

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
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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
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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
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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
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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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