

# 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
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**2. Anticipatory grief typically occurs in what context?**

- A. Divorce proceedings
  - B. Sudden accidental death
  - C. Terminal illness
  - D. Graduation ceremonies
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**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
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**4. Which therapy was specifically designed for complicated grief?**

- A. Cognitive Behavioral Therapy
  - B. Complicated Grief Therapy
  - C. Narrative Therapy
  - D. Gestalt Therapy
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**5. Disenfranchised grief is characterized by which of the following?**

- A. Excessive crying
  - B. Socially unrecognized mourning
  - C. Memory loss
  - D. Physical exhaustion
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**6. What tool assesses symptoms specific to Prolonged Grief Disorder?**

- A. ICG
  - B. TGI-SR
  - C. BRI
  - D. PG-13
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**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
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**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
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**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
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**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
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**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
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**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
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**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
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**16. Reminiscence therapy is especially helpful for which population?**

- A. Teenagers
  - B. Adults in midlife
  - C. Older adults
  - D. Children 3-6
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**17. CBT-based grief therapy may involve:**

- A. Medication management
  - B. Psychoeducation and exposure
  - C. Avoidance of painful memories
  - D. Eliminating grief responses
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**18. Intergenerational grief often emerges in the context of:**

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