

# 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 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. 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 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 working with grieving clients may face is:**

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