

Understanding Traum-Informed Care

Name _____ Date _____

1. What internal factor promotes posttraumatic growth?
 - A. Openness to new experiences
 - B. Avoidance of self-reflection
 - C. Uncertainty about the future
 - D. Low expectations about responsibility
2. What is the BEST definition of resilience?
 - A. Ability to recover from and adapt to stress
 - B. Tendency to be unaffected by trauma
 - C. Capacity to ignore and distract from stressors
 - D. Ability to have a positive outlook at all times
3. What is the BEST definition of developmental trauma?
 - A. Trauma that occurs in early childhood and disrupts growth
 - B. Trauma resulting from medical procedures and serious illness
 - C. Trauma due to systemic issues and social inequities
 - D. Trauma experienced due to natural disasters or pandemics
4. Your adult client was in a car accident. What term best describes this type of trauma?
 - A. Chronic
 - B. Complex
 - C. Developmental
 - D. Acute
5. Which of these conditions is MOST closely linked to ACEs?
 - A. Colorblindness
 - B. Anemia
 - C. Congenital heart defect
 - D. Chronic pain

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6. What is the MAIN difference between trauma-informed care and trauma-specific services?
 - A. Trauma-informed care ensures safety and support for all clients and staff.
 - B. Trauma-specific services are applied universally to all clients.
 - C. Trauma-informed care mainly focuses on treating trauma symptoms.
 - D. Trauma-specific services focus on organizational strategies and policies.
7. A client with a history of trauma is hesitant to engage in traditional therapy. You suggest peer support. What is the MAIN reason to recommend peer support?
 - A. Peer support can replace professional therapy.
 - B. Peers provide legal advice based on similar experiences.
 - C. Peer support enhances connection and engagement in recovery.
 - D. Peers can recommend medications to manage symptoms.
8. What is the BEST example of a positive childhood experience that promotes resilience?
 - A. Experiencing frequent relocations
 - B. Being able to talk to family about emotions
 - C. Witnessing conflict at home
 - D. Having a high workload at school
9. What key strategy can organizations implement to create a trauma-informed culture?
 - A. Implement strict top-down decision-making.
 - B. Allow leaders flexibility to adapt procedures as needed.
 - C. Focus on productivity and efficiency.
 - D. Limit staff training to specific treatment interventions.
10. A clinician feels overwhelmed by their workload and the emotional demands of their clients.
 - A. Increase their hours to catch up on work, skipping breaks.
 - B. Mentally escape by binge-watching TV with most of their free time.
 - C. Identify actions they can take to manage specific problems.
 - D. Withdraw from several hobbies to make more time for sleep.