



### 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 informed care takes into account knowledge about trauma into all aspects of service delivery.
2. T or F Trauma specific treatments directly address the impact of trauma on an individual’s life and facilitate trauma recovery—they are designed to treat the actual consequences of trauma.
3. T or F Trauma informed care is specifically designed to treat symptoms or syndromes related to trauma.
4. T or F An assumption of trauma informed care is that every interaction with a trauma survivor has the opportunity to activate a trauma response.
5. T or F In order to provide trauma informed care, one must provide trauma specific treatment.
6. T or F Trauma informed care can be thought of as an engagement tool, such that any service one provides is provided in the most approachable and least retraumatizing way.
7. T or F Trauma informed care is critical for survivors but is also welcomed by those without a trauma history.
8. T or F Dialectical Behavioral Therapy (DBT), Trauma Recovery Empowerment Model (TREM), Eye Movement Desensitization and Reprocessing (EMDR), and Seeking Safety are all examples of trauma informed care.
9. Which of these is not a guiding principle of trauma informed care?
  - a. Physical and psychological safety.
  - b. Peer support and mutual self-help.
  - c. Compassion and empathy.
  - d. Trustworthiness and transparency.
  - e. Cultural, historical, and gender issues.
10. At work you are participating in a trauma informed care workgroup. One of the workgroup’s tasks is to assess the lobby with a trauma informed lens. The group came up with suggestions, which suggestions are NOT trauma informed?
  - a. Assess the smells and sounds in the lobby, ensuring that both contribute to safety.
  - b. Survey individuals who wait in the lobby about their experience.
  - c. Survey individuals who work in or near the lobby for their experience.
  - d. Assess the welcoming nature of the space, including critically looking at signage, seating, and artwork.
  - e. Do away with reception staff, and instead have people wait their turn.