



**Instructions:** Read each question and write the letter of the correct choice on the Attestation & Answer sheet. A score of 80% or higher is required to receive credit for this training (8 correct answers).

1. A trauma-informed approach to care acknowledges that health care organizations and care teams need to have:
  - a) A complete picture of a patient's life situation
  - b) A focus primarily on childhood events
  - c) A focus primarily on physical health care
  - d) None of the above
2. What can be a trauma?
  - a) A single event
  - b) A series of events
  - c) Direct or indirect Event
  - d) Child or adult experiences
  - e) All of the above
3. Trauma can impact spirituality.
  - a) True
  - b) False
4. Which can be a physical symptom of trauma
  - a) Fear
  - b) Anxiety
  - c) Exaggerated startle response
5. Trauma can impair the ability to trust and make social connections.
  - a) True
  - b) False
6. Individuals with cognitive disabilities may not show obvious signs of distress that expose the abuse, but may have changes in mood & conduct that signal something has happened.
  - a) True
  - b) False
7. Trauma can be:
  - a) A significant impact on service approach
  - b) Rarely identified by survivors as reason for seeking services.
  - c) Rarely identified as having a contributing role in other life problems.
  - d) Under-reported by survivors.
  - e) Under-recognized by service providers.
  - f) All of the above
8. Education is a core value of Trauma Informed Care.
  - a) True
  - b) False
9. The ABC's of self care is:
  - a) Autonomy, be yourself, cautiousness
  - b) Awareness, balance, connection
  - c) Awareness, binging, collecting
10. Self – Care is about indulgence and is only used after a stressful event.
  - a) True
  - b) False