

**Taking Care of Yourself****1.0 hour**

From the Trauma Informed Caregiving for Resource Families, Session 6

NAME: \_\_\_\_\_ PHONE NO.: \_\_\_\_\_

*Only one person per questionnaire. Feel free to make additional copies if needed.*ADDRESS: \_\_\_\_\_  
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**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. Name three different warning signs that you might be experiencing compassion fatigue or stress.
  - a.
  - b.
  - c.
  
2. Name three of the self care basic ways outlined in the teleconference that you can take care of yourself.
  - a.
  - b.
  - c.
  
3. Parents are modeling self-care for the children in their home and setting an example
 

True  
False

## CHECK YOUR UNDERSTANDING

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4. When children have been traumatized, we can be exposed to that through their words or knowing about their story, or trauma reminders, we can develop trauma symptoms too. This is called:

- Trauma exposure
- Secondary traumatic stress
- Emotional abuse
- Stress by association

5. In the story that the speaker told about the two children (Jodie and Jimmy) who came to live with resource parents Susan and Ralph, which of the following were triggers for Jodie? (Choose all that apply)

- The red tablecloth
- Being around Ralph and other male figures
- The family dog Buddy
- Taking the bus to school
- Being in the bathroom

6. Our child's history might be a trigger for memories and feelings from our own personal trauma

- True
- False

7. Parents caring for a child who has been traumatized should do something for self-care every day.

- True
- False

## COURSE EVALUATION QUESTIONS

How would you rate the presentation of the information of the course;  
**"Trauma Series: Self-Care" - 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.)