

Psych CE

Navigating Grief and Loss: Evidence-Based Strategies for Psychologists

1. Which of the following is NOT a type of grief described in the course?

- A. Normal grief
- B. Unresolved grief
- C. Disenfranchised grief
- D. Anticipatory grief

2. Anticipatory grief typically occurs in what context?

- A. Divorce proceedings
- B. Sudden accidental death
- C. Terminal illness
- D. Graduation ceremonies

3. Prolonged Grief Disorder (PGD) must last how long in adults to be diagnosed?

- A. 3 months
- B. 6 months
- C. 18 months
- D. 12 months

4. Which therapy was specifically designed for complicated grief?

- A. Cognitive Behavioral Therapy
- B. Complicated Grief Therapy
- C. Narrative Therapy
- D. Gestalt Therapy

5. Disenfranchised grief is characterized by which of the following?

- A. Excessive crying
- B. Socially unrecognized mourning
- C. Memory loss
- D. Physical exhaustion

6. What tool assesses symptoms specific to Prolonged Grief Disorder?

- A. ICG
- B. TGI-SR
- C. BRI
- D. PG-13

7. Which age group often views death as reversible due to magical thinking?

- A. 3 to 6 years
- B. 6 to 9 years
- C. 9 to 12 years
- D. Teenagers

8. Narrative therapy in grief work primarily focuses on:

- A. Processing trauma
- B. Reframing identity
- C. Rewriting personal narratives
- D. Emotional suppression

9. ACT therapy encourages clients to:

- A. Avoid grief completely
- B. Embrace values despite pain
- C. Suppress emotional responses
- D. Forget the deceased

10. Which of the following is true of ambiguous loss?

- A. It always results in PTSD
- B. It offers closure
- C. It lacks resolution
- D. It is culturally irrelevant

11. In grief work, cultural humility includes:

- A. Diagnosing clients quickly
- B. Assuming universal grief stages
- C. Avoiding emotional content
- D. Acknowledging cultural expressions

12. Which comorbid condition is most commonly associated with Prolonged Grief Disorder?

- A. Anxiety
- B. Depression
- C. ADHD
- D. Bipolar disorder

13. A key principle in trauma-informed grief therapy is:

- A. Ensuring physical and emotional safety
- B. Focusing only on medication
- C. Minimizing client stories
- D. Rigid treatment plans

14. Compassion fatigue in grief work refers to:

- A. Burnout from organizational issues
- B. Emotional strain from exposure to grief
- C. Happiness for client recovery
- D. Loss of memory

15. Which group is at high risk for disenfranchised grief due to societal stigma?

- A. Teachers
- B. Children under 5
- C. Scientists
- D. LGBTQ+ individuals

16. Reminiscence therapy is especially helpful for which population?

- A. Teenagers
- B. Adults in midlife
- C. Older adults
- D. Children 3-6

17. CBT-based grief therapy may involve:

- A. Medication management
- B. Psychoeducation and exposure
- C. Avoidance of painful memories
- D. Eliminating grief responses

18. Intergenerational grief often emerges in the context of:

- A. Migration and systemic oppression
- B. Age-related decline
- C. Romantic relationships
- D. Economic disparity

19. Vicarious grief is best described as:

- A. Client's denial of grief
- B. Client's hallucinations
- C. Failure to diagnose PGD
- D. Therapist's grief for client's loss

20. What model encourages oscillation between loss-oriented and restoration-oriented tasks?

- A. Restoration Model
- B. Dual Process Model
- C. Grief Phase Model
- D. Continuing Bonds Theory

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