**Trauma Informed Care Test**

1. **There are 2 types of Trauma?**
2. Complex and Acute
3. Traumatic and Situational
4. Painful and Powerless
5. **Trauma Informed Care results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on this individual’s functioning and physical, social, emotional or spiritual well-being?**

TRUE FALSE

1. **Complex Trauma is exposure to multiple traumatic events?**

TRUE FALSE

1. **Burn Out, Compassion Fatigue or Secondary Trauma is the emotional duress that results when a caregiver hears about the firsthand trauma, is providing daily care for the individual and is continuously faced with the behaviors of the traumatized individualized?**

TRUE FALSE

1. **Triggers include smells, touch, music, time of year, or memories to name a few?**

TRUE FALSE

1. **With better collective understanding of trauma survivors still do NOT have a path to healing or wellness?**

TRUE FALSE

1. **There is only one model or program designed to treat trauma?**

TRUE FALSE

1. **Trauma is problematic in the United States it is estimated that over 70% of people are exposed to traumatic events?**

TRUE FALSE

1. **Trauma is a perception of the person experiencing it as care givers we MUST ALWAYS project our perceptions, feelings, bias or judgments on the person?**

TRUE FALSE

1. **Acute Trauma is defined as trauma that occurs at a particular time, is short lived, and causes overwhelming feelings of terror, horror, and/ or helplessness?**

TRUE FALSE

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|  | **Print Name CLEARLY** | **Signature** |
| **Staff** |  |  |
| **Home Manager** |  |  |
| **Provider Home** | | |