

## **PUBLIC SAFETY CHAPLAIN CERTIFICATION COURSE**

Read each question carefully and place the correct answer in the space provided.

1. Police families are susceptible to the same type of problems as any other family. One of the main reasons is that police officers are taught to:

- a. React to all situations with cynicism.
- b. Control their emotions
- c. Conduct all situations like an investigation

2. There are certain characteristics that a chaplain must have to be a law enforcement chaplain. What is characteristic #2?

- a. Courage
- b. Compassion
- c. Character

3. When a chaplain assists in lessening the serious and painful condition known as post traumatic stress disorder, what is this role called?

- a. Reactive Role
- b. Proactive Role
- c. Interactive Role

4. All counseling is confidential.

- a. True
- b. False

5. Both the chaplain and the officer should treat the privilege of confidentiality with respect which contributes to the \_\_\_\_\_ of the counseling.

- a. Integrity
- b. Importance
- c. Confidence

6. Death notifications create the maximum amount of stress on a person on three levels, Impact, recoil and discovery.

- a. True
- b. False

7. One study concluded that the single, most important factor that led to a police suicide was what?

- a. Stress
- b. Alcoholism
- c. Marital discord

8. List (3) causes of burnout?

- 1.
- 2.
- 3.

9. Domestic violence is \_\_\_\_ to \_\_\_\_ times more common in police families than in general population.

- a. 5 to 6
- b. 8 to 9
- c. 2 to 4

10. Chaplains are the first stage of \_\_\_\_\_ for police officers.

- a. Initial contact
- b. Safe contact
- c. Confidential contact

11. If a chaplain loses the \_\_\_\_\_ side of life, it can be detrimental to their ministry.

- a. Compassionate
- b. Human
- c. Real

12. Name the (4) identified spiritual needs?

- 1.
- 2.
- 3.
- 4.

13. Name the (3) basic communication styles.

- 1.
- 2.
- 3.

14. Once you have become a law enforcement chaplain, you fall under the umbrella of the department and the department is liable for your actions.

- a. True
- b. False

15. If a person talks about suicide but has no means at the time, he does not intend to commit suicide.

- a. True
- b. False

16. As long as there is a Chaplain present, the department liaison officer is not necessary.

- a. True
- b. False

17. What are the (4) basic components of nonverbal communication?

- 1.
- 2.
- 3.
- 4.

18. What is another name for the QPR program?

- a. Care Taker
- b. Affiliate care giver
- c. Gatekeeper

19. It is always better to offer a critical incident stress debriefing in a group setting.

- a. True
- b. False

20. The key to any credible and permanent strategy for preventing domestic violence is response times.

- a. True
- b. False

21. During problem recognition, when is the Jekyll & Hyde personality more apt to show its ugly face?

- a. Death of a spouse
- b. Alcoholism
- c. Domestic Violence

22. When giving a death notification, what is the first piece of information that you must establish?

- a. Relationship of the victim to the survivor
- b. Age of Victim
- c. Medical history of survivor

23. When working a funeral of an officer, the chaplain will work closely with the:

- a. Chief of police
- b. Family liaison officer
- c. Chaplain coordinator

24. It's alright for a chaplain to assist an officer in plain clothes.

- a. True
- b. False

25. When assisting an officer on a fatality accident the chaplain takes over the survivors after arriving on the scene.

- a. True
- b. False

26. The statistics of retired officer's suicides is 1 out of every 4.

- a. True
- b. False

27. Following a traumatic event, people, including police officers typically describe feeling things like relief to be alive, followed by \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

28. Learning to listening is the easiest thing to do for a chaplain after years of experience.

- a. True
- b. False

29. Many families live at \_\_\_\_\_ after an officer has been injured in the line of duty.

30. One of the duties of a police chaplain is that of a media liaison officer.

- a. True
- b. False

31. One of the most important responsibilities for a department in officer suicides is:

- a. Suicide Training
- b. Providing counseling
- c. Acknowledging the problem

32. Spirituality is:

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33. It is the responsibility of the chaplain to find out what the call procedures are for the department.

- a. True
- b. False

34. The \_\_\_\_\_ proposes that prior trauma exposure leaves residual effects which are widespread, deep and long lasting.

35. Define “burst stress”.

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36. Due to vicarious liability, the department is solely responsible for what happens on every call including the call that the department chaplain goes to.

- a. True
- b. False

37. In your own words, explain the “thin blue line”.

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38. Cultural insensitivity is usually not intentional.

- a. True
- b. False

39. Spirituality is a delicate \_\_\_\_\_ relationship to oneself.

40. If administrators are to effectively lead officers, they must stop acting like an:

- a. Association
- b. Enemy
- c. Obstacle

41. Department heads need to realize that police officers are \_\_\_\_\_ more than other employees.

- a. Alienated
- b. Noticed
- c. Reprimanded

42. What is the percentage of counseling done in patrol cars?

- a. 75%
- b. 50%
- c. 76%

43. What percentage of suicidal subjects leaves notes?

- a. 10% to 25%
- b. 15% to 35%
- c. 25% to 35%

44. The stress of the profession in law enforcement can \_\_\_\_\_ within the psychological inner compounds of the mind when you deal with death, dying and violence on a daily basis.

- a. Kill your love

b. Break a spirit

c. Cause a breakdown

45. Negligence is that you don't intend to do.

a. True

b. False

46. With the Volunteer Protection Act, volunteers are covered from any harm they may cause to someone else.

a. True

b. False

47. \_\_\_\_\_ are the most noted stressors among police officers.

a. Physical threats

b. Line of duty deaths

c. Officer shootings

48. There are many symptoms of Post Shooting Trauma. What is usually the first symptom?

a. Loss of appetite

b. Alcoholism

c. Sleep pattern disturbances

49. Good communication skills require a high level of:

a. Faith

b. Self awareness

c. Knowledge

50. The pain from PTSD symptoms is often so unbearable that the sufferer sees death as the only relief.

a. True

b. False

51. Pastors and chaplains often begin their relationships separated by:

a. Bad communication skills

b. Lack of knowledge

c. Cultural Gaps

52. Funerals are an important for the survivors, providing:

- a. Closure
- b. Peace of mind
- c. Knowing they did all they could

53. A chaplain should never give the family \_\_\_\_\_ during a death notification.

- a. False Hope
- b. His address and phone number
- c. The Chief's phone number

54. What is it called when a state law that requires that an organization or entity adhere to risk management procedures, including mandatory training of volunteers?

- a. Insurance Requirement Law
- b. Licensure
- c. Risk Management Law

55. There is always immunity from personal liability.

- a. True
- b. False

56. In what type of situation does a police officer normally use their position to gain and maintain control over someone?

- a. Officer suicide
- b. Domestic Violence
- c. Arrests

57. According to NLEOMF, there are currently how many local, state and federal officers in the United States?

- a. 872,000
- b. 870,000
- c. 872.500

58. How the family is constructed determines one's values, the decision making patterns within the household.

- a. True
- b. False



59. How many phases of EMDR are there?

- a. 4
- b. 7
- c. 8

60. Suicidal people are hard to spot because there is usually no signs.

- a. True
- b. False

61. Sending an officer to an agency physiologist is usually all that is needed for officer counseling.

- a. True
- b. False

62. It is said that policing is a combination of mind numbing boredom and what?

- a. Mind blowing emotions
- b. Mind blowing insight
- c. Mind blowing terror

63. There are no exceptions to chaplain-officer confidentiality.

- a. True
- b. False

64. The National Police Foundation Statistics indicate that \_\_\_\_\_ percentage of every 100,000 officers commits suicide?

- a. 25%
- b. 22%
- c. 31%

65. It is important that there is a difference between employee discipline and employee \_\_\_\_\_?

- a. Punishment
- b. Reaction
- c. Effort

66. It is common for fellow police officers to cover up a domestic dispute involving a fellow officer.

- a. True
- b. False

67. A chaplain must not \_\_\_\_\_ or place themselves on a \_\_\_\_\_ to an officer when riding with them.

68. What is the 4 letter word for commitment?

- a. Help
- b. Time
- c. Need

69. What are the three basic communications styles?

- 1.
- 2.
- 3.

70. A Chaplains role is both \_\_\_\_\_ and \_\_\_\_\_.

71. Law Enforcement officers work in a \_\_\_\_\_, \_\_\_\_\_ institution.

72. It is ok for the chaplain to offer his opinion during department politics.

- a. True
- b. False

73. When a chaplain is given a task that he has no training for, the chaplain must see it through, no matter what.

- a. True
- b. False

74. Officers are trained to be action oriented.

- a. True
- b. False

75. All Chaplains should let the officer introduce them before preparing to assist on any type of call.

- a. True
- b. False

76. A chaplain should always carry a weapon in case he needs to protect the officer.

- a. True
- b. False

77. Prolonged stress causes people to:

- a. Regress
- b. Panic
- c. Attack

78. Chronic stress numbs people's \_\_\_\_\_.

79. There are things that a chaplain will have to prove before the officers will accept them as one of their own. What is the most important?

- a. Honesty
- b. Trustworthiness
- c. Competence

80. A chaplain may act in an unethical way depending on the type of call he is assisting with.

- a. True
- b. False

81. The state at which an individual or group experiences or is at risk of experiencing a disturbance in the belief or value system that provides strength, hope, and meaning to life is called:

- a. Mental Distress
- b. Emotional Distress
- c. Spiritual Distress

82. It's ok to tell an officer of your experiences during officer counseling.

- a. True
- b. False

83. The typical officer who commits suicide is a white male of what age?

- a. 25
- b. 35
- c. 30

84. It is important for a chaplain to be in uniform.

- a. True
- b. False

85. It is up to the department to make sure dispatch has the chaplain's duty roster.

- a. True
- b. False

86. There are never exceptions to a chaplain's code of ethics.

- a. True
- b. False

87. The chaplain is considered the scene commander during a death notification.

- a. True
- b. False

88. If the chaplain is assisting an officer on the street and the chief advised the chaplain to disregard the protocol instructed to him, the chaplain should follow the officer's protocol because he is the scene commander.

- a. True
- b. False

89. A chaplain should always keep a monthly report of his activities.

- a. True
- b. False

90. When a chaplain is called to a scene, he should always notify the uniformed officer before he makes contact with the victims.

- a. True
- b. False

91. It is ok for the chaplain to bypass public prayer if there are persons of different cultures.

- a. True
- b. False

92. Depression always shows the weakness in a person.

- a. True
- b. False

93. Your tone of voice will make the difference in how someone reacts to counseling.

- a. True
- b. False

94. A chaplain should wait at least 2 hours before notifying officers that there has been a line of duty death within the department.

- a. True
- b. False

95. Once the death notification has taken place, it is alright for the chaplain to leave the family to have time alone.

- a. True
- b. False

96 - 100. In your own words, explain what you think the most important role is for a Law Enforcement chaplain and why.