

Certified Trauma Services Specialist Practice Test Questions and Answers

1. What is the primary goal of trauma-informed care?

- A) To diagnose trauma disorders immediately
- B) To understand trauma's impact and avoid re-traumatization
- C) To focus solely on symptom elimination
- D) To provide standardized treatment protocols

2. Which brain region is most affected by traumatic stress?

- A) Cerebellum
- B) Amygdala
- C) Medulla oblongata
- D) Corpus callosum

3. What does the "window of tolerance" concept refer to in trauma therapy?

- A) The time limit for therapy sessions
- B) The optimal zone of arousal for processing experiences
- C) The client's willingness to discuss trauma
- D) The therapist's comfort level with trauma content

4. Which approach is fundamental to building safety in trauma treatment?

- A) Immediate exposure to traumatic memories
- B) Establishing predictability and control
- C) Avoiding all discussion of trauma
- D) Using only medication-based interventions

Answers: 1-B 2-B 3-B 4-B

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