



## Introduction to Trauma Informed Care Online Training Modules

### Module 4: A Brief Overview of NEAR Science

#### 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. Neurobiology helps us understand:
  - a. How our brain developed.
  - b. How adversity in childhood impacts our health in adulthood.
  - c. Heritable changes in gene expression.
  - d. None of the above.
2. T or F      Neurobiology helps us understand how the functions of the brain are impacted by toxic stress, adversity, and trauma.
3. T or F      Trauma has no impact on memory, sensory regulation, or executive functioning.
4. T or F      “Survival mode” is unique to humans (versus other animals).
5. T or F      Epigenetics discovered something we’ve never previously known—individual and collective trauma can be passed down from generation to generation.
6. T or F      The ACE study is a causal study between early childhood adversity and adult physical health.
7. T or F      If someone has experienced eight ACEs, they are twice as likely to be at risk as someone who has experienced four ACEs.
8. T or F      If an individual has prolonged impacts of trauma, they do not have resilience.
9. Knowledge about resiliency lets us know what buffering variables can:
  - a. Reverse adversity.
  - b. Prevent adversity.
  - c. Heal adversity.
  - d. All of the above.
10. T or F      Resilience is all about the individual, rather than family or community.

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