

Theory & Practice of Therapeutic Massage Exam Review, 5th Edition

Mark F. Beck



Australia • Brazil • Japan • Korea • Mexico • Singapore • Spain • United Kingdom • United States

**Theory & Practice of Therapeutic
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Foreword

Theory & Practice of Therapeutic Massage, 5th Edition Exam Review follows the type of massage therapy questions most frequently used by massage therapy testing boards, conducted under the auspices of the Federation of State Massage Therapy Boards: Massage & Bodywork Licensing Examination (MBLEx), and the National Certification Board for Therapeutic Massage & Bodywork: the National Certification Examination (NCE).

This exam review book is designed to be of major assistance to students in preparing for the examinations and future career path. The exclusive concentration on multiple-choice test items reflects the fact that most certification and licensing examinations are confined to this type of question.

Questions on the different examinations will not be exactly like these and may not touch upon all the information covered in this review. But students who diligently study and practice their work as taught in the classroom and who use this book for test preparation and review should receive higher grades on both classroom and license examinations.

The answers to the questions are found at the end of the book.

Part 1: The History and Advancement of Therapeutic Massage

CHAPTER 1—HISTORICAL OVERVIEW OF MASSAGE

MULTIPLE CHOICE

1. In the past, a female massage practitioner was called a:
a. massager
b. masseur
c. masseuse
d. masso _____
2. The Sanskrit term _____ means to press softly.
a. *makeh*
b. *massa*
c. *mass'h*
d. *masso* _____
3. In the United States, the use of the word *massage* was popularized by:
a. Herodicus
b. Douglas Graham
c. Aesculapius
d. Johann Georg Mezger _____
4. Massage has been important in Western medical traditions for at least _____ years.
a. 5,000
b. 3,000
c. 2,000
d. 1,000 _____
5. A modern term for Chinese massage is:
a. *anmo*
b. *tschanpua*
c. *tsubo*
d. *tui-na* _____
6. The Japanese term for energy point or pressure point is:
a. Ayurveda
b. Tsai
c. *tschanpua*
d. *tsubo* _____
7. _____ is a Japanese finger-pressure massage technique.
a. Shiatsu
b. Tapotement
c. *Tsubo*
d. *Tui-na* _____
8. _____ is a Hindu technique of massage in the bath.
a. Anmo
b. Shiatsu
c. *Tschanpua*
d. *Tsubo* _____

9. In his writings, Hippocrates used the word _____, which means the art of rubbing a body part upward.
 a. *anatripsis* c. *Hippocratic*
 b. *Ayurveda* d. *tschanpua* _____

10. William Harvey, an English physician, is credited with discovering _____ in 1628.
 a. anatripsis c. lymphedema
 b. blood circulation d. massage _____

11. _____ gained great knowledge of anatomy in his role as a physician to gladiators.
 a. Cicero c. Hippocrates
 b. Galen d. Rhazes _____

12. Persian philosopher/physician _____ authored the *Canon of Medicine*, considered the most important book in medical history.
 a. Avicenna c. Herodicus
 b. Galen d. Rhazes _____

13. _____ classified massage movements as gentle, medium, and vigorous frictions and employed flexion, extension, and circumduction of joints.
 a. Avicenna c. William Harvey
 b. Galen d. Ambroise Pare _____

14. In 1569, _____ published *De Arte Gymnastica* on gymnastics and the benefits of massage when integrated into body and mind treatments.
 a. Galen c. Mercurialis
 b. William Harvey d. Ambroise Pare _____

15. In the early nineteenth century, Englishman _____ was a surgeon and practitioner of chirurgy, or healing with the hands.
 a. Douglas Graham c. William Harvey
 b. John Grosvenor d. Mathias Roth _____

16. _____ gymnastics, or gymnastics applied to the treatment of disease, was developed by Per Henrik Ling.
 a. Duplicated c. Medical
 b. Swedish d. Tapotement _____

17. In the Ling System, _____ movements are performed by the patient and can be called exercise.
 a. active c. passive
 b. duplicated d. therapeutic _____

18. Mathias Roth, an English physician, published the first English book on the Swedish Movements in:
a. 1813 c. 1858
b. 1851 d. 1861 _____
19. Modern massage terminology is credited to:
a. Johann Mezger c. Charles Fayette Taylor
b. Mathias Roth d. Emil Vodder _____
20. In massage, _____ lifts, squeezes, and presses the tissues.
a. effleurage c. petrissage
b. friction d. tapotement _____
21. _____ is a succession of strokes applied by gliding the hand over an extended portion of the body.
a. Effleurage c. Petrissage
b. Friction d. Tapotement _____
22. Albert J. Hoffa's _____, one of the most basic books in the field of massage, contains many of the techniques used in Swedish massage.
a. *Art of Massage* c. *Healing Massage Techniques*
b. *Good Health* d. *Technik Der Massage* _____
23. The invention of _____ had a detrimental effect on hands-on massage therapy.
a. computers c. lymphatics
b. electricity d. spas _____
24. Emil Vodder developed _____, a method of gentle rhythmical massage that effectively treats chronic lymphedema.
a. connective tissue massage c. lymphatics
b. Esalen massage d. manual lymph drainage _____
25. Which one of the following massage types is believed to affect vascular and visceral reflexes related to varied pathologies and disabilities?
a. Connective Tissue Massage c. Esalen Massage
b. Deep Transverse Friction Massage d. Manual Lymph Drainage _____
26. _____, an English orthopedic physician, is credited with popularizing Deep Transverse Friction Massage.
a. James H. Cyriax c. Maria Ebner
b. Elizabeth Dicke d. Emil Vodder _____

27. Beginning around _____, a massage renaissance that continues today began in the United States.
 a. 1950 c. 1970
 b. 1960 d. 1980 _____
28. The Esalen Institute in Big Sur California, founded in 1962, became a popular center for which of the following?
 a. human potential movement c. Trager method
 b. preventive health movement d. wellness model _____
29. Which of the following is the oldest national professional massage association in the United States?
 a. ABMP c. AOBTA
 b. AMTA d. IMA _____
30. The National Certification Exam, established in 1990, required applicants to have at least _____ hours of training from a state-recognized school.
 a. 100 c. 800
 b. 500 d. 1,000 _____
31. _____ massage is designed to enhance athletes' performances.
 a. Deep tissue c. Sports
 b. Chair d. Team _____
32. _____ massage was a great innovation that helped demystify massage and make it more accessible to a wider audience.
 a. Chair c. Sports
 b. Floor d. Table _____
33. By 2009, _____ states and the District of Columbia had state-wide massage licensing.
 a. 10 c. 30
 b. 20 d. 40 _____
34. In 2005, the _____ was established when members from twenty-two state massage therapy licensing agencies convened.
 a. APTA c. NCBTMB
 b. FSMTB d. NCE _____

35. In 1992, Tiffany M. Fields founded the _____ in collaboration with the University of Miami Medical School.
- | | | |
|--|----------------------------------|-------|
| a. Center for Complementary and Alternative Medicine | c. National Institutes of Health | |
| b. Massage Therapy Foundation | d. Touch Research Institute | _____ |
36. In 1998, the NIH established the:
- | | | |
|---------|----------|-------|
| a. AMTA | c. NCCAM | |
| b. CAM | d. TRI | _____ |
37. Which system of massage stems from the Chinese medical practice of acupuncture?
- | | | |
|----------------|------------|-------|
| a. acupressure | c. Swedish | |
| b. shiatsu | d. tsubo | _____ |
38. Shiatsu, a finger pressure method, is based on the Oriental concept that the body has a series of energy points called:
- | | | |
|---------------|------------------|-------|
| a. <i>chi</i> | c. <i>tui-na</i> | |
| b. <i>Ki</i> | d. tsubo | _____ |
39. Which massage system is said to improve body metabolism and relieve a number of physical disorders?
- | | | |
|----------------|-------------|-------|
| a. acupressure | c. Japanese | |
| b. German | d. Swedish | _____ |
40. _____ is a method developed by Randolph Stone that uses massage manipulations derived from both Eastern and Western practices.
- | | | |
|---------------------|-------------------|-------|
| a. Polarity therapy | c. Sports massage | |
| b. Rolfing | d. Trager method | _____ |
41. _____ aligns the major body segments through manipulation of the connective tissue.
- | | | |
|---------------------|------------------|-------|
| a. Polarity therapy | c. Rolfing | |
| b. Reflexology | d. Trager method | _____ |
42. _____ stimulates particular points on the surface of the body, which in turn affect other body areas or organs.
- | | | |
|-------------------------|---------------------|-------|
| a. Craniosacral therapy | c. Touch for Health | |
| b. Reflexology | d. Trager method | _____ |
43. _____ is a simplified form of applied kinesiology that involves techniques from both Eastern and Western origins.
- | | | |
|----------------------------|---------------------|-------|
| a. Neuromuscular technique | c. Rolfing | |
| b. Reflexology | d. Touch for Health | _____ |

44. Around 1940, osteopaths Stanley Lief and Boris Chaitow originated: _____
- | | | |
|-----------------------------|------------------|-------|
| a. neuromuscular techniques | c. Rolfing | |
| b. reflexology | d. Trager method | _____ |
45. John Upledger is credited with developing which of the following?
- | | | |
|-------------------------|-----------------------------|-------|
| a. craniosacral therapy | c. neuromuscular techniques | |
| b. kinesiology | d. reflexology | _____ |

CHAPTER 2—REQUIREMENTS FOR THE PRACTICE OF THERAPEUTIC MASSAGE

MULTIPLE CHOICE

1. The massage practitioner has an ethical responsibility to the public and to:
a. other businesses
b. clients
c. insurance companies
d. no answers _____
2. According to law, who can diagnose illnesses and other medical conditions and prescribe medications for those conditions?
a. doctors
b. doctors and registered nurses
c. nurse's aides
d. pharmacists _____
3. An individual's scope of practice is directly related to _____ and _____.
a. clients, training
b. skills, training
c. ethics, clients
d. beliefs, skills _____
4. Many occupations and professions have national or state regulatory boards that help define and enforce adherence to a(n):
a. ethical practice
b. rule of business
c. scope of practice
d. standard of practice _____
5. Which of the following statements about scope of practice is *not* true?
a. Personal bias influences a person's scope of practice.
b. Educational focus influences a practitioner's scope of practice.
c. Scope of practice is influenced by the skills acquired.
d. Massage therapy has a clearly defined scope of practice. _____
6. In the United States, _____ percent of states have adopted licensing regulations for massage practice.
a. 40
b. 60
c. 80
d. 90 _____
7. Many municipalities adopt ordinances to curb unethical practices and use of the term _____ to conceal questionable or illegal activities.
a. *license*
b. *massage*
c. *municipal*
d. *practice* _____

8. Ordinances adopted to curb unethical and illegal practices in massage practice include all of the following *except*:
- | | | |
|-----------------------------|----------------------|-------|
| a. criminal record searches | c. mug shots | _____ |
| b. fingerprinting | d. proficiency exams | |
9. A massage license from a city is most likely valid:
- | | | |
|--------------------------------------|------------------------------------|-------|
| a. only in the city where issued | c. only in the county where issued | _____ |
| b. throughout the state where issued | d. throughout the United States | |
10. All of the following will be able to provide information concerning massage regulations *except*:
- | | | |
|---------------------------------|-------------------------|-------|
| a. city attorney | c. department of health | _____ |
| b. county commissioner's office | d. mayor's office | |
11. _____ between two licensing entities means that the two entities will honor a valid massage license.
- | | | |
|-------------------|--------------------|-------|
| a. Dualism | c. Reciprocity | _____ |
| b. Grandfathering | d. Statute sharing | |
12. In terms of massage licensing, which laws usually take precedence?
- | | | |
|-----------|------------|-------|
| a. city | c. federal | _____ |
| b. county | d. state | |
13. Which of the following is *not* a requirement for state licensure?
- | | | |
|-----------------------------|------------------------|-------|
| a. massage therapy training | c. high school diploma | _____ |
| b. complete written exam | d. minimum 21-year age | |
14. Both NCE and MBLEx are exams in _____ format.
- | | | |
|--------------------|-----------------|-------|
| a. written-essay | c. short-answer | _____ |
| b. multiple-choice | d. true-false | |
15. All of the following are subjects covered on the NCE exam *except*:
- | | | |
|----------------|---------------|-------|
| a. benefits | c. morphology | _____ |
| b. kinesiology | d. pathology | |
16. Which of the following is a service within a massage therapist's scope of practice?
- | | | |
|----------------------------|---------------------------|-------|
| a. acupuncture | c. psychotherapy | _____ |
| b. chiropractic assessment | d. therapeutic assessment | |

17. When setting up a massage practice, local business and _____ laws must be followed.
- | | | |
|--------------|------------|-------|
| a. education | c. medical | _____ |
| b. massage | d. zoning | |
18. COMTA requires schools to have at least _____ classroom hours of training before consideration for accreditation.
- | | | |
|--------|----------|-------|
| a. 500 | c. 800 | _____ |
| b. 600 | d. 1,000 | |
19. Subjects required in COMTA training include all of the following *except*:
- | | | |
|--|--|-------|
| a. assessment, planning, and performance | c. effects of massage and bodywork | |
| b. business development and practices | d. massage contraindications and precautions | _____ |
20. In states that license massage, educational requirements vary from _____ to _____ hours of training.
- | | | |
|---------------|---------------|-------|
| a. 300, 600 | c. 300, 1,000 | _____ |
| b. 500, 1,000 | d. 300, 2,200 | |
21. Continuing education is among the renewal requirements for all of the following *except*:
- | | | |
|---------|----------|-------|
| a. ABMP | c. FSMTB | _____ |
| b. AMTA | d. NCB | |
22. Which of the following is *not* a purpose of a massage therapist's continuing education courses?
- | | | |
|----------------------------|---------------------|-------|
| a. expand technical skills | c. improve business | _____ |
| b. hire employees | d. refresh interest | |
23. Some states require a(n) _____ for licensing, which serves as proof of the massage therapist's adequate health.
- | | | |
|------------------------|--------------------------|-------|
| a. doctor's permission | c. insurance certificate | _____ |
| b. health certificate | d. physician referral | |
24. Health requirements for the massage practitioner include _____ and the ability to concentrate.
- | | | |
|---------------------------|---------------------|-------|
| a. annual physical exams | c. certification | _____ |
| b. cardiovascular fitness | d. physical stamina | |

25. Massage practitioners could have their licenses revoked, suspended, or canceled for any of the following reasons *except*:
- | | | |
|-----------------------|---------------------------|-------|
| a. ethical misconduct | c. narcotics addiction | |
| b. felony conviction | d. misdemeanor conviction | _____ |
26. Which of the following is awarded by schools and institutions to show the successful completion of a course of study?
- | | | |
|----------------|---------------|-------|
| a. award | c. license | |
| b. certificate | d. regulation | _____ |
27. Which of the following National Certification Board (NCB) exams focuses on classic Western massage without the Asian bodywork component?
- | | | |
|-----------|-----------|-------|
| a. NCBTMB | c. NCETM | |
| b. NCE | d. NCETMB | _____ |

CHAPTER 3—PROFESSIONAL ETHICS FOR MASSAGE PRACTITIONERS

MULTIPLE CHOICE

1. A profession is usually regulated, is represented by a professional association, and adheres to a:
a. scope of practice c. moral code
b. code of ethics d. professional strategy _____
2. Educational requirements, scopes of practice, codes of ethics, and state and local regulations are all examples of:
a. ethical standards c. professional ethics
b. practical ethics d. professional standards _____
3. Everyone has _____ that dictate how they act and interact with the world and other people.
a. boundaries c. force fields
b. ethics d. strategies _____
4. _____ provide protection and a sense of self.
a. Moral codes c. Personal boundaries
b. Professional boundaries d. Defense zones _____
5. _____ boundaries are predetermined practices that protect the safety of the client and the therapist.
a. Ethical c. Personal
b. Professional d. Physical _____
6. The eight major areas to consider when establishing professional boundaries include all of the following *except*:
a. appearance c. money
b. language d. self-perception _____
7. Voice intonation is a component of which type of professional boundary?
a. appearance c. language
b. interpersonal space d. self-disclosure _____
8. _____ refers to a therapeutic massage setting that is professional, safe, and comfortable.
a. Location c. Time
b. Appearance d. no answers _____

9. When first establishing interpersonal space with a client, the massage therapist should be:
 - a. standing while the client sits
 - b. sitting if the client is standing
 - c. always standing
 - d. at the client's eye level

10. In self-disclosure, the information needed to gain the client's informed consent and confidence includes all of the following *except*:
 - a. appointment policies
 - b. marital status
 - c. modalities practiced
 - d. treatment plan

11. Which of the following areas of professional boundaries relates directly to physical boundaries on and off of the table?
 - a. appearance
 - b. language
 - c. self-disclosure
 - d. touch

12. Touch boundaries on the treatment table include all of the following *except*:
 - a. touch depth and quality
 - b. supervised touch
 - c. which parts of the client's body are not touched
 - d. which parts of the practitioner's body touch the client

13. Touch that is too _____ may cause discomfort and violate boundaries.
 - a. light
 - b. deep
 - c. light or deep
 - d. neither light nor deep

14. Time boundaries are defined by establishing and maintaining policies regarding all of the following *except*:
 - a. late arrivals
 - b. late payments
 - c. missed appointments
 - d. session length

15. Fees that are too low or exorbitantly high for the services rendered are professional boundary:
 - a. adjustments
 - b. infractions
 - c. regulations
 - d. all answers

16. The therapeutic relationship is a practitioner/client relationship that is _____-centered.
 - a. client
 - b. money
 - c. practitioner
 - d. time

17. A _____ is a place where clients assume they are safe from physical, emotional, and sexual impropriety.
 a. client space c. safe environment
 b. massage practice d. treatment space _____
18. _____ in the practitioner/client relationship is the foundation of safety, protection, trust, and respect.
 a. Compromise c. Equality
 b. Confidentiality d. Relaxation _____
19. The _____ legally requires massage therapists to report situations of imminent or life-threatening danger by or to a client.
 a. confidentiality clause c. power differential
 b. duty to warn and protect d. right of client privilege _____
20. In a client-based relationship, the question "To whose benefit is the questioned activity?" determines:
 a. client satisfaction c. procedure time allotment
 b. procedure appropriateness d. confidential information _____
21. In a(n) _____ relationship, one party has more authority while the other is more vulnerable or submissive.
 a. subordinate relationship c. peer relationship
 b. imbalance differential d. power differential _____
22. In which of the following relationships is the power differential fairly even?
 a. husband/wife c. student/teacher
 b. employer/employee d. practitioner/client _____
23. A feeling of _____ can signal the crossing of a personal boundary.
 a. unease c. pleasure
 b. surprise d. pain _____
24. _____ is/are the most effective tool for both preventing and clarifying boundary issues.
 a. Clear communication c. Litigation
 b. Ethical standards d. Policies _____

25. In the therapeutic relationship, who is responsible for being sensitive to, respecting, and maintaining personal and professional boundaries?
- | | | |
|-------------|-----------------|-------|
| a. client | c. practitioner | _____ |
| b. employee | d. no answers | |
26. A client's unconscious tendency to project onto the practitioner the attributes of someone from a former relationship is called:
- | | | |
|-----------------------|------------------------|-------|
| a. transference | c. communication | _____ |
| b. power differential | d. countertransference | |
27. _____ tends to diminish the effectiveness of the therapeutic relationship.
- | | | |
|--------------------|-----------------|-------|
| a. Communication | c. Projection | _____ |
| b. Confidentiality | d. Transference | |
28. It is *not* a sign of transference when the client does which of the following?
- | | | |
|--|-----------------------------|-------|
| a. demands more of the practitioner's time | c. berates the practitioner | _____ |
| b. proposes sexual involvement | d. chooses to end treatment | |
29. Clients who bring their practitioners gifts may be exhibiting signs of:
- | | | |
|------------------------|-----------------------|-------|
| a. appreciation | c. power differential | _____ |
| b. countertransference | d. transference | |
30. Which of the following is *not* a sign of countertransference?
- | | | |
|---|---|-------|
| a. The client brings or offers the practitioner gifts or favors. | c. The practitioner experiences fatigue or depression after a session. | _____ |
| b. The practitioner dreads an upcoming appointment with a client. | d. The practitioner thinks excessively about a client between sessions. | |
31. Dressing in a special manner for certain clients may be a sign of:
- | | | |
|------------------------|-----------------------|-------|
| a. countertransference | c. power differential | _____ |
| b. dual relationship | d. transference | |
32. The best defense against transference and countertransference is:
- | | | |
|-----------------------------------|--|-------|
| a. abiding by state mandates | c. limiting services to family and close friends | _____ |
| b. discontinuing the relationship | d. maintaining healthy professional boundaries | |

33. Bartering for work or services may create what type of relationship?
 a. balance of power c. nontherapeutic
 b. dual d. power differential _____
34. Which of the following is a classic dual relationship?
 a. client barter for massage services c. practitioner barter for other services
 b. client and practitioner take on other roles d. client refers friends to the practitioner _____
35. The practitioner who develops feelings for a client should do which of the following?
 a. ask the client out to coffee c. determine mutual consent
 b. assess the client's feelings d. refer the client to another practitioner _____
36. Who is responsible for maintaining professional boundaries?
 a. client c. peer supervisor
 b. massage therapist d. all answers _____
37. The positive touch of massage increases which of the following?
 a. cortisol c. norepinephrine
 b. dopamine d. stress _____
38. People who suffer from depression have low levels of:
 a. cortisol c. norepinephrine
 b. epinephrine d. serotonin _____
39. Touch is considered _____ when it is applied to do harm to or dominate the receiver.
 a. aggressive c. erotic
 b. casual d. no answers _____
40. In a therapeutic setting, _____ touch is never appropriate.
 a. casual c. positive
 b. erotic d. therapeutic _____
41. _____ is a natural physiological and cognitive response to stimulation perceived as erotic by the body.
 a. Positive touch c. Sexual arousal
 b. Sexual abuse d. Touch therapy _____

42. Which of the following conceals most signs of a woman's sexual arousal?
 - a. careful lighting
 - b. proper draping
 - c. proper table position
 - d. no answers
43. Therapists who find they are involved in cases of transference, countertransference, or dual relationships should pursue:
 - a. client referral
 - b. power differentials
 - c. supervision
 - d. therapeutic massage
44. In _____ supervision, therapists who practice similar forms of therapy meet regularly and consistently using an agreed-upon format.
 - a. mentor
 - b. peer group
 - c. mental health
 - d. clinical
45. Which of the following is *not* an example of ethical standards of practice?
 - a. maintaining accurate client records
 - b. staying within scope of practice
 - c. treating clients with courtesy
 - d. sharing client information freely
46. _____ is the ability to be tolerant under stressful or undesirable conditions.
 - a. Intuition
 - b. Honesty
 - c. Patience
 - d. Tact
47. The quality of being reliable, responsible, self-disciplined, and well adjusted is:
 - a. tact
 - b. intuition
 - c. maturity
 - d. self-motivation
48. _____ is projected by attitudes about self and one's chosen profession.
 - a. Cheerfulness
 - b. Honesty
 - c. Intuition
 - d. Self-esteem
49. The ability to set positive goals and put forth the energy and effort needed to achieve those goals is called:
 - a. self-motivation
 - b. self-esteem
 - c. tact
 - d. maturity
50. A(n) _____ is particularly important in personal service because professionals address the health and well-being of individuals.
 - a. appropriate business name
 - b. reliable reputation
 - c. robust business plan
 - d. employee handbook