



Trauma Informed Care

1. Any event that involves loss of life or threats to loss of life can produce trauma.
True
False

2. Which of these few examples may trigger a traumatic recall or a previous traumatic experience?
 - A. Frightening experience
 - B. Open conversation about a struggle the person may be experiencing
 - C. An unexpected changes
 - D. All of the above

3. When someone is experiencing a traumatic trigger, I should:
 - A. Compassionately talk with them about what they are experiencing
 - B. Call 911
 - C. Sit with them until they are calm
 - D. There is nothing you can do

4. Traumatic events are most often remembered and people can't get the details out of their mind
 - A. True
 - B. False

5. If a child doesn't talk about the abuse then the child wasn't affected.
 - A. True
 - B. Fase