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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