

COMPLEX TRAUMA, COMPASSION AND KEEPING CALM**1.0 Hour**

From the Connecting While Correcting Series, Session 1 (Web Audio)

NAME: _____ **PHONE NO.:** _____*Only one person per questionnaire. Feel free to make additional copies if needed.***ADDRESS:** _____*Street or Post Office**City**State**Zip**+4***EMAIL:** _____**Yes! I would like to receive ACRF's upcoming training and the quarterly newsletter by email.****No I would not like to receive email from ACRF.**

Are you a foster parent? YES If YES, what is your Foster Home License #: _____

If NO, please check one: Pending Foster Parent OCS Birth Parent Adoptive Parent

Other (*please specify*): _____**CHECK YOUR UNDERSTANDING**

Check or fill in the appropriate answer to the following questions. First try to answer from your understanding of the material before referring back to the course. These questions address information specifically stated in the program.

1. Olivia quoted Karyn Purvis as saying "Capture their _____ and you can take their _____ anywhere" (FILL IN THE BLANKS)
2. Olivia talked about the risk factors that impact attachment or early development for young children. There were six of them. Can you name three?
 - a.
 - b.
 - c.
3. If a young infant is getting her needs met on a regular basis, how many times in a normal healthy home does that child get her needs met in that early time of developing trust and bonding?
 - 10,000
 - 100,000
 - 2 Million
 - 5 million
4. Basic needs need to be met first before the brain has the capacity to develop the higher level of thinking.
 - True
 - False

CHECK YOUR UNDERSTANDING
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5. The message a child receives in situations of neglect is:

YOU _____ . (FILL IN THE BLANKS)

6. The message a child receives in situations of abuse is:

I _____ YOU. (FILL IN THE BLANKS)

7. According to the training, the heart of the issue for children who are abuse or neglected is:

- Trust and fear
- Food and shelter
- Loving his parents
- Lack of social skills with others

8. Giving _____ means to meet a child's needs consistent and teach them words to express those needs. (FILL IN THE BLANK)

9. Olivia used the example of which of the following to describe the need to use a holistic approach with children:

- Develop a coordinated care team
- Bananas
- A Garden
- Brownies

10. The first step in working with a child's difficult or out of control behavior is to stay calm and regulate ourselves.

- True
- False

COURSE EVALUATION QUESTIONS

How would you rate the presentation of the information of the course;
"Complex Trauma, Compassion and Keeping Calm" - Webcast?

Excellent

Good

Fair

Poor

What did you like best about this course?

Media presentation

Written information

Links to other sites

Printable Lesson Pages

Other:

Have you ever taken an on- line course before?

Yes

No

Would you be inclined to take another online course?

Yes

No

Did you have any difficulty with opening up pages, loading the media segments or navigating the site?

Yes

No

If yes, what difficulties did you have?

Got lost while navigating the site

Couldn't open up links

Couldn't open up media from other sites

Other: (Please explain below)

Do you have any suggestions of how to make this web based course better or easier to use?

No

Yes (Please explain below)

Thank you for your response!

FOR SCORING AND CREDIT OF 1 HOUR, PLEASE PRINT THIS AFTER COMPLETION
AND MAIL IT TO:

Alaska Center for Resource Families

815 Second Avenue, Suite 101

Fairbanks, Alaska 99701

OR

Fax to: 907-479-9666

OR

FOR SUBMISSION BY EMAIL, CLICK THE SUBMIT BUTTON BELOW
(If you are not using web-based email, this should open your email program then just press send.)