

Course Title: COURSE TITLE

Presenter: PRESENTER NAME

1. According to the presenter, “mindfulness” is a practice in _____.
 - a. Past
 - b. Present
 - c. Future
 - d. None of the above
2. Which of the following factors can potentially impact your capacity for mindfulness?
 - a. How safe you feel
 - b. What resources are available to you
 - c. Your familiarity (or lack thereof) with your surroundings
 - d. All of the above
3. Trauma is a lingering impact of what has happened.
 - a. True
 - b. False
4. As Trauma is a negative response by the human body, it serves no purpose whatsoever.
 - a. True
 - b. False
5. Which of the following sources can trauma stem from?
 - a. Social/Environmental
 - b. Historical/Cultural
 - c. Intergenerational
 - d. All of the above
6. Which of the following **best** describes what “resources” are?
 - a. Anything that supports our capacity to cope with and integrate our experiences
 - b. Thought processes that elicit strong emotions
 - c. Physical objects such homes, apartments, and vehicles
 - d. Objects that grant power and maneuverability such as money
7. “Dual Awareness” refers to a process where one engages their prefrontal cortex to notice their experience and, over time, discern what they need.
 - a. True
 - b. False
8. Feeling overwhelmed is an example of both a cognitive and _____ experience.
 - a. Aerobic
 - b. Somatic
 - c. Physiological
 - d. Academic
9. According to the presenter, humans organize the “present moment” through cognition, emotions, five-sense perception, impulses/urges, and inner-body sensations.
 - a. True
 - b. False

10. When working with clients who have traumatic stress, you can empower them by:
- a. Taking it slow
 - b. Being curious
 - c. Offering choices
 - d. All of the above