PRE / POST QUESTIONS for *Seeking Safety* training

1) “Trauma” in DSM-5 means:

 a) Physical, sexual, or emotional abuse

 b) The experience, threat, or witnessing of physical harm

 c) An adverse event that is emotionally overwhelming to the individual

 d) All of the above

2) Who has a higher rate of substance use disorder:

 a) men

 b) women

 c) both equal

 d) neither

3) Which disorder (PTSD, substance use disorder) should be treated first, according to current thinking?

 a) PTSD

 b) Substance use disorder

 c) Both at the same time

 d) Either one

4) What are the stages of recovery from trauma?

 a) Intrusion, avoidance, arousal

 b) Safety, mourning, reconnection

 c) Safety, regression, reconnection

 d) Morning, evening, afternoon

5) *Seeking Safety* focuses on which stage:

 a) Safety

 b) Safety and Mourning

 c) Safety and Reconnection

 d) All three stages

6) In grounding, it’s recommended to keep your eyes:

 a) Open

b) Closed

7) What are the three types of grounding in Seeking Safety:

 a) Mental, physical, and soothing

 b) Cognitive, behavioral, and interpersonal

 c) Colors, cities, and sports teams

 d) Favorite color, favorite animal, favorite time of day

8) Which is easier to treat:

 a) PTSD

 b) Substance use disorder

 c) Both equally

9) A classification of people based on national origin and/or culture is:

 a) acculturation

 b) cultural assimilation

 c) ethnicity

 d) ethnocentric

10) How many Seeking Safety topics should be delivered?

 a) all 25

 b) 15 or more

 c) 4 or more

 d) as many as time allows

11) Check off the one below that is not a core elements of Seeking Safety:

 a) A focus on ideals

 b) Sequential treatment

 c) Safety as the overarching goal

 d) Attention to provider processes

12. Seeking Safety is all but which below:

 a) present-focused

 b) past-focused

 c) evidence-based

 d) flexible

Answers: 1 (b), 2 (a), 3 (c), 4 (b), 5 (a), 6 (a), 7 (a), 8 (a), 9 (c), 10 (d), 11 (b), 12 (b)

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