

Name: _____ Date: _____

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MLCPC 212: Compassion Fatigue: Managing the High Cost of Care

Eric Scalise, Ph.D.

1. If you're always last you won't always last.

- a. True
- b. False

Answer _____

2. Burnout is a defense mechanism characterized by_____.

- a. A lack of love
- b. Disengagement
- c. Over-engagement
- d. A lack of work ethic

Answer _____

3. According to Dr. Scalise, stress can best be understood as a loss of_____.

- a. Fuel and energy
- b. Happiness and pleasure
- c. Fun and excitement
- d. Quiet and peace

Answer _____

4. Which of the following is a building block of stress?

- a. Role ambiguity
- b. Role conflict
- c. Role overload
- d. All of the above

Answer _____

5. Neurotransmitters are which of the following?

- a. Synapses
- b. Anhedonia
- c. Chemical messengers
- d. Neurons

Answer _____

6. The “fight” or “flight” response is instinctive and never compromises.
- a. True
 - b. False

Answer _____

7. Stress has the potential for which of the following effects over time?
- a. A decrease of up to 50% of certain cognitive processes
 - b. An increase in the blood’s tendency to clot
 - c. Both A and B
 - d. Neither A nor B

Answer _____

8. Which of the following is the leading cause of death in the United States?
- a. Breast cancer
 - b. Suicide
 - c. Heart disease
 - d. None of the above

Answer _____

9. Compassion fatigue refers to emotional, physical, and spiritual exhaustion that gradually impacts a person’s capacity to experience joy, or to feel and care for others.
- a. True
 - b. False

Answer _____

10. In order to prevent stress, coaches should develop a plan that includes which of the following?
- a. Learn to rest
 - b. Pay attention to diet and exercise regimens
 - c. Learn to be silent and still
 - d. All of the above

Answer _____