

Mindful Continuing Education

Helping the Helpers

1. The definition of vicarious trauma includes all of the following aspects except:

- A. The transformation of a therapist's inner experience
 - B. Empathetic engagement with a client's trauma material
 - C. The client projecting their thoughts and feelings onto a therapist.
 - D. A therapist experiencing the effects of a client's trauma as if it had happened to themselves
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2. Which of the following is not a risk factor for vicarious trauma?

- A. Personal history of trauma
 - B. Being trained in techniques that are focused on treating trauma
 - C. Lack of workplace support
 - D. Overidentifying with another person's trauma
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3. Consistent arousal of the autonomic nervous system without awareness of the impact on the mind and body puts people at risk for:

- A. Vicarious trauma
 - B. Compassion fatigue
 - C. Secondary traumatic stress
 - D. Burnout
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4. Nicole is a licensed clinical social worker who primarily works with veterans. She starts missing work regularly and has told her supervisor that she is exhausted. She has been placing blame on her clients for not adequately dealing with the aftermath of traumatic events they have experienced. She is also having conflict with her co-workers about the number of clients on their caseloads. Her documentation is not being completed on time and she finds herself avoiding other work responsibilities. What type of symptoms is Nicole having?

- A. Individual
 - B. Workplace
 - C. Ethical
 - D. Public
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5. In vicarious trauma, an adverse shift can happen in all of the following areas except:

- A. Sense of safety
- B. Worldview
- C. Belief systems

D. Perspective on current events

6. What is one difference between vicarious trauma and secondary traumatic stress?

- A. The symptoms in vicarious trauma and secondary traumatic stress vary greatly and do not overlap.
 - B. In vicarious trauma, the process is cumulative, but in secondary traumatic stress, symptoms can arise after exposure to one traumatic event.
 - C. In secondary traumatic stress, the transformation of the inner experience occurs. This does not happen in vicarious trauma.
 - D. In vicarious trauma, people are psychologically overwhelmed by their desire to help others. This desire is lacking in secondary traumatic stress.
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7. Feeling overwhelmed by observations of trauma and the desire to help people who have experienced it are at the core of:

- A. Vicarious trauma
 - B. Compassion fatigue
 - C. Secondary traumatic stress
 - D. Burnout
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8. What is one similarity between compassion fatigue and vicarious trauma?

- A. They are both cumulative.
 - B. They both have the same degree of trauma-related symptoms.
 - C. They are both easily resolved with rest.
 - D. Empathy for other people comes easily.
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9. All of the following are components of burnout except:

- A. Depersonalization
 - B. Emotional exhaustion
 - C. Trauma symptoms
 - D. Lack of feeling accomplished
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10. Which self-care strategy is a practice of focusing on present moment awareness to initiate a sense of calm?

- A. Mindfulness
 - B. Individual therapy
 - C. Physical exercise
 - D. Arousal awareness
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