

Name: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_



### Trauma Informed Care Overview Post-test

1. Which of the following are types of trauma exposures:
  - a. Acute
  - b. Chronic
  - c. Complex
  - d. All of the above
  
2. Which of the following is NOT TRUE about Traumatic Stress?
  - a. Traumatic stress is the *physical and emotional responses* to threatening situations.
  - b. Traumatic events can overwhelm one's capacity to cope; can elicit feelings of terror, powerlessness, and out-of-control physiological arousal.
  - c. Trauma can have a long-term, cumulative effect on a person's development.
  - d. Traumatic Stress is easily overcome depending on age and stage of development.
  
3. Which of the following are Adverse Childhood Experiences household dysfunction categories?
  - a. Physical abuse
  - b. Sexual abuse
  - c. "Parental separation/divorce" and "mother treated violently"
  - d. Emotional abuse
  
4. Trauma undermines development of brain regions that would normally help children:
  - a. Manage fears, anxieties, and aggression
  - b. Sustain attention for learning and problem-solving
  - c. Control impulses and manage physical responses to danger, enabling the child to consider and take protective actions
  - d. All of the above
  
5. Four key elements of Trauma Informed Care include:
  - a. Attachment, Bonding, Re-enacting the Trauma, Releasing Pain
  - b. Realizing Prevalence of Trauma, Recognizing Impact of Trauma at All Levels, Responding by Putting Knowledge into Practice, Resists Re-traumatization
  - c. Do No Harm, Safety First, Realizing Prevalence of Trauma, Resists Re-traumatization
  - d. Powerlessness, Arousal, Depression and Avoidance