

Laura Reagan, LCSW-C | When Is the Mental Health Field Going to Catch Up with the Research on Trauma? (1 CE hour)

Quiz Questions:

1. Name two types of trauma that were discussed in this presentation.
 - a. Combat trauma and losing a parent in childhood
 - b. Having a family member who was incarcerated and having a caregiver who abused alcohol or drugs
 - c. Sexual abuse and domestic violence
 - d. All of the above

2. What are two types of bottom-up psychotherapy approaches for trauma?
 - a. CBT and DBT
 - b. Art therapy and Talk therapy
 - c. Sensorimotor Psychotherapy and EMDR
 - d. Narrative therapy and Psychodynamic Therapy

3. Why are somatic methods recommended for early childhood trauma?
 - a. Preverbal trauma is held in the body and accessible through somatic methods
 - b. Somatic approaches are more commonly available than talk therapy
 - c. Somatic methods are more well-known than talk therapy
 - d. None of the above

4. Why is it important for therapists to assess mental health symptoms through the lens of trauma?
 - a. Because trauma is highly prevalent in mental health treatment populations and trauma should be ruled out before assigning other diagnoses to explain symptom presentations
 - b. Misdiagnosis is common and marginalized populations are even more at risk
 - c. Recognizing the impact of trauma is depathologizing and can be empowering
 - d. All of the above

5. What percentage of Americans have experienced childhood trauma, according to the Adverse Childhood Experiences Study?
 - a. 61%
 - b. 25%
 - c. 10%
 - d. 1%

6. How can therapists improve their work with trauma survivors?
 - a. Find community to combat isolation and work through our own trauma in therapy
 - b. Identify blind spots by participating in supervision and consultation
 - c. Invest in high quality trainings based on cutting edge neuroscience research

d. All of the above