

Healing the Helper Test

Name: _____

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1. There are various terms to describe feelings that can affect people in the helping professions. These include:

- A. Vicarious Trauma
- B. Compassion Fatigue
- C. Burnout
- D. Secondary Stress
- E. PTSD
- F. All of the above

2. What are some of the key factors in recognizing Vicarious Trauma?

- A. There are impacts to self when you care about people who are suffering
- B. You feel responsible to help people suffering
- C. This compassion can cause negative changes in your life
- D. Vicarious trauma can occur after one event or many
- E. All of the above

3. What is the major difference between Vicarious Trauma and Burnout?

- A. There is no difference – they are the same thing
- B. With VT you may feel discouraged but you love your job
- C. With Burnout you want to quit your job
- D. B and C only

4. Mirroring is a phenomenon that is equated with the Science of Empathy. Factors include:

- A. Mirror Neurons fire in the brain as we experience situations and encounter other's experiences
- B. People in the helping professions can exhibit emotional, behavioral and spiritual mirroring
- C. People in the helping professions can unknowingly mimic other's mannerisms, facial expressions and posture
- D. You can only exhibit Mirroring if you don't care about the person you are helping
- E. A, B and C only

5. What are some techniques to Unmirror?

- A. Shifting the body
- B. Changing breathing
- C. Tensing and relaxing muscles
- D. Sipping water
- E. Breathing in essential oils
- F. Lighting a candle
- G. Using Imagery Techniques like imagining a run in nature, swimming, having snowflakes fall
- H. All of the above

6. The Compassion Fatigue Scale developed by Figley shows signs. Some of those are:

- A. Having flashbacks connected to clients
- B. Trouble sleeping or dreaming situations similar to clients'
- C. Suddenly recalling frightening experiences when working with client
- D. Feeling trapped at work
- E. Feeling tired and depressed
- F. All of the above

7. There are impacts associated with Compassion Fatigue. They occur in the following areas:
- A. Behavioral
 - B. Cognitive
 - C. Emotional
 - D. Spiritual
 - E. Financial
 - F. All of the above except E
8. Behavioral impacts and some techniques to manage them include:
- A. Irritability. Ask for a comforting touch
 - B. Sleep and appetite changes. Set a schedule that supports good habits
 - C. Rapid pulse/breathing or headaches. Set up a healing and sacred place in your home or office.
 - D. Fatigue. Walk and play – not doing *should* exercise
 - E. Isolation from friends and family. Make time for pleasing social activities
 - F. All of the above
9. Cognitive impacts and techniques to manage them include:
- A. Cynical attitude. Confirm positive experiences and the way work enriches your life
 - B. Preoccupation with clients. Get involved with a group or community activity
 - C. Feelings of Hopelessness. Don't expect quick fixes
 - D. All of the above
10. Spiritual impacts play a role in combatting Compassion Fatigue. These include:
- A. When you sense a loss of purpose you can use a technique called Pause, Pray and Proceed
 - B. If you question the meaning of life attend a church or engage in a meaningful spiritual practice
 - C. If you question what is good or evil do whatever brings you closer to something bigger than yourself or read inspirational materials
 - D. All of the above
11. How can you identify "Resilience"?
- A. It is a defense mechanism that makes it possible for people to thrive in the face of adversity
 - B. It helps people appreciate the freedoms in their life
 - C. It helps people not take things for granted
 - D. It encourages motivation and feelings of strength
 - E. It encourages hope and helps a person see the positives in life
 - F. All of the above
12. How can you foster "Resilience"?
- A. Recognize your own limits
 - B. Be present and let go of ego
 - C. Ignore everything that is going on around you
 - D. Maintain good health habits
 - E. Seek treatment if needed
 - F. All of the above except for C

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13. An acronym for addressing issues is called ABC's. The ABC's are:
- A. Awareness of needs, limits, emotions and resources
 - B. Balance of work and play, taking care of others and self
 - C. Connection to oneself, others and something larger
 - D. All of the above