

Name: _____

Date: _____

Trauma-Informed Care Training Post-test Answer Sheet

1. Most people have experienced traumatic events in their lives.
 - a. **True**
 - b. False

2. Trauma events often have far-reaching impact on a person's physical and emotional well-being throughout life.
 - a. **True**
 - b. False

3. Which of the following are not characteristics of trauma-informed practice:
 - a. Staff understanding of trauma and the impact on behavior, feelings, etc.
 - b. **Client/consumer/patient blaming**
 - c. Minimizing power/control battles
 - d. Staff using objective, neutral language.

4. Agencies should screen for traumatic experiences for all consumers.
 - a. **True**
 - b. False

5. Core principles of a trauma-informed system include:
 - a. Denial, accountability, refusal of care, consequences
 - b. **Safety, trustworthiness, choice, collaboration, empowerment**
 - c. None of the above.

6. Important strategies for implementing trauma-informed care include training of all staff, making our environments hospitable and engaging, minimizing re-victimization and facilitating recovery and empowerment.
 - a. **True**
 - b. False

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7. People often experience the impact of trauma in several areas, including:
- a. Mood regulation
 - b. Behavioral control
 - c. Attachment/relationship difficulties
 - d. Biological problems with sensation, physical/medical problems, etc.
 - e. All of the above.**
8. How people cope with trauma is determined by how they experience what they are exposed to, who they were exposed to in their traumatic past, and what they're exposed to in the present environments.
- a. True**
 - b. False
9. An understanding of the service relationship in providing trauma-informed care includes:
- a. Collaborative relationship between the consumer and provider
 - b. Both the consumer and provide are assumed to have valid & valuable information.
 - c. The consumer is an active planner & participant in services.
 - D. The consumer's safety must be guaranteed & trust must be developed over time.
 - e. All of the above.**
10. All people experience trauma and traumatic symptoms in the same way.
- a. True
 - b. False**