

# 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 ability to cope with the normal stresses and strains of daily living.
  - B. An individual's ability to trust and benefit from relationships.
  - C. An individual's ability to manage cognitive processes, such as memory, attention, and thinking.
  - D. All of the above
- 

### 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
- 

## **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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