

ASSESSMENT METHOD — The ESD Method™ (12 CE Hours)

Assessment Overview

Participants will complete a written quiz at the end of the course to demonstrate comprehension of core concepts, including:

- understanding of ESD subtypes
- trauma-informed application
- somatic regulation principles
- boundary and communication skills
- safe, scope-aligned treatment planning
- appropriate use of the ESD Method™
- empathy-state identification

The assessment ensures that students can apply the material ethically and safely within the scope of massage and bodywork practice.

ASSESSMENT FORMAT

- **Quiz Type:** Written multiple-choice and short-answer
- **Number of Questions:** 15 total
 - 12 multiple-choice
 - 3 short-answer
- **Passing Score:** 80% or higher
- **Completion Time:** 20 minutes
- **Materials Allowed:** Course notes, handouts
- **Administration:** End of Module 6

STUDENT QUIZ (15 Questions)

Multiple Choice (1–12)

1. Empathy Spectrum Disorder (ESD) describes:

- A. Emotional intelligence scores
- B. Personality types
- C. Patterns of empathy regulation and dysregulation
- D. Trauma severity levels

Correct answer: C

2. Type A — Emotional Hypo-Empathy is characterized by:

- A. Intense emotional absorption
- B. Emotional numbness or muted resonance
- C. High cognitive insight
- D. Strategic empathy use

Correct answer: B

3. Clients with Emotional Hyper-Empathy (Type B) often display:

- A. Detachment and emotional distance
- B. Over-identification and emotional flooding
- C. Rapid problem-solving
- D. Minimal sensory response

Correct answer: B

4. Type C — Cognitive-Dominant Empathy involves:

- A. High emotional resonance
- B. Low cognitive processing
- C. Understanding others mentally rather than emotionally
- D. Switching between fawn and freeze

Correct answer: C

5. Which subtype alternates between emotional over-engagement and shutdown?

- A. Type D — Empathic Dysregulation (Oscillating)
- B. Type A — Emotional Hypo-Empathy
- C. Type E — Empathic Shutdown
- D. Type C — Cognitive-Dominant

Correct answer: A

6. Type E — Empathic Shutdown (Trauma-Linked) commonly presents with:

- A. High emotional expression
- B. Warm, connected communication
- C. Flat affect and reduced responsiveness
- D. Strong strategic insight

Correct answer: C

7. Type F — Dark Empathy is best described as:

- A. High emotional resonance and caretaking
- B. Low empathy across all domains
- C. Strategic, cognitively driven empathy with low emotional resonance
- D. Pure emotional numbness

Correct answer: C

8. Somatic cues of hyperempathy (Type B) include:

- A. Stillness and flat affect
- B. Breath holding and rapid emotional shifts
- C. Slow, restricted breathing
- D. Minimal microexpressions

Correct answer: B

9. A client who goes quiet, distant, and minimally responsive mid-session is likely showing:

- A. Emotional Hyper-Empathy
- B. Empathic Shutdown (Type E)
- C. Cognitive Empathy
- D. Empathic Oscillation

Correct answer: B

10. For a Type C client (Cognitive-Dominant), the most helpful touch approach is:

- A. Fast, stimulating movement
- B. Sensory awakening and embodiment-focused pacing
- C. Deep emotional processing
- D. Inconsistent pressure

Correct answer: B

11. Which subtype benefits most from slow, heavy, grounding pressure?

- A. Type B — Emotional Hyper-Empathy
- B. Type C — Cognitive-Dominant
- C. Type E — Shutdown
- D. Type A — Hypo-Empathy

Correct answer: A

12. A major red flag indicating treatment should be modified or paused is:

- A. The client falling asleep
- B. The client asking for lighter pressure
- C. Sudden emotional numbing or dissociation
- D. A client requesting more communication

Correct answer: C

★ Short Answer (13–15)

(2–3 sentences each)

13. Describe one way a therapist can prevent emotional over-identification with a Type B (Hyper-Empathic) client.

Scoring: Must reference grounding, containment, slowing tempo, weighted pressure, or boundary-setting.

14. Explain how a therapist's own empathy subtype may influence their touch and communication style.

Scoring:

Examples:

- Type B therapists may over-attune or merge
 - Type A or E may under-attune
 - Type C may stay cognitive
 - Type D fluctuates
 - Type F keeps strong structural boundaries
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15. List two somatic signs that a client is shifting into dysregulation during a session.

Scoring:

Acceptable signs include: breath changes, muscle tension, freezing, tearfulness, gaze aversion, sudden stillness, collapse, emotional withdrawal, dissociation.

 **Passing Score:**

80% (12/15)