Mindful Continuing Education

Understanding Grief And Loss

1. All of the following are common symptoms of grief except for one. Please identify the one symptom that does not fit.

A. Numb or shocked feeling
B. Substance use
C. Crying
D. Anger

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2. Which of the following is the definition of complicated grief?

A. Grief that is expected to occur.
B. A loss that prompts unexpected grief. This grief cannot be planned for in advance. The unexpected loss typically overpowers the coping skills that a person had prior and therefore makes it very difficult for them to cope with the experience.
C. Grief that occurs when a person does not transition through the grief cycle as anticipated or expected. Their grief is prolonged and significantly impacts the individual's functional abilities.
D. Grief that, while not expected, does not cause significant functional limitations and can be coped with.

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3. Which of the following is a form of therapy most supportive for complicated grief?

A. CBT - Cognitive Behavioral Therapy
B. DBT - Dialectical Behavioral Therapy
C. EMDR - Eye Movement Desensitization Reprocessing
D. CGT - Complicated Grief Treatment

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4. Three of the following grief strategies are not helpful or healthy. Please identify the most helpful/healthy strategy.

A. Focusing on what cannot be changed about grief
B. Staying busy so that the grief process can be delayed until the griever is ready
C. Attending therapy
D. Avoiding sadness and becoming upset as a means to reduce stress

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5. Kubler-Ross' book 'On Death and Dying' identified which grief theory?

A. Five stages of grief
B. Four tasks of mourning
C. Six R process of mourning

D. Four phases of grief

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6. The Continuing Bonds model on grief focuses on what after loss occurs.

A. It focuses on accepting the reality of the loss
B. It focuses on the relationships that change through the loss instead of mourning or “getting over” the loss.
C. It focuses on the identities of the person who experienced loss and ways to re-create meaning after loss.
D. It focuses on recognizing the loss, reacting to the separation, and recollecting yourself after loss.

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7. Complicated grief treatment (CGT) focuses on what?

A. The way that thinking impacts behavior after grief
B. Emotional regulation skills
C. Processing the intese trauma that prompted the loss
D. Psychoeducation, emotional regulation, and re-identifying meaning after loss.

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8. Eye Movement Desensitization Reprocessing (EMDR) measures client response to trauma in which method?

A. Subjective units of distress (SUDS)
B. Patient Health Questionnaire 9 (PHQ9)
C. Various different cognitive assessments
D. The use of a 1 (highly traumatized) -5 (not traumatized at all) Trauma scale

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9. All of the following questions should be asked when assessing the cultural implications on grief except for one. Identify the one inappropriate question.

A. What emotions are typically expressed during grieving in your family?
B. Is grief is expressed differently depending on gender or age in your family?
C. Do you have a plan to 'move on' after grief occurs? Or do you have a different kind of relationship with loss based on cultural values?
D. What are your family’s beliefs about death?

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10. Why is boundary setting essential in grief work for mental health professionals?

A. It ensures the therapist is responsible for how well the patient does in treatment
B. Boundaries serve as a buffer to ensure that professionals are not emotionally triggered greatly by the work they are doing
C. It helps the patient define what is and is not acceptable in treatment
D. It prevents the patient from resenting the therapist

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11. One risk that mental health professionals face if they do not manage personal grief is that they:

A. Might be compelled to engage in self-disclosure
B. May unintentionally cross therapeutic boundaries
C. Might work excessively to avoid feelings
D. Might be ineffective in helping clients process their own grief

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12. A stress reaction to secondary stress or trauma that clinicians woking with grieving clients may face is:

A. Empathic disruption
B. Sympathetic exhaustion
C. Clinical weariness
D. Compassion fatigue

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