



Life Space Crisis Intervention Training

STUDY GUIDE

Below, please find 65 study questions to guide you through Part 1 of the LSCI Certification. Please use the information from the presentation, manual, and textbook to mark the BEST answer for each statement.

At the conclusion of Part 1 of the training, 50 of these statements, worded exactly as written below, will appear on the written exam.

1. LSCI is a _____ that helps adults work with children and youth to build a trusting relationship which leads to real changes in overcoming _____ and learning to make better choices in life.
 - a. Verbal strategy: Self-defeating patterns
 - b. Physical strategy: Cognitive deficits
 - c. Behavioral strategy: Attention Deficit Hyperactivity Disorder

2. LSCI views crisis as:
 - a. An event that permanently damages the relationship between an adult and a child
 - b. An opportunity for a child to gain insight into behavior and move toward positive behavioral change
 - c. An unavoidable event that adults should allow kids to handle independently and without interference

3. LSCI is a _____ strategy that traces its roots to the work of such professionals as Bill Morse, David Wineman, Fritz Redl, and even Anna Freud.
 - a. Strictly behavioral
 - b. Psycho-educational
 - c. Rewards & punishment

4. The skills of LSCI address:
 - a. Ten dangers associated with the media's impact on brain development
 - b. Eight steps parents can take to cope with defiant adolescents
 - c. Six of the most common patterns of self-defeating behavior



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5. Fritz Redl and David Wineman explained that the behavior of troubled kids is:
 - a. Predictable and repetitive
 - b. Erratic and spontaneous
 - c. Preventable and criminal
6. The Reality Rub Reclaiming Intervention is used with kids who:
 - a. Displace anger
 - b. Have errors in perception
 - c. Show poor social skills
7. The Red Flag Reclaiming Intervention is used with kids who:
 - a. Displace anger
 - b. Have errors in perception
 - c. Feel intense guilt and self-loathing
8. The New Tools Reclaiming Intervention is used with kids who:
 - a. Have errors in perception
 - b. Show poor social skills
 - c. Justify harmful behavior
9. The Symptom Estrangement Reclaiming Intervention is used with kids who:
 - a. Show poor social skills
 - b. Justify harmful behavior
 - c. Displace anger
10. The Massaging Numb Values Reclaiming Intervention is used with kids who:
 - a. Displace anger
 - b. Exploit peers
 - c. Feel intense guilt and self-loathing



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11. The Manipulation of Body Boundaries Reclaiming Intervention is used with kids who:
 - a. Have errors in perception
 - b. Exploit peers
 - c. Displace anger

12. LSCI takes into account key differences in the:
 - a. IQ's of professional adults and students in Special Education
 - b. Psychological worlds of helping adults and students in stress
 - c. Parenting practices of authoritative vs. permissive parents

13. Under stress, kids often:
 - a. Have an increased ability to consider things from alternate points of view
 - b. Become very one-dimensional and develop rigid perceptions of the world
 - c. Think rationally and logically in order to arrive at healthy solutions

14. A helping adult BEST gains an understanding of how a child perceives an event by:
 - a. Listening to the child and encouraging the child to talk.
 - b. Explaining to the child the actual sequence of events that occurred.
 - c. Giving the child logical consequences for refusing to acknowledge alternate perceptions.

15. In a crisis, kids can become flooded by their feelings. Helping adults can:
 - a. Show kids how to deny and defend against painful feelings
 - b. Encourage kids to act out their angry feelings on family members and friends
 - c. Teach kids how to accept and control overwhelming emotions

16. When stressed out, most kids find it _____ to accept responsibility for their poor behavior.
 - a. Easy
 - b. Difficult
 - c. Fun

17. In looking at how a child perceives, thinks, feels, and behaves, John Bowlby coined the term:
 - a. Inner working model
 - b. Cognitive behavioral therapy
 - c. Individualized Education Plan

18. Simple reward and punishment systems are not enough to address a child's problem behaviors



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because they do not address a child's:

- a. Need for ego integrity
- b. Desire for instant gratification
- c. Inner working model

19. The brain stem is responsible for:

- a. Survival functions like managing heart rate and respiration
- b. Emotional regulation, attachment, and the stress response
- c. Executive functions such as planning and problem-solving.

20. The limbic system is responsible for:

- a. Survival functions like managing heart rates and respiration
- b. Emotional regulation, attachment, and the stress response
- c. Executive functions such as planning and problem-solving.

21. The neocortex is responsible for:

- a. Survival functions like managing heart rates and respiration
- b. Emotional regulation, attachment, and the stress response
- c. Executive functions such as planning and problem-solving.

22. The memories of a child who lives in chronic stress, or who has suffered trauma, are stored largely in the:

- a. Brain stem, where the Amygdala is located
- b. Limbic system, where there is no language
- c. Neocortex, where language is easily accessed

23. _____ has to do with short-lived, adverse life situations that are part of the normal developmental process.

- a. Toxic stress
- b. Tolerable stress
- c. Positive stress

24. _____ can lead to permanent changes in brain development.

- a. Toxic stress
- b. Tolerable stress
- c. Positive stress



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25. LSCI aims to help kids:

- a. Bring language to emotion.
- b. Increase the amount of positive stress in their lives.
- c. Decrease their dependence on rewards and punishments.

26. Developmental stressors are:

- a. A normal, natural part of life
- b. To be avoided at all costs
- c. The main cause of toxic stress

27. Implicit memory is:

- a. Sensory
- b. Not language-based
- c. Both a & b

28. Explicit memory is:

- a. Associated with stress & trauma
- b. Stored in the limbic system
- c. Available to language

29. How we think about _____ memories leads to how we feel about them.

- a. Implicit
- b. Explicit
- c. Neither a or b

30. LSCI seeks to help kids move “raw” memories and thoughts from the part of the brain that doesn’t have language to the part of the brain that does, so that kids realize they have choices in the ways they express their feelings.

- a. True
- b. False

31. Troubled kids are MOST likely to seek:

- a. Self-improvement programs
- b. Ways to justify their faulty thinking
- c. Personal accountability for poor behaviors



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32. Under intense stress, people sometimes use _____ as a way of justifying faulty thinking.
- Peer Pressure
 - Tunnel Vision
 - Defense mechanisms
33. Defense mechanisms:
- Serve no healthy purpose
 - Represent a child's way of being stubborn and rejecting adult authority
 - Can help protect a child from overwhelming anxiety and stress
34. _____ is a defense mechanism in which a person transfers an emotional reaction to a substitute when it can't be directed at the actual person who caused it.
- Displacement
 - Rationalization
 - Sublimation
 - Conversion
35. _____ is a defense mechanism that occurs when a person transfers his inner distress to a physical manifestation.
- Displacement
 - Rationalization
 - Sublimation
 - Conversion
36. Kids who _____ stress tend to take their pain out on themselves. Kids who _____ stress tend to take their pain out on everyone else.
- Internalize; externalize
 - Materialize; internalize
 - Externalize; energize
37. Which of the following are all elements of cognitive theory?
- Escape, substitution, and denial
 - Stream of consciousness, perceptual set, and self-talk
 - Red Flag, Reality Rub, and New Tools



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38. Stream of consciousness refers to:
- Our mental filter that creates our perceptions
 - The defense mechanisms that protect us from extreme anxiety
 - Our continuous flow of observation and thought in the present
39. LSCI helps kids examine and change their _____, in order to bring about real changes in behavior.
- Irrational self-talk
 - Family of origin
 - Past history of trauma
40. All experiences are filtered through our _____ and shape our feeling about events.
- Cognitive Traps
 - Perceptual Set
 - Social Skills
41. A child calls herself a “loser” because she forgot to buy movie tickets. She thinks that this mistake means that she is worthless. She is engaging in:
- Mental filtering
 - Jumping to conclusions
 - Emotional reasoning
42. Erin insists, “Mrs. Thomas should give me a passing grade even though I only scored a 50% on the test.” She is using:
- Sublimation
 - Should statements
 - Fortune telling



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43. _____ uses good listening, responding, attending and decoding skills to change a child's operating mindset and self-talk.
- Cognitive re-structuring
 - Behavioral therapy
 - Skill streaming
44. The _____ is LSCI's major paradigm for understanding the dynamics of the interactions between students in stress and staff who work with them.
- Red Flag Reclaiming Intervention
 - Conflict Cycle
 - Rose School
45. Which of the following is often the first event of a Conflict Cycle?
- A student's thoughts create feelings of anger in an adult
 - An adult's behavior helps a child to feel safe and supported
 - A stressful event occurs which activates a troubled student's irrational beliefs
46. Statements like, "Don't you dare use that language with me," model a _____ to cope with stress and _____ between the student and the adult.
- Healthy way; build trust
 - Conflict-fueling; damage the relationship
 - Positive way; creates conflict
47. I-Messages are:
- Most often destructive to the adult-child relationship
 - Helpful in interrupting a power struggle
 - Often threatening
48. _____ are processed in the right hemisphere of the brain; _____ is processed in the left hemisphere
- Emotions; Language
 - Language; Feelings
 - Behaviors; Emotions



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49. Learning to link the _____ through interaction with a caring adult provides the first step towards understanding and self-regulating feelings and behavior
- Appropriate social skill
 - Past, present, and future
 - Left and right hemispheres of the brain
50. Studies show that the majority of meaning in communication comes from:
- The words we choose
 - Tone of voice
 - Our facial expression
51. _____ skills have to do with reading between the lines and listening to what is not being said:
- Responding
 - Decoding
 - Drain Off
52. Attending, responding, and decoding skills are critical to effectively listening to a child and encouraging him to:
- Link emotions and language
 - Admit responsibility for poor behavior
 - Rely more heavily on defense mechanisms
53. Drain Off, Timeline, and Central Issue are considered:
- Non-essential stages
 - Reclaiming Stages
 - Diagnostic Stages
54. Stage 1 is used to help drain off some of the child's intense emotion so that he is better able to:
- Connect language with emotion.
 - Pay attention in class.
 - Follow directions from his teacher.
55. The _____ stage is used to gain an understanding of the student's perception of the events.



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- a. Defense Mechanism
 - b. New Skills
 - c. Timeline
56. In the _____ stage, we use the information from the _____ to re-frame the child's perception of the issue.
- a. Drain Off; Transfer of Training
 - b. Insight; Timeline
 - c. New Skills; Insight
57. The New Skills stage of the LSCI process is used to:
- a. Role-play and rehearse new social skills
 - b. Allow the child to drain off his intense emotions
 - c. Help the child re-integrate back into his classroom or group
58. The six stages of LSCI are always completed in a sequential order without any repetition of stages.
- a. True
 - b. False
59. In the Timeline, the adult uses _____ to find out about the child's unique set of perceptions, thoughts, feelings, and behaviors and to learn about others' roles in the conflict.
- a. Guilt and shame
 - b. The Conflict Cycle
 - c. A standard questionnaire
60. Timeline questions are highly scripted. It is important for adults to follow precise wording and to memorize question sequences.
- a. True
 - b. False
61. The _____ is the most frequently used Reclaiming Intervention.
- a. Red Flag
 - b. Symptom Estrangement
 - c. Transfer of Training



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62. In a Red Flag crisis, the child over-reacts to a minor request and displaces his anger onto an unsuspecting person.
- True
 - False
63. The Drain Off is usually _____ in a Red Flag situation.
- Mild
 - Brief
 - Intense
64. In a Red Flag intervention, the adult must _____ while working through multiple layers of resistance.
- Control personal counter-aggressive feelings toward the student
 - Turn up the heat on the child by mirroring aggressive behaviors
 - Use planned ignoring until the child is calm enough to talk respectfully
65. Which of the following is NOT a type of Red Flag crisis?
- Carry In
 - Time In
 - Tap in