

Cheap Nursing CEUs

A Framework for Trauma and a Trauma-Informed Approach

INTRODUCTION

1. The public institutions and service systems that are intended to provide services and supports to individuals are often themselves trauma-inducing.

- A. True
 - B. False
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SAMHSA'S CONCEPT OF TRAUMA

2. How an individual _____ an event will contribute to whether or not it is experienced as traumatic.

- A. Labels
 - B. Assigns meaning to
 - C. Is disrupted physically and psychologically by
 - D. All of the above
-

3. The long-lasting adverse effects of the event may:

- A. Occur immediately
 - B. Have a delayed onset
 - C. Either (A) or (B)
 - D. None of the above
-

4. Which of the following is an example of an adverse effect of trauma?

- A. An individual's inability to cope with the normal stresses and strains of daily living.
 - B. An individual's inability to trust and benefit from relationships.
 - C. An individual's inability to manage cognitive processes, such as memory, attention, and thinking.
 - D. All of the above
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SAMHSA'S TRAUMA-INFORMED APPROACH: KEY ASSUMPTIONS AND

PRINCIPLES

5. A trauma-informed approach seeks to resist re-traumatization of clients as well as staff.

- A. True**
 - B. False**
-

6. All of the following are key principles for a trauma-informed approach, except for:

- A. Emotional and mental retraining**
 - B. Trustworthiness and transparency**
 - C. Collaboration and mutuality**
 - D. Empowerment, voice, and choice**
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7. Which of the key principles of a trauma-informed approach reflect staff as facilitators of recovery rather than controllers of recovery?

- A. Trustworthiness and transparency**
 - B. Collaboration and mutuality**
 - C. Empowerment, voice, and choice**
 - D. Emotional and mental retraining**
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GUIDANCE FOR IMPLEMENTING A TRAUMA-INFORMED APPROACH

8. What makes it unique to establishing a trauma-informed organizational approach is the:

- A. Key principles**
 - B. Trauma-specific content**
 - C. Cross-walk with the key principles and trauma-specific content**
 - D. None of the above**
-

9. Which of the following is a key value and aspect of a trauma-informed approach that differentiates it from the usual approaches to services and care?

- A. Progress monitoring and quality assurance.**
 - B. Engagement and involvement of people in recovery, trauma survivors, people receiving services, and family members receiving services.**
 - C. Cross sector collaboration.**
 - D. Physical environment of the organization.**
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10. As long as a mental health clinician is trauma-informed, a referral to a trauma-insensitive program will not undermine the progress of the individual.

- A. True**
 - B. False**
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