



PDC BOOK TEST: *Second-Hand Shock: Surviving & Overcoming Vicarious Trauma*

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Please mark only one answer per question. Questions with multiple answers marked will be marked as incorrect.

1) What is a symptom of vicarious trauma?

- a) Cynicism
- b) Poor memory
- c) Physical symptoms
- d) All of the above

2) What phobia did Anna, a paralegal, develop in the course of her career?

- a) Fear of sleeping
- b) Fear of going to church
- c) Fear of flying
- d) Fear of water

3) What part of the brain is activated with controlled empathy?

- a) Visual cortex
- b) Pituitary gland
- c) Thalamus
- d) Amygdala

4) Animals and humans exposed to high levels of stress, fear, and arousal for prolonged periods commonly experience learning deficits and memory loss.

- a) True
- b) False

5) An individual's personal history, if they do not remember it, has no effect on their trauma response.

- a) True
- b) False

6) In the case study of Anna, a paralegal, what story affected her most?

- a) A mom who died of cervical cancer
- b) A pastor who died in an arson-induced church fire
- c) Three children who were molested by their stepdad
- d) An elderly woman who lost her life savings by theft

- 7) In the case study of Martin, a lawyer, he recounts a case he handled that triggered his trauma response. What was the common denominator between the legal case and his personal experience?**
- a) Birth of a disabled child
 - b) Sexual assault
 - c) Loss of mother after surgery
 - d) Car accident of spouse
- 8) Vicarious trauma does not affect the birth of new neurons.**
- a) True
 - b) False
- 9) What impasse needs to be healed to recover from vicarious trauma?**
- a) Spiritual bridge or neural pathways to higher mind
 - b) Break between storyteller and listener
 - c) Improve daily diet
 - d) Fight with significant other
- 10) Some professionals suffering from vicarious trauma will not seek help as they fear being viewed as incompetent.**
- a) True
 - b) False
- 11) Staff or professional training is not helpful in preventing vicarious trauma.**
- a) True
 - b) False
- 12) Vicarious trauma can create disease in the recipient.**
- a) True
 - b) False
- 13) Second-Hand Shock Syndrome is a spectrum disorder encompassing how many disorders.**
- a) Three
 - b) Five
 - c) Six
 - d) Ten
- 14) Second-hand shock can only be experienced by professionals.**
- a) True
 - b) False
- 15) Which factor elevates secondary trauma into vicarious trauma?**
- a) The seriousness of the story being heard
 - b) The listener's mood
 - c) Controlling one's empathy response
 - d) None of the above

16) Stress originates in what part of the brain?

- a) Brain stem
- b) Frontal cortex
- c) Amygdala
- d) Pituitary gland

17) Responses to a traumatic event can be delayed for years.

- a) True
- b) False

18) Common personal and emotional effects of trauma include:

- a) Substance abuse
- b) Impulsive behavior
- c) Inability to make healthy choices
- d) All of the above

19) Ethical pressure to maintain confidentiality does not effect vicarious trauma.

- a) True
- b) False

20) Vicarious trauma suffered by Marilyn, a marriage and family therapist, was complicated by what childhood personal history?

- a) Homelessness
- b) Sexual assault
- c) Car accident
- d) Sister's murder

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