



Introduction to Trauma Informed Care Online Training Modules

Module 2: Why is Trauma Informed Care Important?

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 "beginners mind." There is always something new to learn and never a time to master the content.

1. T or F Trauma only affects the weak and vulnerable.
2. T or F The impact of trauma is determined by one's will and hard work.
3. Trauma differentially affects the more vulnerable, because factors such as race, gender, and age:
 - a. Make access to resources more complicated and less accessible.
 - b. Make someone inherently more vulnerable.
 - c. Both a & b
 - d. None of the above
4. T or F People only react to actual threat, not perceived threat.
5. T or F It is obvious who has experienced trauma and who has not.
6. T or F Enormous advances in neurobiology, epigenetics, and other sciences have informed trauma informed care.
7. T or F Trauma informed care is only for clinicians and other mental health professionals.
8. T or F Often, the very system that seeks to serve those in need has historically contributed to adversity and trauma of those individuals.
9. An essential component of trauma informed care is:
 - a. Inviting and utilizing service user voice in program design and implementation.
 - b. Asking people about their trauma history, multiple times, over a period of time.
 - c. Excusing and justifying behaviors of those people who have experience trauma.
 - d. Screening everyone for trauma, but not doing anything about it.
10. T or F Trauma, adversity, and stress are pervasive both in the general population, as well as in the workforce.

Answers: 1) F 2) F 3) a 4) F 5) F 6) T 7) F 8) T 9) a 10) T