

# GC 675 - Research & Clinical Practice in Grief

## Exam Instructions

**Thank you for enrolling into GC 675 - Research & Clinical Practice in Grief. 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.

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**1. Which of the following statements is TRUE about bereavement?**

- A) The line between health and illness is often blurred during bereavement.
- B) It has been shown that during bereavement most people show no signs of physical disturbance.
- C) Most people do not suffer anything during grief.

**2. Bereavement is such a painful stressor that it could lead to a wide range of psychiatric disorders.**

- A) True
- B) False

**3. Lindeman's studies on acute grief were not backed up by sufficient quantitative research.**

- A) True
- B) False

**4. Which of the following assumptions did Lindeman's clinical works put forth?**

- 1. Grief is a short term reaction to loss
- 2. Grievers tend to repress their grief.
- 3. Grievers need help in expressing their grief.
- 4. All grief is complicate

- A) 1 and 2 only
- B) 4 only
- C) 2 and 3 only

D) 1, 2, 3, 4

**5.** In Strobe and Shutt's Dual Process Model, what is meant by "continuing bonds?"

- A) Grief never goes away
- B) Our lost loved one lives on in memory.
- C) Most people cannot give up their attachment to their loved one without clinical help.
- D) When a loved one dies we go into an immediate state of denial.

**6.** According to Neimeyer, what is a self narrative?

- 1. It is the life story that is distinctly our own that we create from our social context.
- 2. It is the grief therapist's version of the meaning of the death which emerges in counseling sessions.
- 3. It is the overarching cognitive/affective/behavioral structure that organizes and consolidates our self understanding after loss.
- 4. It is usually a self deceptive story that emerges about our relationship with the loved one to protect our egos.

- A) 2 and 4 only
- B) 1 only
- C) 4 only
- D) 1 and 3 only

**7.** Our self narrative is so solid it is seldom shaken during loss.

- A) True
- B) False

**8.** Evidence suggests that a crisis of meaning is especially acute in suicide, homicide and accident deaths.

- A) True
- B) False

**9.** The Tripartite Model used in meaning reconstruction is especially effective on what kind of loss?

- A) Loss of a child
- B) Loss of a parent
- C) Loss by suicide
- D) Multiple losses

**10.** The "Body of Trust" technique used in the TMSB model is a way to \_\_\_\_\_ and interpret the \_\_\_\_\_ experiences of the bereaved due to suicide loss.

- A) Externalize/internalized
- B) Internalize/externalized
- C) Forget/painful

D) Remember/good

**11.** Recent research has indicated that the Dual Process Model, with its emphasis on oscillation strategies during bereavement, has led to more positive outcomes than the "Grief Work" model.

A) True

B) False

**12.** Those grieverers with an anxious ambivalent preoccupation attachment are likely to do what when it comes to grief therapy?

A) a. Avoid it, thereby avoiding more anxiety.

B) b. Have doubts about its efficacy throughout therapy.

C) c. Seek it out as a means to express their emotion and grief.

D) d. None of the above.

**13.** Anxiously attached grieverers tend to avoid thoughts of the deceased, while avoidably attached grieverers tend to ruminate about the deceased.

A) True

B) False

**14.** Continuing bonds may carry on through identification with the deceased's values and ideals as a source of inspiration.

A) True

B) False

**15.** Which of the following statements is TRUE about securely attached bereaved individuals?

A) They show no advantage in the process of grief.

B) They do not need grief support.

C) They have a greater capacity to reorganize their relationship with the deceased.

D) They have a tendency to bond securely to the deceased's possessions and mannerisms.

**16.** Successful mourning requires not only seeing what was actually lost, but also realizing what was hoped for will never materialize because of the death.

A) True

B) False

**17.** According to the Two Track Model, what should the grief practitioner do FIRST with the griever?

A) Check for psychotic behavior.

B) Explore positive and negative changes resulting from the loss.

C) Explain the two track model.

D) All of the above.

**18.** According to the Two Track Model, what takes place while the griever is working in the first track?

- A) A lot of crying.
- B) Funeral preparations that honor the deceased.
- C) A thorough assessment for complicated grief.
- D) An assessment of biopsychosocial functioning.

**19.** The concept of tasks as applied to grief counseling is derived from developmental psychology.

- A) True
- B) False

**20.** A problem in task theory is that it is rigid with an assumption of a sequential time trajectory.

- A) True
- B) False

**21.** According to Worden, understanding death on a cognitive level is not enough. It must also be recognized on an emotional level as well.

- A) True
- B) False

**22.** According to task based theory, adjusting to the world without the deceased is the final goal in grief recovery.

- A) True
- B) False

**23.** Which of the following statements is TRUE about the tasks that establish enduring bonds with the deceased?

- A) The more the griever leaves the belongings of the deceased around, the better the healing.
- B) All items belonging to the deceased should be disposed of immediately.
- C) In order to establish new attachments old attachments must be broken.
- D) None of the above.

**24.** According to the research of Corr, Nabe and Corr (2009), how is the concept of the "feminization of grief" defined?

- A) As a cognitive and active problem solving approach to grief resolution.
- B) As an emotional and social support seeking approach to grief resolution.
- C) As an angry and guilt laden approach to grief.
- D) None of the above.

- 25.** In the Corr, Nabe and Coor Model, grieving styles fall on a continuum from intuition to emotionalism.
- A) True
  - B) False
- 26.** The intuitive griever invests more energy into the affective domain, whereas the instrumental griever tends to invest energy into the cognitive domain.
- A) True
  - B) False
- 27.** A dissonant grieving style concentrates on what?
- A) The likenesses of most grieving styles.
  - B) The contradiction among two or more elements in the griever's mind.
  - C) The harmony of emotions that manifest across grieving styles.
  - D) None of the above.
- 28.** Instrumental grievers often best adapt to feeling, not so much by expressing emotion, as by denying it.
- A) True
  - B) False
- 29.** Which of the following instruments is an effective way to assess a client's grieving style?
- A) Grief Assessment Survey Instrument.
  - B) Grieving Styles Relational Survey.
  - C) Grief Pattern Inventory.
  - D) All of the above.
- 30.** Which of the following influences spousal grief?
- A) The nature of the death.
  - B) The care giver's duties prior to the loss.
  - C) The quality of the marital relationship
  - D) The quality of social support and the presence of acute stressors.
  - E) All of the above.
- 31.** Research has indicated that the death of a spouse is not universally distressing.
- A) True
  - B) False

**32.** Which of the following is an effective strategy in helping a bereaved spouse adjust to the world without his/her loved one?

- A) Ask: Were you there when your loved one died?
- B) Look at photos of the deceased.
- C) Ask: What do you need to learn or to get help with in order to make your life work now?
- D) Ask: Have you developed a spiritual bond with the deceased yet?

**33.** Bereaved parents are often faced with the complicated challenge of simultaneously relinquishing the parental role to the lost child, while continuing to function as a parent to remaining children.

- A) True
- B) False

**34.** Siblings may develop personality alterations after loss, but there is seldom post loss identity transformations.

- A) True
- B) False

**35.** In families where there is open communication and free expression of thoughts and feelings, bereaved siblings exhibit fewer behavioral problems.

- A) True
- B) False

**36.** Because children cannot always clearly articulate their feelings, they will say\_\_\_\_\_.

- A) "Leave me alone."
- B) "I don't belong."
- C) "I'm not enough."
- D) "I hurt inside."

**37.** Sibling loss is considered disenfranchised grief because it is not always recognized as significant a loss as other family members.

- A) True
- B) False

**38.** To be accepted into a Family Bereavement Program, you must have to suffer from severe complicated or traumatic grief.

- A) True
- B) False

- 39.** Which of the following is/are considered risk factor(s) for complicated grief?
- A) Personal psychology vulnerability, such as a history of mood disorders.
  - B) The circumstances of the death, such as suicide or murder.
  - C) Context in which the death occurs, such as insufficient social support.
  - D) All of the above.
  - E) None of the above.
- 40.** Complicated grief is also known as what?
- A) Disenfranchised grief (DG)
  - B) Prolonged Grief Disorder (PGD)
  - C) Hypertensive Bereavement (HB)
  - D) None of the above
- 41.** According to the research, what percentage of griever(s) suffer complicated grieving?
- A) 10%
  - B) 20%
  - C) 50%
  - D) 70%
- 42.** According to the Heuristic Model (CGT) psychological problems with loss arise when the griever cannot integrate the circumstances of the death.
- A) True
  - B) False
- 43.** According to Bowlby, acute mourning is a predictable and usually non-erratic process.
- A) True
  - B) False
- 44.** According to the Cognitive-Behavior Heuristic model of complicated grief, which of the following is true?
- 1. Grievers do not elaborate the reality of the loss sufficiently.
  - 2. Grievers suffer from persistent negative thinking
  - 3. Grievers are usually older and are women
  - 4. Grievers usually suffer from persistent feelings of intense yearning and preoccupation with the deceased
- A) 1 and 4 only
  - B) 1, 2, 4 only
  - C) 3 and 4 only
  - D) 1, 2, 3, 4,

- 45.** In a constructivist view of complicated grief which of the following does a griever do?
- A) The griever searches for meaning and finds no satisfying answer.
  - B) The griever searches for meaning but becomes angry and frustrated at the answer.
  - C) The griever searches for meaning and chooses the wrong one.
  - D) None of the above.
- 46.** Which of the following is a problem to be worked out in complicated grief therapy?
- A) Visualization
  - B) Narration
  - C) Motivation
  - D) Appraisal
- 47.** In Cognitive Behavior Treatment, a critical strategy is to gradually encourage the griever to confront the painful reality of the loss and to review the implications of it.
- A) True
  - B) False
- 48.** A griever suffering from complicated grief says to you, "Life has no meaning anymore and I'll never find meaning again." What would be an appropriate response?
- 1. How do you know you won't be able to re-engage meaningful activities?
  - 2. Don't you think you're very extreme about all this?
  - 3. You may be right, but that's the way it is in life?
  - 4. What's the effect when you continue to predict that you won't be able to do so?
- A) 1 and 2 only
  - B) 1 and 3 only
  - C) 1 and 4 only
  - D) 1, 2, 3,
- 49.** When using a constructivist approach to complicated grief, the griever, through retelling the narrative should be encouraged to relinquish the attachment to the deceased.
- A) True
  - B) False
- 50.** Rather than focusing attention on specific negative thought patterns, the constructivist therapist, in contrast to the cognitive behavioral therapist, does what?
- A) Concentrates on confronting the griever's negative thoughts.
  - B) Leads the griever into imaginative "as if" scenarios so as to envision new goals and roles.
  - C) Engage the griever in direct cognitive restructuring.
  - D) None of the above.



- 51.** If a loved one is physically absent but kept physically alive because the status of dead or alive is unclear, the griever has what?
- A) Normal grief
  - B) Chronic sorrow
  - C) Traumatic grief
  - D) Ambiguous grief
- 52.** Chronic sorrow is usually
- A) Ongoing
  - B) Disenfranchised
  - C) Unresolved
  - D) All of the above
- 53.** An example of when ambiguous grief and chronic sorrow overlap is in the case of what?
- A) Sudden death
  - B) Dementia
  - C) Child loss
  - D) All of the above
  - E) None of the above
- 54.** The clinical goal in dealing with ambiguous grief and chronic sorrow is to strengthen the griever's resiliency to live with and even embrace the ambiguity surrounding the loss and the new reality it creates.
- A) True
  - B) False
- 55.** Many ambiguous losses are disenfranchised in nature.
- A) True
  - B) False
- 56.** Of the following strategies, which help (s) in dealing with ambiguous grief?
1. Guide the griever in naming and validating the loss
  2. Guide the griever in realizing it is futile to hang on to hope.
  3. Guide the griever in finding meaning
  4. Guide the griever to revise attachment.
  5. Advise the griever to take medications.
- A) 1, 2, 3
  - B) 1, 3, 5
  - C) 1, 3, 4
  - D) 1, 2, 3, 4, 5

**57.** The telling of our attachment stories help us maintain psychological security, continuity and durability in the context of the past, present and the future.

- A) True
- B) False

**58.** The narrative of remembrance that is told after loss has no neurobiological circuitry.

- A) True
- B) False

**59.** Like the amputation of a limb, the death of a loved one is often experienced by \_\_\_\_\_

- A) Deep feelings of remembrance
- B) Cognitive dissonance
- C) Prolonged grief
- D) Phantom presence

**60.** The purpose of any psycho therapeutic intervention after violent death is to release fixated survivors from the maze of over identifying with their narrative re-enactment of the dying.

- A) True
- B) False

**61.** Which of the following is considered a unique stressor in disaster loss?

1. The suddenness of the disaster.
2. The period of waiting between the disaster and the finding of the body.
3. The constant rumination caused by worrying if the loved one suffered in the disaster.
4. Bereaved survivors are often survivors of the disaster themselves.

- A) 1 and 4 only
- B) 2, 3, 4 only
- C) 1, 3, 4 only
- D) 1, 2, 3 only

**62.** An effective strategy in dealing with disaster loss is to shield the bereaved from the lurid details of the event.

- A) True
- B) False

**63.** After 9/11, which of the following concerns and/or requests were voiced by the families who lost first responders in the terrorist attack.

1. Why were they sent in when the buildings could have collapsed?
2. Why weren't the buildings evacuated after the first hit?
3. Widows asked: How do I tell my young children Daddy isn't coming home?
4. Churches expressed: Is this the beginning of the end of the world?

- A) 1 and 2 only
- B) 1, 2, 3 only
- C) 3 only
- D) 3 and 4 only

**64.** Terrorist attacks engender less fear and sense of the disruption of the social disorder than do natural disasters.

- A) True
- B) False

**65.** Interventions for disaster related loss usually concentrate on \_\_\_\_\_ with at risk children and adolescents.

1. PTSD
2. Suicide
3. Depression
4. Anxiety Disorder

- A) 2 only
- B) 1, 3, 4
- C) 2, 3, 4
- D) 1 and 2 only

**66.** Relative to 9/11 children needed to experience positive emotions and activities much sooner than bereaved parents and other bereaved adults.

- A) True
- B) False

**67.** Because of their overwhelming grief and emotions, mothers who lost husbands in 9/11 were able to show extensive empathy for their children's needs.

- A) True
- B) False

**68.** Sveen and Wally's 2008 study on suicide bereavement concluded what?

1. It has not been established that there are any clear differences between suicide survivors and survivors of other modes of death.
2. The exposure to suicide elevates the risk of suicide in survivors.
3. There are significant differences in suicide bereavement and other modes of death.
4. Feelings of rejection, shame and stigma were evident in suicide bereavement.

- A) 1 and 2 only
- B) 1, 2, 3, 4
- C) 1, 2, 4 only
- D) 1 and 4 only

**69.** According to Jordan and McIntosh, there are a small but significant number of reactions and bereavement aspects particular to suicide.

- A) True
- B) False

**70.** Since not all suicides are the same, the impact on survivors is not always the same.

- A) True
- B) False

**71.** Which of the following phrases helps define "nonfinite loss?"

1. It is the result of the death of someone we don't know personally, but is important, eg. a movie star or politician.
2. It is akin to chronic sorrow because it is on going loss that often also dashes our hopes and dreams in the future.
3. It is a loss associated with roles that are considered socially significant; a loss of self; a loss of what life is supposed to be.
4. It is associated with a loss of control over our lives and/or loss of family and friends who move away.

- A) 1 only
- B) 3 and 4 only
- C) 4 only
- D) 2, 3, 4 only

**72.** Because non-finite loss is ongoing, there are no features of it that can lead to complicated grief.

- A) True
- B) False

**73.** How do Gay and lesbian youth usually experience grief?

- A) Through the loss of first partners.
- B) Through the loss of friends through suicide.
- C) Through social rejection.

D) Through aids related deaths.

**74.** The likelihood of mood and anxiety disorder among gays and lesbians is twice as high as heterosexual counterparts.

A) True

B) False

**75.** What is meant by "internalized homophobia?"

A) Secret bias toward homosexuals

B) Gay bashing in schools.

C) The need of gays and lesbians to absorb skewed depictions and reactions that exist toward them.

D) None of the above.

**76.** Qualitative and neuro biological research indicates that an understanding of one's full sexual identity does not come to later in life.

A) True

B) False

**77.** Because people choose to serve in the military and understand the inevitability of either seeing death or dying themselves, grief reactions are often limited and the impact of traumatic loss is mild.

A) True

B) False

**78.** The death of a comrade in arms often causes recurring distressing images and nightmares.

A) True

B) False

**79.** Which of the following is a consequence on the families of those suffering military deaths?

A) Intense feelings of deprivation.

B) Social withdrawal and isolation.

C) Deeper grief and anxiety.

D) All of the above.

**80.** Because the children of those in the military tend to be young, they are not likely to suffer from PTSD.

A) True

B) False

**81.** The death of a pet induces grief responses of comparable severity to the loss of human relationships.

- A) True
- B) False

**82.** If someone says, "It was just a dog," or "What's the big deal," it is an example of

- A) Continuing bonds
- B) Disenfranchised grief
- C) Chronic grief
- D) Meaningless grief

**83.** Which of the following types of families may need counseling support after the death of a close relatives?

1. Conflict resolving oriented families
2. Intermediate families
3. Sullen oriented families
4. Hostile type families

- A) 2, 3, 4
- B) 1, 3, 4
- C) 1, 2, 3
- D) 1, 2, 3, 4,

**84.** An important goal of family bereavement therapy is to make explicit the valued and meaningful connection among family members.

- A) True
- B) False

**85.** By engaging the family in collaborative narration and joint story telling, families begin the process of meaning and sense making.

- A) True
- B) False

**86.** By using expressive arts, the griever has the opportunity to put grief aside so that some moments of relief may be experienced.

- A) True
- B) False

**87.** The expressive arts help grievers

- A) Reveal the unspeakable
- B) See if they have talents in the arts.

- C) With a potent diversion.
- D) None of the above

**88.** Which of the following is an effective ritual in maintaining attachment to the deceased loved one?

- A) The funeral
- B) Writing letters to the deceased
- C) Visiting the grave
- D) All of the above

**89.** The study by Castle and Phillips (2003) indicated that ritual, although helpful in celebrating the bereaved, does little to positively impact bereavement.

- A) True
- B) False

**90.** What is a STUG?

- A) Special Techniques for Upsurges of Grief
- B) Subsequent Terrible and Ugly Grief
- C) Subsequent Temporary Upsurges of Grief
- D) Special Times of Urgent Grieving

**91.** The Hospice Model of grief support utilizes \_\_\_\_\_ and \_\_\_\_\_ to help grievers.

- A) Bereavement support groups/ educational programs
- B) Careful grief assessment instruments/ licensed psychologists
- C) Medication/ grief role playing
- D) Social support programs/ funeral directors

**92.** There is an ongoing debate in Hospice about pathologizing grief by including it in the DSM – V.

- A) True
- B) False

**93.** Grief cannot be experienced outside a cultural framework.

- A) True
- B) False

**94.** Culture and ethnicity determine how and how much emotional expression is appropriate to the group.

- A) True
- B) False

- 95.** Halifax's research (2008) describes five great territories of grief. They are:
- A) Shock, denial, anger, acceptance, relocation
  - B) Anger, anxiety, yearning, connection, reinvestment in life.
  - C) Loss of identity, loss of relationship, loss of place, loss of capacity, psychological weight experienced by the loss of loved ones.
  - D) Chronic grief, traumatic grief, disenfranchised grief, complicated grief, non-finite loss.
- 96.** The information on the internet should not be used to support griever's or legitimize their loss.
- A) True
  - B) False
- 97.** A series of losses in a person's life may interfere with their ability to make autonomous ethical end of life decisions.
- A) True
  - B) False
- 98.** According to the editors of your text, there is mounting evidence that if a mourner's grief remains disabling or preoccupying for more than 6 months to a year or more beyond death, an intervention is indicated.
- A) True
  - B) False
- 99.** Grief is located inside persons; it is not a process that unfolds between them.
- A) True
  - B) False
- 100.** Religion and spirituality help grievers because they believe
- 1. in a soul
  - 2. in an afterlife
  - 3. loss can be a gift
  - 4. it can facilitate compassion
- A) 1 and 2 only
  - B) 1, 2, 3 only
  - C) 2, 3, 4 only
  - D) 1, 2, 3, 4



