

**Vicarious Trauma & Self Care Training**  
**CE Test Requirement**

**Presented by Amber Wolfrom, MA, OCPC**

Attendee Name \_\_\_\_\_

Date Test Taken \_\_\_\_\_

Contact # \_\_\_\_\_

**Presentation on YouTube link:** <https://www.youtube.com/watch?v=7F2ks6fDUDc>

(circle the correct answer)

- 1) Trauma is anything that overwhelms a person’s ability to cope. True False
- 2) A caregiver being the perpetrator of a trauma does not increase the impact of the experience or the effects. True False
- 3) Working with individuals experiencing trauma has no residual effects on first responders. True False
- 4) “Blue Light” (from computers, cell phones, televisions, etc.) can disrupt the brain’s ability to produce melatonin, making it more difficult to fall and stay asleep. True False
- 5) Which of the following is an example of a chronic stressor that could be potentially traumatic?
  - a. poverty
  - b. family member with a substance use disorder
  - c. racism
  - d. all of the above
- 6) Vicarious Trauma is:
  - a. when an individual experiences a traumatic event.
  - b. a personal ACE score of 4 or higher.
  - c. the psychological cost of caring for traumatized victims while feeling a sense of responsibility to help.
  - d. all of the above

Fill in the Blank:

- 7) The “Three E’s” of Trauma are \_\_\_\_\_ , \_\_\_\_\_ & \_\_\_\_\_.
- 8) The acronym “ACES” stands for \_\_\_\_\_.
- 9) List three side effects of vicarious trauma: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 10) List three self-care techniques that can help relieve the impact of exposure to vicarious trauma:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_