



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