

# Cheap Nursing CEUs

## Trauma Specific Services in Behavioral Health

**1. Although evidence-based interventions should be a primary consideration in selecting appropriate treatment models for people with symptoms of trauma that co-occur with mental and substance use disorders, which of the following factors must also be weighed?**

- A. The client's psychosocial and cultural background.
  - B. The client's experiences in prior trauma treatment.
  - C. The competencies of the program's clinical staff.
  - D. All of the above
- 

**2. In order to minimize psychological trauma, formal interventions should be attempted within the first 48 hours after a traumatic event.**

- A. True
  - B. False
- 

**3. The primary helping response of psychological first aid is to:**

- A. Provide a calm, caring, and supportive environment to set the scene for psychological recovery.
  - B. Identify those with high-risk reactions.
  - C. Facilitate communication, including strong, reassuring leadership immediately after the event
  - D. Ensure safety.
- 

**4. The goal of critical incident stress debriefing is to provide psychological closure by encouraging participants to talk about their experiences and then giving a didactic presentation on common stress reactions and management.**

- A. True
  - B. False
- 

**5. Psychiatric technicians can use CBT with which populations?**

- A. People who use substances.
  - B. People with PTSD or personality disorders.
  - C. The criminal justice system.
  - D. All of the above
-



**6. Technicians should be aware that an important caution in the use of breath work with trauma clients is that it can sometimes act as a trigger.**

- A. True
  - B. False
- 

**7. Careful monitoring of the pace and appropriateness of exposure-based interventions is necessary to prevent retraumatization, as clients can become conditioned to fear the trauma-related material even more.**

- A. True
  - B. False
- 

**8. Exposure therapy is recommended as a first-line treatment option when the prominent trauma symptoms are all of the following, except:**

- A. Intrusive thoughts.
  - B. Depression
  - C. Flashbacks
  - D. Trauma-related fears, panic, and avoidance.
- 

**9. The Addiction and Trauma Recovery Integrated Model actively encourages the evocation of memories of abuse or other trauma events during the first, or "outer circle" stage.**

- A. True
  - B. False
- 

**10. All of the following statements are true with regard to the Seeking Safety treatment model, except:**

- A. Seeking Safety can be used for groups and individuals, with women and men, in all settings and levels of care, by all clinicians, for all types of trauma and substance abuse.
  - B. Seeking Safety covers 12 topics that address cognitive, behavioral, interpersonal, and case management domains.
  - C. The Seeking Safety topics can be conducted in any order, using as few or as many as are possible within a client's course of treatment.
  - D. Safety is the overarching goal of the Seeking Safety treatment model.
-