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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