



Acupuncturists Without Borders

HEALING COMMUNITY TRAUMA Module ONE

Please fill out this worksheet as you go through the course. When you have finished, save your answers and email back to administrator@acuwithoutborders.org.

*Save the file name with your first initial, last name and HCTModule1
(ie. JSmithHCTModule1.pdf)*

Once we receive this, we will send you the final course assignment.

NAME _____

EMAIL _____

Trauma is the lasting physical and emotional effects of an event that is actually or perceived to be _____.

What are the three categories of symptoms for Post-Traumatic Stress?

1. _____
2. _____
3. _____

Which of these is helpful in the healing process?

- Trauma re-activation
 Trauma discharge

The part of the limbic system that is stimulated by our senses except for smell is the

_____.

The alarm center in the limbic system is called the _____.

The part of the limbic system that STORES memories is the _____.

The part of our brain that ANALYZES information is the _____.

In chronic Post-Traumatic Stress, the adrenal glands keep producing

_____ but stop producing _____.

List two reasons AWB uses the NADA protocol during disaster relief situations?

4. _____

5. _____

What 5 points are included in the NADA protocol?

1. _____

2. _____

3. _____

4. _____

5. _____

What are three benefits of using community style acupuncture to treat trauma?

1. _____

2. _____
3. _____

Besides needles, what are three items to include in a mobile clinic kit.

1. _____
2. _____
3. _____

Name 5 essential roles on a clinic treatment team.

1. _____
2. _____
3. _____
4. _____
5. _____