OT Mastery

Trauma-Informed Care in OT: Biological Foundations and Practical Interventions

1. What type of trauma involves exposure to prolonged, repeated, and often severe trauma?

A. Acute trauma
B. Chronic trauma
C. Complex trauma
D. "Little t" trauma

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2. Which of the following is NOT a symptom cluster in Post-Traumatic Stress Disorder?

A. Functional changes
B. Intrusion
C. Avoidance
D. Reactivity or arousal changes

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3. Which mental health condition has many of the same symptoms as PTSD but has a greater effect on interpersonal function, self-concept, and affect?

A. Adjustment disorder
B. Disinhibited social engagement disorder
C. Complex PTSD
D. Delayed expression PTSD

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4. Traumatic events cause cortisol to be released by activating which body system?

A. Hypothalamic-pituitary-adrenal axis
B. Basal ganglia
C. Corpus callosum
D. Anterior cingulate cortex

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5. Some neurotransmitters increase as a result of trauma while others decrease. Which of the following is known to decrease as a result of trauma?

A. Norepinephrine
B. GABA
C. Glutamate
D. Catecholamine

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6. Adverse childhood experiences (ACEs) affect individuals under the age of 18, whose brains are still developing. According to the course, which of the following happens in the developing brain of a child who experiences trauma?

A. The hippocampus increases in size
B. The prefrontal cortex is underdeveloped
C. GABA levels increase
D. Functional activity of the cerebellum increases

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7. If an OT is using the Frame of Reference for Motor Skill Acquisition, what aspects must they look at?

A. A child's abilities, task conditions required, the complexity of the task, and the task environment
B. The person, the environment, the taske, the parents, and the social interaction with peers
C. The person, the environment, and the occupation
D. A child's abilities, a motor task's skills/qualities, task conditions required, and task environment

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8. There are many steps therapists can take to make sure the OT evaluation is trauma-informed. Which of the following is NOT part of a trauma-sensitive approach?

A. Use shared experiences to offer peer support
B. End the evaluation by asking about the patient's personal safety plan and what they are doing after the evaluation
C. Use only informal outcome measures, since they are less threatening
D. Focus the evaluation on the patient's function as it pertains to their trauma history

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9. An OT is working with a 20-year-old patient who is experiencing traumatic after-effects from a major motor vehicle accident. The therapist has been using activity diaries, systematic desensitization, and deep breathing as part of treatment. What frame of reference are these activities consistent with?

A. Psychodynamic Frame of Reference
B. Psychospiritual Frame of Reference
C. Cognitive-Behavioral Frame of Reference
D. Developmental Frame of Reference

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10. When implementing Trauma-Focused Cognitive Behavioral Interventions in the school system, what intervention tier does this fall under?

A. Tier 4
B. Tier 3
C. Tier 2
D. Tier 1

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