. Archetype
 - B. Therapeutic relationship
 - C. Treatment room
 - D. Massage therapist's education
8. The more a therapist learns about her personal psychology:
- A. The less likely the therapist is to impose her beliefs upon the clients or allow her beliefs to distort her understanding of the client
 - B. The more likely the therapist is to impose her beliefs upon the clients or allow her beliefs to distort her understanding of the client
 - C. The less likely the therapist is to remain in private practice for a long period or be able to retain clients long term
 - D. The more likely the therapist is to remain in private practice for a long period or be able to retain clients long term
9. The more divergent the client's and the therapist's beliefs about the roles of client and therapist, the more likely:
- A. The client and the therapist may feel a certain connection or harmony
 - B. Client and therapist value's and belief's do not affect the massage session
 - C. The treatment outcomes of each party are to be achieved
 - D. The client and the therapist may feel a certain dissonance or disharmony

Chapter 3

10. Which of the following is an example of transference?
- A. I'm angry, but consciously perceive you as angry
 - B. I'm mad at my boss, so I'll kick the dog
 - C. I'm mad at myself; I shouldn't have let you hit me
 - D. My therapist is kind and wise just like my mother

11. Which of the following is an example of how projection can manifest in massage therapy?
- A. A client who refuses to take ownership that the discomfort they feel comes from them, rather than being caused by the massage therapy
 - B. A client who thinks or openly states “You are making me feel this way.”
 - C. A client who complains of a headache as you are working on the belly
 - D. A client who regularly does not show up for appointments
12. What is introjection?
- A. An attribute, impulse, feeling, or perception that actually belongs to an individual’s personality but is not experienced as such by the individual
 - B. The conscious prevention of a feeling or thought from becoming conscious
 - C. The act of attributing to oneself a trait, attitude, feeling, or behavior that actually belongs to one’s environment, usually an influential person, such as a parent or teacher
 - D. When a person unconsciously diverts the attention or action of another person away from a psychological or physical area that feels threatening
13. If you suspect that a client is showing signs of deflection, what can you keep in mind?
- A. It is not an intentional attempt to deceive the therapist
 - B. It is an intentional attempt to deceive the therapist
 - C. The client is taking on characteristics that are the opposite of what they actually feel
 - D. The client is turning feelings back against themselves rather than against someone
14. Which of the following is an example of how resistance can manifest in massage therapy?
- A. A client who refuses to take ownership that the discomfort they feel comes from them, rather than being caused by the massage therapy
 - B. A client who thinks or openly states “You are making me feel this way.”
 - C. A client who complains of a headache as you are working on the belly
 - D. A client who restricts breathing or stiffens or braces a part of the body
15. The projections that occur with both positive and negative transference are usually based on:
- A. The relationship the client had with significant caretakers during his formative years
 - B. The relationship the client had with significant friends during his formative years
 - C. The relationship the client had with significant pets during his formative years
 - D. The relationship the client had with significant partners during his formative years
16. What is countertransference?
- A. A term used to describe a system of projections by the therapist onto the client
 - B. A term used to describe a system of projections by the client onto the therapist
 - C. A term used to describe a system of techniques by the therapist to the client
 - D. A term used to describe a system of intake forms given to the client
17. Which of the following is NOT a warning sign that you may need supervision?
- A. Knowing you have countertransference issues or being aware of warning signs of them
 - B. Feeling burned out or bored
 - C. Behaving positively and professionally toward a client
 - D. Feeling attracted to a client

Chapter 4

18. What is scope of practice?
- A. The treatment of problems of an emotional nature in which a trained person deliberately establishes a professional relationship with the client with a therapeutic objective
 - B. Delineates which regulated practices, services, actions, or procedures a duly licensed, certified, or registered practitioner may or may not perform legally
 - C. A term used to describe a system of projections by the therapist onto the client
 - D. Behaviors and roles which define our personal physical and emotional space
19. Which of the following is an example of a dual relationship?
- A. Seeing a client in which you have never met before
 - B. Visiting a nursing home and providing massage to patients who you have not treated
 - C. Having a client which is also a friend or a family member
 - D. Receiving a referral from a physician in which you are not familiar with
20. When dealing with financial boundaries and conflict of interest, which of the following is a question the therapist must be able to answer?
- A. Whether the massage services he provided were given to the best of his ability
 - B. If both himself and the client stand to make financial gain
 - C. Whether the massage services provided were within his scope of practice
 - D. Whether he acted in the best interest of the client or in his own financial interest
21. What is self-disclosure?
- A. The revelation of personal rather than professional information to a client
 - B. The revelation of professional rather than personal information to a client
 - C. A situation in which multiple roles exist between a therapist and a client
 - D. A situation in which only a single role exists between a therapist and a client
22. Which of the following is NOT a question to consider in exploring potential or actual boundary issues?
- A. Is this in my client's best interest?
 - B. Will this have an impact on the quality of care I am providing?
 - C. Am I taking advantage of the client?
 - D. Should I consult with a family member or friend?
23. Which of the following is an element of the therapeutic frame or framework?
- A. Money or how much will you charge as your fee for services
 - B. Time issues such as office hours or when you will accept phone calls
 - C. Processes such as circumstances that would cause you to terminate a session
 - D. All of the above
24. What can you do if you feel you may have frame or boundary issues?
- A. Work them out on your own
 - B. Consult with trusted colleagues and ask for help
 - C. Quit the massage profession
 - D. Consult with trusted clients and ask for help

Section II

Chapter 5

25. A key principle of the psychology of the body is that:
- A. The mind and body are not connected; whatever goes on in the mind is not reflected in the body, and whatever goes on in the body is not reflected in the mind
 - B. The body is dominate over the mind; relegating the body to an inferior, even servile, position
 - C. The mind and body are interconnected; whatever goes on in the mind is reflected in the body, and whatever goes on in the body is reflected in the mind
 - D. The mind is dominate over the body; relegating the body to an inferior, even servile, position
26. What is the second phenomena of the bodymind connection?
- A. Your body is continually reacting to whatever you are thinking
 - B. Our entire mind is reflected in the body, conscious and unconscious
 - C. What is going on in the body is also reflected in the mind
 - D. The autonomic nervous system controls the bodymind connection
27. Who developed the polyvagal theory?
- A. Carl Lange
 - B. Walter Cannon
 - C. Stephen Porges
 - D. Mario Iacoboni
28. What is a C tactile fiber?
- A. A type of peripheral nerve which sends pleasurable impulses directly to the emotional centers of the brain, scientifically confirming that touch triggers emotion
 - B. A type of peripheral nerve which can unconsciously prevent a feeling or thought from being conscious
 - C. A fiber which comprises 10th cranial nerve, which is the largest nerve known in the autonomic nervous system
 - D. A type of nerve fiber found throughout skeletal muscle which is responsible for physical movement
29. When referring to culture, what is an emblem?
- A. A nonverbal gesture with a verbal counterpart
 - B. Communicating with the body
 - C. The perception and use of space
 - D. Using the eyes in communication

Chapter 6

30. What is an emotional release?
- A. An expression of disapproval
 - B. An extreme stress response to an event or a series of negative events that happened unexpectedly or repeatedly
 - C. A process of one person accurately reflecting what another person says or feels
 - D. A process in which previously unexpressed and usually unfelt emotions come to the surface entering awareness and are released through expression

31. What is invalidation?
- A. Detachment from social or emotional involvement or engagement resulting in lack of emotional reactivity, responsiveness, or connection
 - B. The direct or subtle verbal and nonverbal negation or “putting down” of a person’s thoughts, feelings, experiences, or character by another person
 - C. The revelation of personal rather than professional information to a client
 - D. A failure of or refusal by the client to cooperate with the therapeutic process
32. In preparing yourself to deal with emotional release, the textbook recommends that you begin by:
- A. Increasing your education
 - B. Increasing your flexibility
 - C. Increasing your self-awareness
 - D. Increasing your experience
33. Which of the following is an important technique for providing support to the client experiencing emotional release?
- A. Invalidation
 - B. Professional referral
 - C. Grounding
 - D. Reflective listening
34. Which of the following is NOT considered an effect of emotional release on the massage process?
- A. Expansion and contraction
 - B. Resistance and/or fear
 - C. Psychotherapeutic intervention
 - D. Euphoria

Section III

Chapter 7

35. What is armoring?
- A. Chronic patterns of involuntary tension in the body that dampen or block emotional expression, alter perception of both the outer world and the inner psychological world, diminish or eliminate kinesthetic awareness and other sensations, and restrict range of motion and movement
 - B. Acute patterns of involuntary tension in the body that dampen or block emotional expression, alter perception of both the outer world and the inner psychological world, diminish or eliminate kinesthetic awareness and other sensations, and restrict range of motion and movement
 - C. Chronic patterns of voluntary tension in the body that heighten emotional expression, alter perception of both the outer world and the inner psychological world, exacerbate or intensify kinesthetic awareness and other sensations, and promote range of motion and movement
 - D. Acute patterns of voluntary tension in the body that heighten emotional expression, alter perception of both the outer world and the inner psychological world, exacerbate or intensify kinesthetic awareness and other sensations, and promote range of motion and movement

36. The effect of armoring on the perception of inner reality comes from:
- A. Recognizing the feeling, sensing, or identification of both physical and emotional inner conditions and needs
 - B. Blocking the feeling, sensing, or identification of both physical and emotional inner conditions and needs
 - C. Clouding the feeling, sensing, or identification of both physical and emotional inner conditions and needs
 - D. Identifying the feeling, sensing, or identification of both physical and emotional inner conditions and needs
37. Which of the following is NOT a factor that determines the severity of trauma?
- A. Occupation at the time of the event
 - B. Age and developmental state of the person at the time of the trauma
 - C. Larger meaning the event represents for the individual
 - D. Coping skills, values and beliefs held by the individual
38. What is grounding?
- A. The degree of vitality in a person's body as a whole
 - B. The quality of presence a person has
 - C. The ability to differentiate between what is oneself, versus what is not oneself, or me versus "not me"
 - D. The solidity of a person's boundaries between himself and the environment
39. Which of the following types of tissue pattern armoring is the most common?
- A. The held-up pattern
 - B. Mesh armoring
 - C. Sheath armoring
 - D. Knotty armoring
40. Which of the following types of tissue pattern armoring is the most unusual and most difficult for massage therapists to detect?
- A. The held-up pattern
 - B. Mesh armoring
 - C. Sheath armoring
 - D. Knotty armoring

Chapter 8

41. Which of the following are the two critical factors that determine the type of character structure formed after stress/trauma?
- A. The degree of vitality in a person's body as a whole and the degree of intensity and frequency of the stress
 - B. The timing of the emotional stress relative to the stage of personal development and the solidity of a person's boundaries between himself and the environment
 - C. The timing of the emotional stress relative to the stage of personal development and the degree of intensity and frequency of the stress
 - D. The degree of vitality in a person's body as a whole and the solidity of a person's boundaries between himself and the environment

42. What is compensation?
- A. The ability to differentiate between what is oneself, versus what is not oneself, or me versus “not me”
 - B. An extreme stress response to an event or a series of negative events that happened unexpectedly or repeatedly
 - C. A process in which previously unexpressed and usually unexpressed emotions come to the surface entering awareness and are released through expression
 - D. When a person makes adaptations that help him or her function but do not fundamentally affect the person’s character structure
43. Which of the following is the key when providing massage therapy on a client with a disembodied structure?
- A. Bring connected people out of their bodies rather than working aggressively
 - B. Work aggressively to “break open” the armor
 - C. Invite disconnected people into their bodies rather than break them open
 - D. Refer them to another healthcare provider before treatment for diagnosis
44. Which of the following is NOT a trait of the collapsed structure?
- A. To dissociate thinking from feeling
 - B. Tendency to be dependent
 - C. Low aggressiveness
 - D. Inner feeling of needing to be taken care of and supported
45. Which of the following are the two collapsed structure patterns?
- A. Apparently closed and resisting collapse
 - B. Disjointedness and disconnection
 - C. Apparently closed and disconnection
 - D. Disjointedness and resisting collapse
46. Clients with a collapsed structure will often come into sessions:
- A. Not feeling very much in response to touch
 - B. Complaining of various aches and pains, but upon questioning are unable to locate them
 - C. Complaining of various aches and pains, and upon questioning are able to pinpoint the exact location
 - D. With extreme stiffness, woodenness, or frozenness seen in the body
47. Which of the following are the primary traits of the compressed structure?
- A. Tendency to be dependent, low aggressiveness, and an inner feeling of needing to be taken care of and supported
 - B. To dissociate thinking from feeling, to withdraw inwardly, and to break or lose contact with the world or external reality, especially when such contact is threatening
 - C. Outward submissiveness and desire to please, an internal resistant attitude, and a deep fear of inner impulses and their assertive expression
 - D. All of the above

48. What type of armoring is found within the compressed structure?
- A. Mesh armor
 - B. Knotty armor
 - C. Help-up armor
 - D. Sheath armor
49. What massage techniques work best with people with compressed structures?
- A. Applying moderate pressure to the forehead
 - B. Invigorating massage on the musculature of the body
 - C. Taking over the holding and compression (using the whole hand)
 - D. Soft or feathery techniques

Chapter 9

50. Which of the following is the most prevalent character structure?
- A. Compressed
 - B. Rigid
 - C. Collapsed
 - D. Disembodied
51. The rigid structure is designed to:
- A. Override emotional and physical pain as well as discomfort from any source in order to focus the entire being on the goal
 - B. Experience deep disconnection not only within themselves, but also between themselves and the rest of the world
 - C. Provide a strong need to be dependent, and expect the other person to figure out what their needs are
 - D. Suppress their own impulses in order to meet the needs of others
52. What is present in the controlled rigid structure, that is not present in others?
- A. Impulsion
 - B. Depression
 - C. Pressure
 - D. Desire
53. The achieving rigid structure is overly concerned with:
- A. Control
 - B. Achievement
 - C. Withdrawal
 - D. Pleasure
54. What is the strategy for massage with a client with an achieving rigid structure?
- A. Invite disconnected people into their bodies
 - B. Help the client locate specifically where their pain is
 - C. Dissolving the system of knots along the posterior half, especially along the back
 - D. To promote deep relaxation through sustained, still-handed touch

55. Typically, people with an entertaining rigid structure are:
- Undercharged, overgrounded, and underbounded
 - Overcharged, overgrounded, and overbounded
 - Undercharged, undergrounded, and overbounded
 - Overcharged, undergrounded and, underbounded
56. What is the key technique to providing deep relaxation in entertaining rigid structures?
- Invigorating massage, such as tapotement and kneading, to the muscular structures, in particular the posterior of the body
 - Light feather strokes at the beginning and the end of each area
 - Dissolving the system of knots along the posterior half using deep compression as well as trigger point therapy
 - Still-handed touch, by which the therapist places her hands on one area of the client's body and without moving the hands, sustains the touch for several minutes
57. What is the armoring pattern of the romantic rigid structure?
- Mesh and knotty
 - Sheath only
 - Mesh only
 - Knotty only
58. In working with any clients with romantic rigid structures, it is important for the therapist to:
- Treat the areas that the client requests
 - Recognize any weak spots in their own boundaries
 - If a sexual advance is felt, react harshly instead of creating a firm boundary
 - Focus the main treatment areas to the torso, including back and stomach

Section IV

Chapter 10

59. The main purpose of chapter 10 is to help you become more familiar with major psychological and psychiatric disorders so that you will have a basic sense of:
- Problems that may be outside the scope of practice of massage therapy
 - Psychological conditions that need to be referred to mental health professionals
 - Being able to respond knowledgeably and confidently when a client mentions these conditions
 - All of the above
60. What is the essential feature of panic disorder?
- An extreme unreasonable dread of everyday situations
 - An intense fear that can be paralyzing
 - Recurrent, unexpected panic attacks followed by at least one month of persistent concern about having another panic attack
 - Development of characteristic symptoms following exposure to an extreme traumatic stressor

61. What is posttraumatic stress disorder?
- A. An intrusive fixation on a thought, image, person, event, or condition which causes distress or anxiety
 - B. An intense fear that can be paralyzing
 - C. Recurrent, unexpected panic attacks followed by at least one month of persistent concern about having another panic attack
 - D. Development of characteristic symptoms following exposure to an extreme traumatic stressor
62. Which of the following is NOT a problem which can stem from sexual or physical abuse?
- A. Feelings of shame
 - B. High self-esteem
 - C. Eating or anxiety disorders
 - D. Feeling betrayed and repulsed by one's own body
63. What is tolerance?
- A. The need for significant increased amounts of a substance or behavior to achieve the desired effect
 - B. The suffering of uncomfortable and sometimes harmful symptoms after a reduction or cessation in the intake of a substance or expression of a behavior over a prolonged period
 - C. An intrusive fixation on a thought, image, person, event, or condition which causes distress or anxiety
 - D. Recurrent, unexpected panic attacks followed by at least one month of persistent concern about having another panic attack
64. Which of the following is NOT one of the three major eating disorders?
- A. Anorexia
 - B. Bulimia
 - C. Alcoholism
 - D. Binge eating
65. In cases of binge eating, how frequently does the binge eating and purging cycle happen?
- A. A few times a week to several times a day
 - B. A few times a month to a few times a week
 - C. Once every other month to monthly
 - D. Three to five times per year
66. What is somatoform pain disorder?
- A. Persistent fear of having a serious medical illness that may be accompanied by related unexplained physical symptoms
 - B. Physical symptoms that are similar to a neurological disorder when no neurological disorder is actually present
 - C. Persistent pain that lasts for several months and is distressing, disabling, or both and is severe enough to disrupt a person's everyday life
 - D. Excessive concern about and preoccupation with an imagined defect of one's physical features or body image

67. Attention-deficit hyperactivity disorder (ADHD) is characterized by what three key behaviors?
- A. Inattention, hyperactivity, and impulsivity
 - B. Attention, hypoactivity, and creativity
 - C. Flexibility, hyperactivity, and adaptivity
 - D. Inattention, intelligence, and personality
68. Which of the following are signs of mania?
- A. Feelings of guilt, worthlessness, and helplessness
 - B. Decreased energy and increased fatigue and lethargy
 - C. Restlessness and irritability
 - D. Decreased need for sleep, increased talking, and racing thoughts
69. What is bipolar disorder characterized by?
- A. One or more depressive episodes accompanied by or alternating with manic episodes
 - B. An intrusive fixation on a thought, image, person, event, or condition which causes distress or anxiety
 - C. An intense fear that can be paralyzing
 - D. Feelings of sadness or emptiness, and diminished interest or pleasure in activities
70. Which of the following is generally considered a contraindication for massage, unless working closely with a trained professional?
- A. Anxiety
 - B. Depression
 - C. ADHD
 - D. Psychosis
71. Which of the following is an example of a chronic illness?
- A. Influenza
 - B. Fibromyalgia
 - C. Strep throat
 - D. Bronchitis
72. Which of the following is a “don’t” if you decide to discuss self-harm with a client?
- A. Don’t talk about the subject of the emotional pain, or be present and listen
 - B. Don’t discuss with a client if they would like to be referred to a professional who might help
 - C. Don’t keep asking questions if the self-injurer does not wish to talk about her cutting or self-harm
 - D. Don’t ask your client if they would like to change their self-injury behavior

Chapter 11

73. Which of the following is NOT a situation when a massage therapist should refer a client to a mental health professional?
- A. When a therapist finds that working with certain problems of a client is beyond the massage therapist's scope of practice
 - B. When a client is beyond the therapist's ability to handle
 - C. When a massage therapist is knowledgeable and observant enough to determine that the client needs some type of mental health treatment
 - D. When a client returns frequently for a particular modality and is seeing consistent results with the massage therapist's treatment
74. What is splitting?
- A. A therapeutic experience for reasonably healthy persons
 - B. The client's unconscious activity of figuratively splitting or dividing the massage therapist and the mental health professional into two different roles that have polarized emotional significance
 - C. Seeing mind and body as a functional unit and taking into account the complexity of intersections and interactions between body and mind, then splitting that into two different therapy sessions
 - D. Asking psychological questions, probing, making interpretations, offering solutions, giving advice, or any other activity related to the practice of psychology
75. If you would like to discuss a client's situation with any other health care professional, which of the following should your client sign?
- A. Collaboration agreement
 - B. Authorization for the release of information
 - C. Informed consent
 - D. Medical history

This completes the Psychology of the Body exam.