

# 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
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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**
- 

**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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