

MLCPC 204: Unresolved Trauma: PTSD, Addictions, and Suicide

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1. Which of the following is a symptom of Post Traumatic Stress Disorder?
 - a. Recurrent and distressing dreams of the event
 - b. Efforts to avoid thoughts, feelings, or conversations associated with the trauma
 - c. Both A and B
 - d. Neither A nor B

2. More often than not, complex trauma is a result of multiple traumas or from exposure to high levels of stress.
 - a. True
 - b. False

3. The _____ and _____, both part of the limbic system, actually change after exposure to a traumatic event.
 - a. Digestive system; startle reflex
 - b. Amygdala; hippocampus
 - c. Heart health; lung function
 - d. None of the above

4. Which of the following is a need that can drive a person into addiction?
 - a. The need to escape from the pressures of life
 - b. The need to have approval or acceptance
 - c. The need to avoid pain
 - d. All of the above

5. Which of the following is a characteristic of addictions that stimulate?
 - a. They increase adrenaline in the body
 - b. They involve the need to self-punish
 - c. They release oxytocin
 - d. They are not harmful if done in moderation

6. Which of the following is the first stage of addiction?
- a. Occasional using/doing
 - b. Regular using/doing
 - c. Dependency
 - d. Experimentation
7. Which of the following is a characteristic of addictions?
- a. They override the ability or willingness to delay self-gratification
 - b. They always involve pleasure
 - c. They all provide a form of escape
 - d. All of the above
8. Comorbidity is when a person is wrestling with a substance abuse or addiction issue as well as an emotional or mental health issue.
- a. True
 - b. False
9. Which of the following is a potential etiology of depression?
- a. Brain injury
 - b. Guilt
 - c. Both A and B
 - d. Neither A nor B
10. Which of the following is a warning signal for suicide?
- a. Apathy or isolation
 - b. Buying a pet
 - c. Change in financial status
 - d. The ability to grieve