**PRE-POST EVALUATION**

**Trauma-Informed Care**

Multiple choice questions that assess knowledge pre-post

1. Based on the definition of trauma presented, what are all the components that must be present to constitute trauma?
   1. Traumatic event and physical pain (experience)
   2. Traumatic event, bodily sensation (experience), and a chronic stress response (effect)
   3. Traumatic event, bodily sensation (experience), and a lasting (> 1 month) stress response (effect)
   4. Any event that causes some stress
2. How can a person’s culture have an impact on their trauma?
   1. Cultural differences can exist in the perception and interpretation of an event
   2. Culture determines acceptable responses to trauma
   3. Culture shapes the beliefs of acceptable healing practices and help-seeking behavior
   4. All the above
3. What are ways in which a team member or program can be trauma-informed?
   1. Education on the signs of trauma (immediate & delayed reactions)
   2. Incorporate the person’s terms for their experiences into discussions
   3. Be supportive through transitions
   4. Use strengths-based questions to promote what has worked in the past
   5. All of the above
4. Which of the below is NOT an example of a method for promoting resilience?
   1. Encourage one to make their own medical appointments
   2. Practice skills for tolerating stress
   3. Being re-exposed to the traumatic event
   4. Meeting and making new friends