Content quiz

The purpose of the content quiz is to give you a chance to assess your understanding of the content. If you are unsure of an answer, or you do not answer a question correctly, this is an invitation for you to explore the content further by doing some additional research online and/or by viewing the module again. We are not able to test your skill in trauma informed care, and thus encourage you to always meet trauma informed care with a “beginner’s mind.” There is always something new to learn and never a time to master the content.

1. T or F Trauma can be defined as a single event, as well as a series of events over time.

2. To be trauma informed, one must consider the impact of:
   a. Individual trauma
   b. Collective trauma
   c. Historical trauma
   d. All of the above

3. The following is an example of trauma, under trauma informed care:
   a. Racism
   b. Witnessing domestic violence
   c. Islamophobia
   d. All of the above

4. T or F Trauma informed care only focuses on the service user, not the workforce.

5. T or F Trauma informed care is not only about preventing bad things from happening, it is also about making them less activating.

6. T or F Trauma informed care is only about what the individual (rather than the organization) can do to respond to someone who has experienced trauma.

7. T or F In order to be trauma informed you have to know the person’s history of trauma.

8. T or F All levels of the organization—from front office, HR, management, direct service, custodial, and finance—hold responsibility and opportunity to be trauma informed.

9. T or F Trauma informed care is all about focusing on the negative.

10. T or F Trauma informed care supports accountability and responsibility.