



Test Questions

The Compassion Connection (2022)

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VIDEO: AV12

1. (True or False) The body is able to store the memories and feelings associated with touch.
2. The orbitofrontal cortex area of the brain becomes activated through touch. This area of the brain plays a key role in emotion as it is where our thoughts and experiences meet our senses. Knowledge is formed here as are memories, judgement, the ability to reason and problem solve, make decisions, comprehend and associate _____ with knowledge.
 - A. Music
 - B. Emotions
 - C. Places
3. (True or False) The neurochemical, oxytocin, helps encourage bonding behavior, social recognition, and group creation.
4. Good touch results in the activation of the vagus nerve, causing a release of a neurotransmitter called oxytocin. This chemical is also known as the _____ hormone:
 - A. Leave Me Alone
 - B. Whine and Complain
 - C. Care and Connection
5. The skin is designed to receive touch and a lack of touch is known to cause problems on _____, emotional and mental health levels.
 - A. Physical
 - B. National
 - C. Relational
6. Not getting enough touch is called:
 - A. Touch Football
 - B. Touch Starvation
 - C. Touch Screen
7. (True or False) Touch has been found to increase natural killer cells which in turn work to stimulate the immune system by decreasing cortisol.

8. Touch avoidance can occur due to which of the following:
(*Select all that apply*)
- A. Dementia and Alzheimer's
 - B. Sensory Processing Disorders
 - C. Fear & Trauma
9. Having bare hands while using The Compassion Connection is important because _____ contact is what causes the release of oxytocin and subsequent release of serotonin and dopamine in the brain.
- A. Hand-to-Glove
 - B. Well-Intended
 - C. Skin-to-Skin
10. There are pressure receptors in the skin known as _____. These receptors are stimulated by moderate pressure that "moves" the skin. They help us to know when something is touching us and where it is located on the body.
- A. Taste Receptors
 - B. Mechanoreceptors
 - C. Olfactory Receptors
11. (True or False) Nonsexual skin-to-skin touch such as those techniques that are demonstrated in The Compassion Connection have the potential to lower stress hormones such as cortisol and norepinephrine. As this occurs through moderately-pressured touch, the heart rate and blood pressure may be decreased.
12. Which type of disposable glove is the best selection if you must make a choice?
- A. Latex
 - B. Nitrile
 - C. Vinyl
13. When using the hand and foot techniques, on a scale of 1 to 5, how much pressure should I use on the skin?
- A. Two
 - B. Three
 - C. Four
14. How many repetitions should be used with the hand and foot techniques?
- A. Three
 - B. Four
 - C. Five

15. Select the maximum recommended dilution of Lavender essential oil for the techniques demonstrated in The Compassion Connection.
- A. ½ Percent
 - B. 1 Percent
 - C. 2 Percent
16. Roman chamomile essential oil should not be used when the person is allergic to?
- A. Plants in the Daisy Family
 - B. Dairy & Eggs
 - C. Nuts
17. Which of the following essential oils was stated to work best for those who are experiencing emotions due to a loss of safety?
- A. Lavender
 - B. Roman Chamomile
 - C. Sandalwood
18. Which of the following are recommended as carrier oil lubricants with the hand and foot techniques?
(*Select all that apply*)
- A. Fractionated Coconut Oil or Grapeseed Oil
 - B. Crisco Oil or any Animal Fat
 - C. Sweet Almond Oil or Olive Oil
19. (True or False) Direct stimulation of the solar plexus has a gentle calming effect. It is located just below the center of the ball of the foot. This technique should only be used with pregnant women.
20. (True or False) The Compassion Connection techniques that you have learned should never be taught to the friends and family members of those who are nearing the end-of-life. There is no benefit in doing so.

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