

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

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.

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

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

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

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.

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

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

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

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 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?

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

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

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

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

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