



Course: Trauma-Informed Care

This course has been approved for 6 Continuing Education Units/Contact Hours

Pre-Quiz

To aid and enhance the learning experience please take this pre-quiz.

Quiz Questions

1. A traumatic experience involves some type of a threat to one's physical or emotional well-being.

True or False

2. Trauma can disrupt an individual's self-perception and identity.

True or False

3. Research has recently uncovered the relationship between traumatic events and what?

- a. Impaired Neurodevelopment
- b. Growth Hormone release
- c. Spina Bifida

4. What factors must be considered when attempting to understand trauma?

- a. Biological factors
- b. Psychological factors
- c. Interpersonal factors
- d. Community factors
- e. Societal factors
- f. All of the above

5. Traumatic experiences complicate a person's capacity to make sense of their lives and to create meaningful, consistent relationships in their families and communities.

True or False

6. How often is a report of childhood abuse made in the United States?

- a. Every second
- b. Every hour
- c. Every 10 seconds
- d. Twice a day

7. Approximately how many women in the U.S. have experienced rape, physical violence, and/or stalking by an intimate partner?

- a. 1 in 3 women
- b. 50% of women
- c. 1 and 5 women
- d. 1 and 10 women

8. Appropriate assessments, screenings and support by service providers can significantly aid those who have been traumatized.

True or False

9. Trauma is uncommon and only includes events that are extraordinary or cataclysmic?

True or False

10. The prevalent nature of trauma means that there is a good chance that a person you are caring for, your neighbor, friends, family member or even yourself, have experienced, or is currently suffering from, some type of trauma at some level.

True or False

11. To be diagnosed with Post-traumatic stress disorder (PTSD) you must have been exposed to an event that involved or held the threat of death, violence or serious injury.

True or False

12. Children with PTSD may reenact traumatic events through play.

True or False

13. The Substance Abuse and Mental Health Services' definition of trauma includes the 3 E's. What do the 3 E's stand for?

- a. Evidence, Extraordinary, Elapsed
- b. Event, Experienced, Effects
- c. Esoteric, Effects, Exact

14. What does Self-regulation refer to?

- a. A person's capacity to help others manage impulses.
- b. The inability of someone to stop traumatic experiences from affecting their health.
- c. A person's capacity to control impulses; both to stop doing something if needed or start doing something if needed.

15. An example of disrupted self-regulation in a child due to trauma might be:

- a. The inability to control angry outbursts
- b. The inability to pay attention in class
- c. All the above

16. A single traumatic event that causes extreme emotional or physical stress is what type of trauma?

- a. Acute Trauma
- b. Complex Trauma
- c. Chronic Trauma
- d. Historical/Intergenerational Trauma

17. A tsunami is an example of what type of trauma?

- a. Acute Trauma
- b. Complex Trauma
- c. Chronic Trauma
- d. Toxic Trauma

18. Steve is having signs and symptoms of trauma, however, he hasn't been a victim of trauma. Steve's grandparents were Holocaust survivors and have been significantly traumatized from the experience. What type of trauma is Steve suffering from?

- a. Acute Trauma
- b. Complex Trauma
- c. Chronic Trauma
- d. Historical/Intergenerational Trauma

19. Chronic trauma is defined as:

- a. Multiple traumatic events that occur over a long period of time.
- b. A single traumatic event that causes extreme emotional or physical stress.
- c. Multiple traumatic events that are repetitive, prolonged and cumulative and involves direct harm, exploitation and maltreatment of some kind including neglect and abandonment by primary caregivers or responsible adults.

20. What type of trauma includes repetitive, prolonged and cumulative trauma such as neglect by primary caregivers at developmentally vulnerable ages?

- a. Acute Trauma
- b. Complex Trauma
- c. Chronic Trauma
- d. Historical/Intergenerational Trauma

21. Past experiences of trauma having an effect on a current generation of people is what type of trauma?

- a. Acute Trauma
- b. Complex Trauma
- c. Chronic Trauma
- d. Historical/Intergenerational Trauma

22. Nhan is traumatized because for years he experienced the ravages of war and witnessed the injury and death of friends and family. What type of trauma is Nhan suffering from?

- a. Acute Trauma
- b. Complex Trauma
- c. Chronic Trauma
- d. Historical/Intergenerational Trauma

23. What is hypermnesia?

- a. The inability to remember traumatic events
- b. Remembering more and more of a traumatic event as time passes
- c. Short-term memory loss
- d. Difficulty paying attention due to a traumatic event

24. Children who have been traumatized may have sensory and motor function disruptions.

True or False

25. A seemingly small event could be traumatic to one individual and not another.

True or False

26. Early experiences of childhood have a significant effect on the development of the brain infrastructure.

True or False

27. In the first few years of life, seven hundred to a thousand neural connections are forming every _____?

- a. Day
- b. Minute
- c. Hour
- d. Second
- e. Month

28. What interaction is the most important element in shaping the development of the brain?

- a. Return and Reverse Interaction
- b. Serve and Reframe Interaction
- c. Serve and Return Interaction

29. What type of stress describes the disruption in brain architecture and other developing organ systems that occur when a child is exposed to strong, frequent or prolonged adversity?

- a. Traumatic Stress
- b. Chronic Stress
- c. Complex Stress
- d. Toxic Stress

30. Toxic stress can cause a cascade of events such as; a weakened immune system, disruption in the the hormone systems of the body, and the way DNA is read and transcribed.

True or False

31. What type of stress can cause disparities in language skills?

- a. Traumatic Stress
- b. Toxic Stress
- c. Complex Stress
- d. Historical Trauma

32. A relatively stable state of equilibrium, or a tendency toward such a state, between the different but interdependent elements or groups of elements of an organism is called what?

- a. Equilibrium
- b. Homogenous
- c. Homeostasis

33. What part of the nervous system is responsible for stimulating skeletal muscles?

- a. Autonomic nervous system
- b. Sympathetic nervous system
- c. Somatic nervous system

34. What division of the nervous system controls the body's "Fight", "Flight", "Freeze", "Submit" responses?

- a. Sympathetic division
- b. Parasympathetic division
- c. Peripheral nervous system

35. What division of the nervous system forms the body's "rest and digest" response when the body is relaxed, resting or feeding?

- a. Sympathetic division
- b. Parasympathetic division
- c. Peripheral nervous system

36. When there is some type of stimuli that causes fear or stress, what mechanism is activated in the body?

- a. Sympathetic Parenchyma Axis
- b. Amygdala-Hypothalamic-Pituitary-Adrenal Axis
- c. Parasympathetic division
- d. Peripheral nervous system

37. What part of the brain forms and stores memories that have been associated with emotional events?

- a. Prefrontal Cortex
- b. Cerebellum
- c. Hypothalamus
- d. Amygdala

38. Which glands are responsible for secreting norepinephrine?

- a. Pituitary glands
- b. Pineal gland
- c. Adrenal glands
- d. Thyroid and Parathyroid glands

39. Which hormone makes stored glucose immediately available to our organs?

- a. Epinephrine
- b. Testosterone
- c. Norepinephrine
- d. Cortisol

40. What is the term used when our body's are in a state of "Fight", "Flight", "Freeze" or "Submit".

- a. Hyper-alert
- b. Hyperarousal
- c. Hypervigilant
- d. Hyperactive

41. One of the most important and significant ways to be Trauma-informed is to have an understanding of the signs and symptoms of trauma as well as an understanding of the reactions and responses to trauma by a victim.

True or False

42. An immediate emotional reaction to trauma may include:

- a. Numbness
- b. Detachment
- c. Anxiety
- d. Fear
- e. Guilt
- f. All of the above

43. Which is NOT an example of a delayed emotional reaction to trauma?

- a. Mood swings
- b. Shame
- c. Depression
- d. Irritability
- e. Redefining life's meaning

44. Immediately following trauma an individual may have what type of physical reactions?

- a. Uncontrollable shaking
- b. Increased heart rate
- c. Increased blood pressure
- d. Shivering
- e. Nausea
- f. All of the above

45. What domain of trauma reactions deals with our thoughts concerning the traumatic event?

- a. Existential Domain
- b. Spiritual Domain
- c. Cognitive Domain
- d. Behavioral Domain

46. What domain of trauma reactions deals with thoughts about the meaning of life?

- a. Existential/Spiritual Domain
- b. Cognitive Domain
- c. Behavioral Domain

47. After a traumatic event Bob is argumentative and having difficulty expressing himself. What domain of trauma reactions is his behavior related to?

- a. Existential/Spiritual Domain
- b. Spiritual Domain
- c. Cognitive Domain
- d. Behavioral Domain

48. After a traumatic event Jane asks herself, "Why me. Why did this happen to me?" What domain of trauma reaction is this related to?

- a. Existential/Spiritual Domain
- b. Spiritual Domain
- c. Cognitive Domain
- d. Behavioral Domain

49. Which of the following are positive reactions to traumatic events?

- a. Reestablishing priorities
- b. Redefining meaning and importance of life
- c. Silencing yourself
- d. Working extra hours

50. Which of the following is an example of reworking life's assumption to accommodate trauma?

- a. Taking a self-defense course
- b. Drinking alcohol
- c. Working more hours at work
- d. Ignoring the traumatic event

51. Delayed physical reactions to trauma include which of the following?

- a. Sleep disturbances
- b. Somatization
- c. Appetite changes
- d. Anxiety

52. What is the term used for the unconscious process by which psychological distress is expressed as physical symptoms such as back, neck or stomach pain?

- a. Somatization
- b. Allodynia
- c. Hyperalgesia
- d. Alimentary
- e. Supination

53. Delayed cognitive reactions to trauma include which of the following?

- a. Intrusive memories
- b. Reactivation of previous traumatic events
- c. Self-blame
- d. Difficulty making decisions
- e. All of the above

54. Magical thinking is a belief that certain behaviors, including avoidant behavior, will protect against future trauma.

True or False

55. Using drugs or alcohol to cope with a traumatic event relates to which domain of traumatic reactions?

- a. Existential/Spiritual Domain
- b. Spiritual Domain
- c. Cognitive Domain
- d. Behavioral Domain

56. What does ACE stand for?

- a. Adversity Community Exam
- b. Adverse Childhood Experiences
- c. Attitude Competency Exponent

57. The ACE study showed that adverse childhood experiences are linked to every major chronic illness and social problem that the United States grapples with.

True or False

58. ACE scores are calculated based on experiences after 18 years of age.

True or False

59. Adverse childhood experiences include:

- a. Divorce
- b. Neglect
- c. Family member incarcerated
- d. Family member with mental illness
- e. All of the above

60. As ACE scores increase, the rates of chronic diseases decrease.

True or False

61. ACE scores are not a good predictor that someone will attempt suicide sometime in their life.

True or False

62. The ACE study had how many participants?

- a. 10,000
- b. 2500
- c. Over 17,000
- d. 200

63. As the number of research study participants increases the margin of error decreases.

True or False

64. Which two doctors conducted the ACE study?

- a. Dr. Who and Dr. Doolittle
- b. Dr. Felitti and Dr. Anda
- c. Dr. Watts and Dr. Lewis
- d. Dr. Weiner and Dr. Linn

65. The participants of the ACE study were mostly poor and uneducated.

True or False

66. In healthcare and human services settings emotional and psychological trauma often goes unnoticed, ignored or unaddressed.

True or False

67. Trauma-Informed Care seeks to understand the whole life context of a person and not just their symptoms or complaints.

True or False

68. Which question conveys care and compassion?

- a. What happened to you?
- b. What's wrong with you?

69. Which question can be shaming and blaming as well as bring up feelings of guilt and can ultimately thwart relationships?

- a. What happened to you?
- b. What's wrong with you?

70. In order to meet the unique needs of those who have experienced trauma, programs, healthcare systems and services need to proactively respond compassionately and empathetically to a trauma survivor.

True or False

71. Generally speaking, being Trauma-Informed is a philosophy that includes what two elements?

- a. Awareness and Understanding of trauma
- b. Awareness and Development of trauma services
- c. Developing and incorporating trauma-specific services

72. At the minimum, what do Trauma-Informed services aim to do?

- a. To do no harm or anything that is re-traumatizing
- b. To cure an individual from their trauma
- c. To refer victims to trauma-specific services

73. What are the four key assumptions of Trauma-Informed Care?

- a. Realize
- b. Refer
- c. Respond
- d. Recognize
- e. Ratify
- f. Rectify
- g. Resist Re-traumatization

74. To be Trauma-Informed, every member of an organization must be aware about trauma and its effects.

True or False

75. Dietary staff in an organization do not need to be aware about how trauma impacts the lives of individuals.

True or False

76. It is critical to provide a safe environment and that is done by helping patients to recognize how they view safety.

True or False

77. Which principle of Trauma-Informed Care is related to establishing safe, authentic, transparent and positive relationships?

- a. Trustworthiness and Transparency
- b. Safety
- c. Collaboration and Mutuality
- d. Supporting Control, Choice and Autonomy

78. Utilizing the stories and lived experiences of those who have experienced trauma is related to which principle of Trauma-Informed Care?

- a. Trustworthiness and Transparency
- b. Safety
- c. Peer Support
- d. Collaboration and Mutuality

79. Promoting democracy across departments and programs is related to which principle of Trauma-Informed Care?

- a. Trustworthiness and Transparency
- b. Safety
- c. Peer Support
- d. Collaboration and Mutuality

80. The feeling of powerlessness is so central to trauma victims that helping them regain a sense of control over their daily lives and build competencies that will strengthen their sense of autonomy is a must.

True or False

81. Expanding the trauma victim's resources and networks of support so there is less reliance on professional services is related to which principle of Trauma-Informed Care?

- a. Trustworthiness and Transparency
- b. Peer Support
- c. Collaboration and Mutuality
- d. Supporting Control, Choice, Autonomy

82. Respecting diversity, providing opportunities for patients, clients or consumers to engage in cultural rituals, and using interventions respectful of and specific to cultural backgrounds is related to which principle of Trauma-Informed Care?

- a. Cultural, Historical, Gender Issues
- b. Safety
- c. Peer Support
- d. Collaboration and Mutuality

83. Which principle of Trauma-Informed Care focuses on strength and resiliency?

- a. Trustworthiness and Transparency
- b. Safety
- c. Peer Support
- d. Collaboration and Mutuality

84. Which principle of Trauma-Informed Care focuses on leveling power differences?

- a. Trustworthiness and Transparency
- b. Safety
- c. Peer Support
- d. Collaboration and Mutuality

85. Trauma-Informed Care involves looking to the future to help patients envision what they want so they may rise above the pain of trauma.

True or False

86. Which domain of Trauma-Informed Care focuses on implementing and sustaining programs and services?

- a. Governance and Leadership
- b. Policy
- c. Physical Environment
- d. Engagement and Involvement
- e. Cross Sector Collaboration

87. Which domain of Trauma-Informed Care focuses on developing openness, transparency, and shared spaces?

- a. Screening, Assessment, Treatment
- b. Physical Environment
- c. Progress Monitoring and Quality Assurance
- d. Financing
- e. Evaluation

88. Which domain of Trauma-Informed Care focuses on developing protocols?

- a. Cross Sector Collaboration
- b. Screening, Assessment, Treatment
- c. Training and Development
- d. Progress Monitoring and Quality Assurance
- e. Policy

89. Which domain of Trauma-Informed Care focuses on involving victims of trauma and their families to help develop Trauma-Informed services?

- a. Physical Environment
- b. Engagement and Involvement
- c. Cross Sector Collaboration
- d. Screening, Assessment, Treatment
- e. Training and Development

90. Which domain of Trauma-Informed Care focuses on quality, tracking, and monitoring of trauma-informed principles?

- a. Cross Sector Collaboration
- b. Screening, Assessment, Treatment
- c. Training and Development
- d. Progress Monitoring and Quality Assurance
- e. Financing

91. Conducting trauma screening involves: Understanding that patients or clients may be uncomfortable answering questions because of distrust.

True or False

92. During an assessment it is important to note that many times people have unexplained complaints such as pain that could be associated with past traumatic experiences.

True or False

93. Assessments involve clearly communicating the right for an individual not to answer questions.

True or False

94. What type of tool is a brief, focused inquiry to determine whether an individual has experienced specific traumatic events?

- a. Assessment tool
- b. Trauma tool
- c. ACE test
- d. Screening tool

95. Which domain of Trauma-Informed Care evaluates the implementation and effectiveness of trauma-informed care services and programs?

- a. Screening, Assessment, Treatment
- b. Training and Development
- c. Safety
- d. Financing
- e. Evaluation

96. Caring, appropriate and empathic responses to those who share about their past traumatic experiences can be beneficial and healing to the victim.

True or False

97. The way we respond to a patient, client, co-worker or friend about their past trauma has a huge bearing and influence on how they heal from past trauma.

True or False

98. Inappropriate responses to trauma disclosures can hinder the healing process of the trauma victim.

True or False

99. It is best to refer those who want to talk about trauma to a mental health specialist.

True or False

100. "I'm sorry you were hurt in that way," is an appropriate response to a trauma disclosure.

True or False

101. Feelings of powerlessness, distrust and betrayal are common to those who have suffered trauma.

True or False

102. Presuming that every person in a treatment setting has been exposed to traumatic experiences is called what type of precautions?

- a. Standard Precautions
- b. Contact Precautions
- c. Trauma Precautions
- d. Universal Precautions

103. It is important to give a trauma victim choices and also avoid acts or statements that are overly controlling and authoritative.

True or False

104. It is acceptable to inform the patient you are available to help in the future even if you won't be available.

True or False

105. Recognizing adaptive behaviors and coping mechanisms serve a purpose and should not be explored but should be judged.

True or False

106. One of the most important tasks you have to accomplish in helping a trauma victim is to manage your own trauma and stress.

True or False

107. A trauma-informed setting shouldn't account for compassion fatigue.

True or False

108. _____ is the capacity to understand someone else's state of mind.

- a. Empathy
- b. Compassion
- c. Sympathy
- d. Felicity
- e. Empirical

109. Which of the following are symptoms of compassion fatigue?

- a. Apathy
- b. Hope
- c. Intrusive thoughts
- d. Anger
- e. Anxiety

110. What step(s) can you take to help combat compassion fatigue?

- a. Maintain a healthy work/life balance
- b. Eat healthy
- c. Exercise
- d. Maintain a good support system
- e. Try not to feel emotions
- f. Develop healthy boundaries
- g. Start drinking alcohol

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123. Which domain of Trauma-Informed Care focuses on involving victims of trauma and their families to help develop Trauma-Informed services?

- a. Physical Environment
- b. Engagement and Involvement
- c. Cross Sector Collaboration
- d. Screening, Assessment, Treatment
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