



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. Trauma can lead to trauma related disorders.
 - a) True
 - b) False
2. Workforces are not impacted by trauma.
 - a) True
 - b) False
3. Which of the following is a common myth about trauma?
 - a) Trauma impacts emotional and physical health
 - b) Anyone can be impacted by trauma
 - c) Both adults and youth can experience trauma
 - d) Trauma affects everyone the same way
4. Re-Traumatization occurs when individuals are exposed to reminders of past trauma, causing them to re-experience distressing emotions and reactions tied to the original event.
 - a) True
 - b) False
5. One of the principles of Trauma Informed Care is Effective Assessments.
 - a) True
 - b) False
6. Cultural competency is an important key factor in promoting Trauma Informed Care.
 - a) True
 - b) False
7. An example of promoting safety include:
 - a) A clean, welcoming environment
 - b) Running a fire drill with each person served
 - c) Soothing colors
 - d) A and C
8. Trauma Informed Care is important to:
 - a) Only staff that interacts directly with individuals
 - b) Everyone
9. Honoring individual strengths and allowing individuals to have control over their care decisions, fostering a sense of empowerment and respect for autonomy is the definition of:
 - a) Empowerment, Voice, and Change
 - b) Safety
 - c) First Aid
 - d) Individual Empowerment Policy
10. Cultural, historical, and gender-specific may be factors that shape an individual's trauma experience.
 - a) True
 - b) False