



**Title:** *Understanding Trauma: Key Factors in Treating and Supporting Patients*

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**Credit:** One (1) Continuing Education Credit Awarded

**Post-Test (For reference only. You must take and pass the test online for CE credit.)**

1. Which of the following are reasons why we experience anxiety?
  - a. Heighten our senses
  - b. Narrow our focus to what we need to focus on
  - c. Warn us of danger
  - d. All of the above
2. Which is not part of the activation process?
  - a. Flight
  - b. Freeze
  - c. Panic
  - d. Collapse
3. What are effective modalities to treat trauma?
  - a. Traditional talk therapy with trauma informed therapist.
  - b. CBT with trauma informed therapist.
  - c. EMDR
  - d. All of the above
4. “Window of Tolerance” is a model to help understand?
  - a. If a person is in hyper-arousal/hypo-arousal
  - b. If a person can tolerate being in therapy
  - c. If a person is open to doing trauma work
  - d. If a therapist is informed on multi-cultural patient issues
5. Which of these is often our first reaction to a potentially life-threatening event?
  - a. Freeze
  - b. Collapse
  - c. Just run
  - d. Social Engagement: Checking what others are thinking/doing about situation.
6. The memory of being attacked by a dog could be stored:
  - a. In the front brain
  - b. In the rear brain (mammalian)
  - c. Both
  - d. Neither
7. One factor with assessing Acute Stress Disorder is that it can only be considered from 3 days to one month following a traumatic event.
  - a. True
  - b. False
8. Negative Cognitions that often get stored with the traumatic memory could include:
  - a. It’s my fault
  - b. I should have done something
  - c. I can’t trust myself
  - d. All of the above
9. Which is not a PTSD Symptom:
  - a. Sleep Problems
  - b. Worrying about the trauma
  - c. Fear of heights
  - d. Negative Cognitions/beliefs about oneself
10. If you are treating a person who is decompensating behaviorally due to past trauma, what step would you want to take first?
  - a. Have them start working on their trauma narrative
  - b. Start looking for an EMDR therapist
  - c. Have them work on a trauma recovery book
  - a. Start by focusing on stabilizing any behaviors (suicidal ideation, self-harm, eating disorder, substance use).