

# Mindful Continuing Education

## Trauma-Informed Care in Behavioral Health

**1. What term describes the psychological and emotional response to a distressing event or experience?**

- A. Trauma
  - B. Trauma-Informed Care
  - C. Hypervigilance
  - D. ACEs
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**2. Child maltreatment, toxic family stress, and bullying are all considered.**

- A. Trauma
  - B. PTSD
  - C. Hypervigilance
  - D. ACEs
- 

**3. Trauma can leave a chemical mark on a person's genes, which can be passed down to future generations. This is called**

- A. Historical trauma
  - B. Intergenerational trauma
  - C. Community trauma
  - D. ACEs
- 

**4. Examples of this type of trauma include slavery, forced assimilation of Native Americans, and the internment of Japanese Americans.**

- A. Historical trauma
  - B. Intergenerational trauma
  - C. Community trauma
  - D. ACEs
- 

**5. Trauma-informed care includes all except**

- A. Recognize the impact trauma can have on one's health
  - B. Realize trauma is common
  - C. Resist practises that prevent re-traumatization
  - D. Create a safe and welcoming environment
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**6. Ways behavioral health providers can establish safety include all except**

- A. Maintaining predictable routines
  - B. Identifying triggers
  - C. Respecting client's culture
  - D. Catching client stretching the truth
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**7. The client decides what goals to start with and when to terminate services are examples of which principle of TIC?**

- A. Collaboration & Mutuality
  - B. Empowerment & Choice
  - C. Trust & Transparency
  - D. Peer Support
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**8. The first step in the continuum of trauma-informed care is**

- A. Understanding yourself as a practitioner, including your biases and your triggers, background, and diversity.
  - B. Identify barriers to individuals seeking care.
  - C. Assess every client for potential trauma
  - D. Ensuring leadership is educated on TIC.
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**9. Substance use may provide temporary relief to trauma symptoms, there is also harmful side effects including all except**

- A. Difficulties with productivity
  - B. Lack of restful sleep
  - C. Increased sleep
  - D. Difficulties coping with stressors
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**10. Persons with PTSD are how many more times more likely to have a co-occurring mood disorder?**

- A. Two
  - B. Three
  - C. Four
  - D. Six
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**11. What percentage of adults who are diagnosed with PTSD and alcohol use disorder also have one or more mental or physical health problems?**

- A. 10%
- B. 25%

- C. 50%
  - D. 60%
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**12. It is important for trauma-informed providers to be aware of the common reactions to trauma because**

- A. it is a basic knowledge all providers should have.
  - B. so it can be shared with the client's primary care physician.
  - C. it could lead to serious health problems
  - D. clients may not recognize their symptoms are due to trauma
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**13. What is the term for a concise and targeted set of questions aimed at determining if an individual has encountered a traumatic incident?**

- A. ACEs
  - B. Trauma screening
  - C. Trauma assessment
  - D. Trauma-informed care
- 

**14. What is the name for a comprehensive clinical interview conducted to evaluate the impact of a trauma, encompassing the symptoms and functional limitations that an individual might be encountering?**

- A. ACEs
  - B. Trauma screening
  - C. Trauma assessment
  - D. Trauma-informed care
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**15. This evidence-based trauma treatment begins with psychoeducation, learning coping skills, and developing a safety plan.**

- A. TF-CBT
  - B. EMDR
  - C. PE
  - D. CPT
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**16. In this treatment approach the client is asked to focus their thoughts on the traumatic event while at the same time focusing on an object moving across their field of vision.**

- A. TF-CBT
  - B. EMDR
  - C. PE
  - D. CPT
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**17. The theory behind this treatment approach is that PTSD symptoms are rooted in a fear structure maintained and reinforced by avoidance behaviors.**

- A. TF-CBT
  - B. EMDR
  - C. PE
  - D. CPT
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**18. The goal of this treatment modality is to change maladaptive thinking patterns about the trauma to more realistic beliefs, leading to less emotional reactivity and more adaptive coping behaviors.**

- A. TF-CBT
  - B. EMDR
  - C. PE
  - D. CPT
- 

**19. Some individuals who experience trauma report higher levels of functioning after receiving treatment even beyond their level of functioning before the trauma experience. This is called**

- A. PTSD
  - B. Post-traumatic growth
  - C. Vicarious trauma
  - D. Secondary traumatic stress
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**20. What term describes the accumulated effects of being exposed to traumatic material, arising from professionals interacting with clients who have experienced trauma?**

- A. PTSD
  - B. Burnout
  - C. Vicarious trauma
  - D. Secondary traumatic stress
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