

# 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 Descensitization 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 intense 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. Subsequent 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 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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