

GC 550 - Grieving Children

Exam Instructions

Thank you for enrolling into GC 550 - Grieving Children. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

If you have any questions, please contact us at: info@aihcp.org

Full Name:

Email:

AH Number:

1. What is a potential danger in using certain euphemisms with children (of age 5 & under) regarding death?

- A) Children will learn to speak of death only in philosophical abstractions
- B) Even everyday/routine separations (parent going to work, sibling going to a friend's house, etc.) may be experienced as permanent loss
- C) All of the above

2. 'Magical thinking' is where children see other people as the focus and center of things.

- A) True
- B) False

3. There is reason to be highly skeptical that children younger than 2 years of age will experience any sense of someone's absence.

- A) True
- B) False

4. It is a possibility that even small children's understanding of death can be improved by 'seeing' death, for instance, by allowing them to view the body of the deceased.

- A) True
- B) False

5. There is a gradual realization that death is irreversible at which age range?
- A) 3-5
 - B) 5-10
 - C) 10-12
6. At age 8, or even 7, children may be able to sense in/justice concerning death events.
- A) True
 - B) False
7. The _____ and _____ of death begin to loom in the minds of children aged 10 through adolescence.
- A) universality; inevitability
 - B) universality; preventability
 - C) originality; potentiality
8. Adults hiding death from children is a global and universal phenomenon.
- A) True
 - B) False
9. The author asserts that frank conversations with children of death's reality is on the rise in world cultures, along with how such transparency by adults can produce positive outcomes for children.
- A) True
 - B) False
10. One commonality children share with adults concerning grief is that children grieve
- A) uniformly
 - B) diversely
 - C) none of the above
11. When older children are told news of a loved one's death and they do not respond in a calm, tearless manner, professional help is warranted.
- A) True
 - B) False
12. Anxiety manifests in aggrieved children in a fairly uniform manner due to how grief is a universal phenomenon.
- A) True
 - B) False

- 13.** Possibility exists that some children may become _____ following a sudden and dramatic death of someone in their life.
- A) jumpy
 - B) hypersensitive
 - C) all of the above
 - D) none of the above
- 14.** "If we talk about the death then another accident might happen!" is an example of
- A) magical thinking
 - B) metaphorical thinking
 - C) analytical thinking
- 15.** Some researchers suggest that traumatic impressions may be absorbed and stored by pre-lingual children to only be verbalized, or externalized, later in life.
- A) True
 - B) False
- 16.** Per Dyregrov, disturbing recollection (of past trauma, deaths) may be strongest
- A) in the mornings when the mind is clearest
 - B) in quiet places when the mind is most relaxed
 - C) in the evenings, prior to bedtime
- 17.** Which of the following is not a stated behavior of children longing for the deceased person?
- A) Identification with the deceased
 - B) Preoccupation with associated memories
 - C) Putting hands over ears at the mention of the decedent's name
- 18.** 'Transition objects' are
- A) an absolute must to give reality to the death
 - B) important as relieving some of the grief pain
 - C) none of the above
- 19.** One sign of complicated grief reaction in children is if they are seen to create and maintain strong fantasies about the deceased, almost as if the dead person is residing inside of them.
- A) True
 - B) False

20. A constructive manner of grieving for a child is to gradually have an inner representation of the deceased emerge in their psychical domain. For this to occur, adults in the bereaved child's life must leave the child alone to work the private narrative instead of speaking about the loss and lost person.

- A) True
- B) False

21. Sadness and depression in children often lead to

- A) decrease in activity
- B) increase in activity
- C) stagnation in activity

22. Children can experience secondary gains through adults' attention by presenting with symptoms of illness during grief times.

- A) True
- B) False

23. Regressive behavior manifests in

- A) very young children only
- B) older children only
- C) children of all ages

24. The phenomenon of 'accelerated maturity' in certain bereaved adolescents can

- A) make them lose interest in what their peers find valuable
- B) seek out older teens to befriend
- C) none of the above
- D) make them lose interest in what their peers find valuable and seek out older teens to befriend

25. Trauma and grief effects are too intertwined that it is not productive to perceive the two as distinct processes to work through.

- A) True
- B) False

26. Which type of death brings about the greatest consequences for a child?

- A) Older sibling
- B) Parent
- C) Younger sibling

27. Aggrieved children may manifest 'displaced feelings' via

- A) an unwarranted response to a situation of suffering unrelated to their personal loss

- B) an uncommonly strong emotional reaction to a movie or book dealing with issues of loss or death
- C) none of the above
- D) an unwarranted response to a situation of suffering unrelated to their personal loss and an uncommonly strong emotional reaction to a movie or book dealing with issues of loss or death

28. Statistically speaking, depression in childhood for children grieving over the death of a parent is not a prominent factor.

- A) True
- B) False

29. Some studies suspect that boys are more impacted than girls by the early remarriage of widowed fathers.

- A) True
- B) False

30. Children's healthy adaptation to the death of one parent is greatly impacted by the living parent's ability to provide positive parenting

- A) True
- B) False

31. Adolescents rushed into 'adult' roles upon parental death

- A) is unilaterally impeding of human development as grief is only compounded by 'unfair' roles of obligation.
- B) can be mutually supportive when the requested 'adult' roles are not over-emphasized upon the child.
- C) is unilaterally promoting of human development as an accentuated identity of responsibility and reliability is presumed in being placed in such 'adult' roles even during grief.

32. 'Survivor guilt' in a child bereaved of a sibling is believed to always be reflective of genuine selfless anguish.

- A) True
- B) False

33. Per the text, the death of a child's friend can be considered disenfranchised grief in some instances.

- A) True
- B) False

34. Some older children may actually have cross their minds that suicide is hereditary after experiencing a death in the family via completed suicide.

- A) True

B) False

35. Bereaved parents, in telling their children, may

- A) put a 'spin' on how a family member died when it was a completed suicide
- B) always convey the stark truth about the suicide
- C) outright demand that they (children) deny what they saw
- D) put a 'spin' on how a family member died when it was a completed suicide and outright demand that they (children) deny what they saw
- E) always convey the stark truth about the suicide and outright demand that they (children) deny what they saw

36. Asserted signs of suicide risk in children can overlap with symptoms of grief, such as

- A) sleep pattern changes
- B) social withdrawal
- C) altered appetite/eating patterns
- D) all of the above
- E) sleep pattern changes and altered appetite/eating patterns

37. Adults' silence concerning death events can be a calming factor for grieving children.

- A) True
- B) False

38. It is thought that preschool children are particularly vulnerable for various reasons including the lack of capacity for _____ compared to older children.

- A) intense sadness
- B) fantasy
- C) none of the above

39. It is observed that the acts of denial or suppression decrease with age in children.

- A) True
- B) False

40. In adolescence, shame may be felt in grief as parental death can be perceived as a

- A) stigma
- B) a fact to be hidden
- C) all of the above

- 41.** Dyregrov posits that _____ and _____ greatly function to assist children in 'mastering' what has occurred in their lives (as a result of an important death).
- A) maturity / age
 - B) introspection / socialization
 - C) verbal dexterity / physical health
- 42.** Perceived helplessness is an aspect confounding some children's cogitative process in situations of others' expected deaths.
- A) True
 - B) False
- 43.** How a child has learned to attach to others generally does not interfere with grief reactions.
- A) True
 - B) False
- 44.** Which of the following is most essential in supporting bereaved children?
- A) The size of the supportive network
 - B) Child's knowledge of human grief
 - C) The available emotional climate
- 45.** The pathways of grief in children, as in adults, are less than straightforward as natural dispositions (personality, temperament, etc.) must be accounted for.
- A) True
 - B) False
- 46.** It can be said a direct correlation may exist between the dimensions with which children may struggle over an extended period of time and the aspects of children's grief that surrounding adults neglect to recognize and/or address.
- A) True
 - B) False
- 47.** Per study findings from Dyregrov et al. (1994), boys, comparative to girls, were associated with
- A) greater translation of emotions into words
 - B) more frequently mentioning the loss at home with family
 - C) having a smaller circle of social support to access
- 48.** It is seen that women, who experienced childhood bereavement, would eventuate with lower occurrence of depression or PTSD given their general tendency to more frequently process internal grief in explicit ways.
- A) True

B) False

49. Per Dyregrov, when should parents be particularly attentive to their grieving male children?

- A) When the child avoids conversing on the loss
- B) When the child withdraws from routine activities
- C) None of the above

50. Practitioners of grief counseling seem to attribute girls' strong grief reactions to

- A) how girls are more sensitive to stress in family
- B) how girls are more concerned about family members
- C) how girls perceive more responsibility within the family
- D) all of the above
- E) how girls are more sensitive to stress in family and how girls are more concerned about family members

51. For grieving parents to healthily self-care is supposedly the most imperative manner through they may help their aggrieved children.

- A) True
- B) False

52. Conveying news of a death to a child is advised to be done by _____ in _____.

- A) an adult who is emotionally close to the child; whatever setting they find themselves
- B) an adult who is emotionally close to the child; a setting chosen with care and thoughtfulness
- C) an adult who is emotionally close to the child; a way that includes much detail though some of it might not yet be totally verified

53. How may rituals be useful to griever?

- A) they counter fantasies
- B) they serve as symbolic expressions of internal grief
- C) they can be vehicles of saying farewell
- D) all of the above

54. Some adults' impetus for being hesitant to include children in funerals and other rituals after loss is based on their own childhood experiences with similar plights.

- A) True
- B) False

55. It is best to allow a bereaved child to encounter and attend funerals, including viewing the dead body, by him/herself in order to foster privacy and minimization of social influence.

- A) True
- B) False

56. Giving concrete suggestions to a child on how he/she might want to 'say' goodbye at the funeral is a useful idea.

- A) True
- B) False

57. Photographs or video footage of the funeral and the deceased lying in state is morbid and not recommended as a possible provision to grieving children.

- A) True
- B) False

58. It is posited that sudden deaths, in particular, are situations where viewing the dead body may be important to griever, children and adults alike.

- A) True
- B) False

59. Given the concept of multiculturalism, Dyregrov suggests that our position and rationale of permitting children to participate in funeral rituals should never be conveyed out of total respect for those whose cultural background dictates children be excluded from such events.

- A) True
- B) False

60. It is best to wait until a person is exhibiting observable signs of severe decline or active dying to be completely frank with children on expected outcomes of the sick person.

- A) True
- B) False

61. Per the text, when adults 'hide' grief emotions from the children, the children, at times, can be driven to behave in covert ways regarding their own grief-related emotions and desires (e.g., wanting to look at photos of the deceased).

- A) True
- B) False

62. It may be generally true that

- A) children have a shorter sadness span
- B) adolescents prefer lengthy conversations about death
- C) research indicates parents are inclined to overestimate the impact critical incidents can have for

children

- D) children have a shorter sadness span and research indicates parents are inclined to overestimate the impact critical incidents can have for children

63. How can 'play' assist the bereaved child?

- A) playing shows his/her parents that grief is not too harsh for the child
- B) play can aid in fostering a sense of coherence in the child
- C) all of the above

64. What sort of play engaged by a bereaved child should alert the watching adult to perhaps seek professional consultation?

- A) fluid and flowing
- B) repetitive and rigid
- C) none of the above

65. A useful gauge for a child's grief is his/her interest in visiting the gravesite.

- A) True
- B) False

66. It is a useful rule of thumb that children remain with their bereaved parents, if at all possible, based on a rationale founded upon assumed heightened sensitivity in children to additional separations during such times.

- A) True
- B) False

67. A(n) _____ conversational method or style may better foster long-term coping in children.

- A) elaborative
- B) concise
- C) nuanced

68. Children's self-regulation of emotions is learned largely by

- A) reading children's grief books
- B) socialization in play groups or school
- C) dependent relations with stable, psycho-socially healthy adults

69. A suggested question for a child to consider towards structuring inner thoughts and feelings is: How did (the deceased) influence you as a person?

- A) True
- B) False

- 70.** Preparatory training for teachers and staff in schools regarding handling death issues with attending children is morbid and so should only be done upon news of a critical incident.
- A) True
 - B) False
- 71.** Which of the following statements are valid per the text?
- A) both parents and teachers are encouraged to be the ones to converse directly with the children regarding the loss event
 - B) both parents and teachers have tendencies to avoid the loss subject altogether perceiving that it will pain the children more if brought up
 - C) self-care is more important for parents by virtue of their role in the life of the children
 - D) all of the above
 - E) both parents and teachers are encouraged to be the ones to converse directly with the children regarding the loss event and both parents and teachers have tendencies to avoid the loss subject altogether perceiving that it will pain the children more if brought up
- 72.** For a child who is terminally ill, it is possible that the school setting is considered a place where he/she can feel particular control and accomplishment.
- A) True
 - B) False
- 73.** It is posited that discussions with a classroom of children of a classmate's serious illness will be overwhelming and so ought not to be conducted.
- A) True
 - B) False
- 74.** Which teacher is best to participate with a family in preparing a bereaved child's transition back to school?
- A) the teacher the child spends most time with in school
 - B) the teacher the child seems to most trust
- 75.** There is evidence of a relationship between a school's handling of a crisis event and students' report of post-traumatic complaints.
- A) True
 - B) False
- 76.** It is useful for the bereaved child to be given classroom attention, even without asking that child of his/her preparation, as verbalization of internal grief and having an audience for grief are highly important elements towards healing.
- A) True
 - B) False

77. 'Classroom meeting' concerning a death is prescribed to follow the structure of introduction, facts, thoughts, reactions, information, and end. Which structured component includes the announcing of ground rules for the group that is gathered for the meeting?

- A) thoughts
- B) information
- C) introduction

78. A question such as, "What was it like for you after finding out about the incident?," posed by the meeting leader to the children is highly appropriate in which structured component?

- A) end
- B) reactions
- C) introduction

79. Which cluster of structured phases typically ends up being the most time consuming?

- A) introduction and end
- B) information and facts
- C) thoughts and reactions

80. Which are examples of 'soft' methods to be exercised with bereaved children?

- A) writing stories of select pictures
- B) painting
- C) organized play
- D) dramatic play
- E) all of the above
- F) none of the above

81. An outcome of 'soft' methods exercises by children is that such activities can help integrate their thoughts and feelings about the loss event.

- A) True
- B) False

82. After a classmate's death, rearranging desk formation in the classroom or removing the empty desk from the room sooner than later is recommended in order to foster a regaining of routine and normality for the children in class.

- A) True
- B) False

83. A child aggrieved by the death of an elderly grandparent who was terminally ill for a moderate to extended span of time is named among the incidences where early professional intervention for the child's is advised

- A) True
- B) False

84. Per the text, what is named as the core of therapy with young children?

- A) play
- B) school work
- C) none of the above

85. What therapy modes may be helpful for older children?

- A) dramatic play
- B) talking help
- C) all of the above
- D) none of the above

86. When a therapist works with an older child who has experienced a trauma, having them confront images or triggers of the loss event is not to be employed.

- A) True
- B) False

87. Regarding support groups for children, an extensive lapse of time from the critical incident date can potentially impede the help children may have acquired through group process.

- A) True
- B) False

88. A cautionary element to be mindful of regarding children's grief support groups is that some children may establish an altered identity around their grief experience.

- A) True
- B) False

89. Which are reasons that an aggrieved child may warrant professional consultation?

- A) development of phobic reactions
- B) harboring of internal guilt
- C) verbalizing the sequence of events of the witnessed incident
- D) development of phobic reactions and verbalizing the sequence of events of the witnessed incident
- E) development of phobic reactions and harboring of internal guilt

90. Which structured component involves the meeting leader to dispense suggestions with which children can engage in to get a 'better grip' on the incident that occurred?

- A) information
- B) end
- C) facts

91. Following a classroom meeting (processing through the structured components), children typically find it difficult to return to school tasks.

- A) True
- B) False

92. Inviting external informants/speakers (police officers, etc.) as part of the 'facts' structured component is discouraged as such personnel can further deepen the children's shock

- A) True
- B) False

93. When a school personnel (teacher, etc.) is the one having to convey news to a child of a death such communication ought to be delivered at the end of the school day so as to not disturb the child's sense of flow to the day.

- A) True
- B) False

94. Psychosomatic symptoms (complaints of bodily distress, pain) are not in the repertoire of grieving children.

- A) True
- B) False

95. It is possible that unaddressed trauma-effects can halt or stop the entire grieving process in children.

- A) True
- B) False

96. In giving time for cognitive mastery when working with children, it is important to provide lengthier conversations than shorter ones on grief issues.

- A) True
- B) False

97. How can a loss be made more real to children?

- A) refraining from grief talks
- B) maintaining physical belongings of the decedent

C) none of the above

98. A good way to stimulate a child's emotional coping may be to establish continuity in the school or play group, or home.

A) True

B) False

99. As bereavement professionals, we must unswervingly tend to grieving children regardless of our personal childhood fears of separation and loss.

A) True

B) False

100. As a supportive peer professional, it is OK to sometimes use aphorisms (e.g., "It could've been worse," "Time heals all wounds," etc.) as it contains a morsel of truth.

A) True

B) False

