

# Mindful Continuing Education

## Treatment of Men and Women Who Have Experienced Intimate Partner Violence

**1. Which of the following best explains why economic control is a significant dynamic in abusive relationships?**

- A. Economic control involves abusers sabotaging employment opportunities to impair the survivor's financial independence.
  - B. Economic control refers to abusers preventing survivors from having access to education opportunities.
  - C. Economic control includes abusers forcing survivors to handle all financial responsibilities to induce stress.
  - D. Economic control involves survivors willingly giving up financial independence due to emotional manipulation.
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**2. What is a key consideration when using the HITS (Hurt, Insult, Threaten, Scream) assessment tool in IPV screening?**

- A. It is comprehensive and captures all forms of intimate partner violence.
  - B. It is brief and useful for quick implementation, but may require cultural sensitivity in its use.
  - C. It can be used without adaptation in all cultural contexts.
  - D. It should be used without additional tools for an efficient assessment.
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**3. How does attachment theory contribute to understanding the dynamics of intimate partner violence (IPV)?**

- A. It emphasizes that all IPV perpetrators stem from insecure attachment styles.
  - B. It clarifies that only disorganized attachment styles correlate with IPV perpetration.
  - C. It highlights that anxious and avoidant attachment styles are often correlated with engagement in IPV.
  - D. It shows that secure attachment styles mitigate all risks of IPV.
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**4. What role does trauma-informed care play in interventions for survivors of Intimate Partner Violence (IPV)?**

- A. It focuses solely on addressing cultural sensitivity without regard to psychological trauma.
  - B. It ensures that all interventions ignore the trauma history to focus on immediate actions.
  - C. It prioritizes the victim's safety, autonomy, and empowerment to minimize re-traumatization.
  - D. It emphasizes a legal approach as the primary intervention with less focus on psychological care.
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**5. Which of the following best describes why collaboration between social workers and law enforcement is crucial in addressing IPV?**

- A. Collaboration ensures that only one agency leads the intervention process.
  - B. Collaboration helps in conducting joint risk assessments, enhancing support for IPV survivors.
  - C. Collaboration allows social workers to work independently without law enforcement input.
  - D. Collaboration prevents law enforcement from being directly involved in IPV cases.
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**6. How does Mark's insecure attachment style influence his ability to leave an abusive relationship with Susan?**

- A. It makes him feel worthy of love and increases his confidence in leaving.
  - B. It leads him to tolerate emotional abuse and fear abandonment.
  - C. It motivates him to develop healthy relationships and seek help immediately.
  - D. It prompts him to detach emotionally from the relationship.
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**7. What trauma-informed intervention can help Mark process the emotional impact of Susan's abuse while rebuilding his identity?**

- A. Using strength-based counseling for immediate safe exit strategies.
  - B. Applying mindfulness without addressing underlying traumas.
  - C. Utilizing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and mindfulness.
  - D. Providing only emergency shelter solutions.
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**8. What key component of trauma-informed care supports IPV survivors in regaining autonomy and resilience?**

- A. Emphasizing a one-size-fits-all approach to interventions.
  - B. Providing resources indiscriminately without regard to individual needs.
  - C. Fostering a nonjudgmental environment that promotes emotional safety.
  - D. Focusing solely on perpetrator accountability.
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**9. Which strategy can empower IPV survivors like Mark to achieve economic independence as part of their recovery?**

- A. Encouraging dependence on community resources without personal growth.
  - B. Providing trauma-informed employment services focused on unique survivor needs.
  - C. Mandating participation in generalized workforce development programs.
  - D. Focusing on immediate job placement without addressing trauma impacts.
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**10. What ethical consideration should therapists like those working with Mark keep in mind to avoid conflicts of interest?**

- A. Providing joint sessions for Mark and his children despite potential conflicts.
  - B. Disregarding NASW guidelines when treating multiple family members.
  - C. Maintaining a clear therapeutic alliance with Mark while referring children to separate therapists.
  - D. Engaging in dual relationships to improve family dynamics.
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