

GC 686 - Family Divorce Therapy

Exam Instructions

Thank you for enrolling into GC 686 - Family Divorce Therapy. 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. Going through a divorce is easier if you can avoid the Court process.

- A) True
- B) False

2. It is okay to see your lawyer as someone who can help you emotionally through the process.

- A) True
- B) False

3. "Blood is thicker than water" holds true when it comes to how relatives support their own during divorce and after.

- A) True
- B) False

4. Once you have filed for divorce, the following usually occurs:

- A) Things become better
- B) Things remain the same
- C) Things become worse

5. You should expect that the spouse will follow everything the Court demands of them.

- A) True

B) False

6. Most often, the best interest of the children involved is the main concern of the treating professionals?

A) True

B) False

7. In a "low conflict" divorce, grief is much less of an issue.

A) True

B) False

8. In divorce, you go through the same stages of grief as in any other loss.

A) True

B) False

9. Issues of grief and loss can include:

A) Loss of in-laws

B) Loss of time spent with children.

C) Both

10. "High conflict" divorce can lead to PTSD.

A) True

B) False

11. During the process, it can be helpful to use "Frame of reference", based on others experiences with divorce.

A) True

B) False

12. Purposeful forward action cannot take place without moving through difficult situations and feelings.

A) True

B) False

13. The bargaining stage of grief is what many people remain fixated on.

A) True

B) False

14. The best grief stage to be in is:

- A) Bargaining Stage
- B) Sadness Stage
- C) Neither

15. Acceptance means we are finally happy with our situation.

- A) True
- B) False

16. As the lawyer, rather than validate your client's feelings, it is more important to help them stick to their objectives.

- A) True
- B) False

17. A step towards reducing additional pain would be to leave everything up to the Courts.

- A) True
- B) False

18. The healthiest post divorce relationship is usually when

- A) The judicial system is involved
- B) Mediation is used
- C) The couple can decide together what is best

19. If there was abuse in the relationship, it will most likely lessen once the final details of the divorce are settled.

- A) True
- B) False

20. Ways to reduce wounding in a high conflict divorce include:

- A) Reasoning and bargaining with your ex
- B) Belief in the Court system
- C) Joining a Support Group

21. A divorce group facilitator needs to have personally experienced divorce in order to be effective.

- A) True
- B) False

- 22.** A judge may order mediation after the divorce has already been filed.
- A) True
 - B) False
- 23.** In both private and court ordered mediation, safety measures are put into place, if necessary, to protect both parties.
- A) True
 - B) False
- 24.** Regarding divorce, there are 4 types of abuse discussed in this book.
- A) True
 - B) False
- 25.** It is possible for older children and young adults to arrive at the stage of acceptance.
- A) True
 - B) False
- 26.** Divorce is no different than any other great loss.
- A) True
 - B) False
- 27.** In a Courtroom the Judge often takes into consideration immoral behaviors.
- A) True
 - B) False
- 28.** A high conflict marriage can cause more trauma for a child than divorce does.
- A) True
 - B) False
- 29.** Children go through their own stages of grief.
- A) True
 - B) False
- 30.** These stages differ from the Kubler-Ross model of grief that adults go through.
- A) True
 - B) False

- 31.** The biggest predictor of poor outcomes for children is
- A) Divorce
 - B) Parental Conflict
 - C) All of the above
- 32.** Occasionally, indulging in your anger towards your spouse in front of the child is okay.
- A) True
 - B) False
- 33.** When you speak to your children about the divorce, it should be done individually with each child.
- A) True
 - B) False
- 34.** When is the best time to tell a child about one parent moving out?
- A) 4 weeks prior
 - B) 2 weeks prior
 - C) When you feel it's the right time.
- 35.** The impact on infants after divorce can be
- A) Regressing in already learned skills
 - B) Becoming developmentally delayed
 - C) Neither
 - D) Both
- 36.** Which is most true of Toddlers?
- A) Routine is not that important
 - B) They will retain their milestone developments
 - C) Most require security objects
- 37.** Pre-Schoolers (3 to 5) engage in "Magical Thinking"
- A) True
 - B) False
- 38.** Regarding custody, infants and toddlers need equal time with both parents if possible.
- A) True
 - B) False

- 39.** For young children (6 to 9) Play therapy is the most effective form of therapy.
- A) True
 - B) False
- 40.** Which is true of upper elementary age children (9 to 12) after divorce?
- A) Boys are more likely to experience poor school performance
 - B) Girls are more likely to experience poor school performance
 - C) Both of these are true
- 41.** After divorce, teenagers (13 to 18)
- A) May want to leave the house as soon as possible
 - B) May choose to stay in the house longer than they would have.
 - C) Neither
 - D) Both
- 42.** For pre-school age children (4 to 5)
- A) Equal time with both parents is sufficient
 - B) They can tolerate frequent transitions
 - C) They need larger blocks of time with each parent.
- 43.** Which is LEAST true of school age children (6 to 12)?
- A) They learn how to resolve conflicts by observing others.
 - B) They are fairly flexible.
 - C) They do best when they have a schedule.
- 44.** Adolescents (13 to 18)
- A) Can become very manipulative if parents are not consistent.
 - B) Should spend an equal amount of time with both parents, regardless of who has custody
 - C) Should make their own choice about which household they live in
- 45.** You should continue to reach out to your co-parent even if they refuse to speak to you.
- A) True
 - B) False

46. If your co-parent refuses to see the children you should still cast that parent in a good light.

- A) True
- B) False

47. Over the years it is helpful to have many conversations about the divorce with your child.

- A) True
- B) False

48. Divorce can be an excellent teaching opportunity for learning resiliency even without parental guidance.

- A) True
- B) False

49. Exchanges are easiest when the child is at school, daycare or other activities.

- A) True
- B) False

50. Emotional reactions can best be avoided if co-parents can look at themselves as "business partners".

- A) True
- B) False

51. It isn't necessary to seek counseling for your children at the first signs of regression or behavioral changes - give it some time.

- A) True
- B) False

52. The majority of divorced men and women re-marry after

- A) 2 years
- B) 5 years
- C) 8 years

53. Should you begin dating again, physical signs of affections such as holding hands in front of your children is perfectly acceptable.

- A) True
- B) False

54. When dating, it is best for you and your new partner to tell your children about the relationship together.

- A) True
- B) False

55. In your new relationship it is okay for the new partner to

- A) Help with disciplining your children
- B) Help you set household rules
- C) Neither of the above

56. "Healthy Children of Divorce in 10 Simple Steps"

Children of divorce have significantly more issues than children from non-divorced homes.

- A) True
- B) False

57. It is possible to protect your child from the negative impact of divorce.

- A) True
- B) False

58. Focusing on the future can relieve your anxiety.

- A) True
- B) False

59. Moving forward is the best thing you can do for your children.

- A) True
- B) False

60. It is best for your children if you

- A) Talk about your co-parent directly with your children.
- B) Teach your child skills to deal with the co-parent directly
- C) Both

61. When your child returns from a visit with your co-parent, you should question them about whether anything negative happened.

- A) True
- B) False

- 62.** Children can learn to separate themselves from their parents in a divorce.
- A) True
 - B) False
- 63.** Children have a higher rate of blaming themselves for the divorce when the marriage was a low conflict one.
- A) True
 - B) False
- 64.** It is crucial for children to hear you say something positive about the other parent.
- A) True
 - B) False
- 65.** Children want and need their parents to show respect to one another.
- A) True
 - B) False
- 66.** Being extra nice to your co-parent actually helps your situation.
- A) True
 - B) False
- 67.** If someone was a bad partner it is likely they were also a bad parent.
- A) True
 - B) False
- 68.** You should choose to allow your child to see their co-parent
- A) Only if it is safe
 - B) Only when they ask to
 - C) Only when it makes them happy
- 69.** Going through this process, it is unusual to feel sad one day, angry the next, then happy.
- A) True
 - B) False
- 70.** It is possible to be stuck in one of the grief stages, and for your children to be stuck there also.
- A) True
 - B) False

- 71.** It is possible to make a choice to get “unstuck”
- A) True
 - B) False
- 72.** In order to move forward you must be able to forgive and forget.
- A) True
 - B) False
- 73.** Resuming dating is second to conflict as a risk factor for your children.
- A) True
 - B) False
- 74.** When resuming dating, finding a good person for yourself does not necessarily mean you have found a good person for your children.
- A) True
 - B) False
- 75.** It is not ideal for the children for you to begin dating within the first year of your separation/divorce.
- A) True
 - B) False
- 76.** It is best to not introduce your children to your dating partner for at least
- A) One month
 - B) Three months
 - C) A year
- 77.** First and foremost, you must take care of yourself post-divorce. If you can't do this for yourself, you can't do it for your children
- A) True
 - B) False
- 78.** Do not tell your children about the divorce until you are absolutely positive it is going to happen.
- A) True
 - B) False
- 79.** When telling your children, it is best to
- A) Be totally honest with them

B) Be Honest to a point

80. It's okay to cry when telling your children of your decision to divorce.

- A) Yes
- B) Not if it's excessive
- C) You may need to take a time out.
- D) All of the above.

81. It is best, if possible, to take turns with your spouse while explaining this to the children.

- A) True
- B) False

82. It is not necessary to tell your children anything certain about what will happen post divorce.

- A) True
- B) False

83. It's okay to let the children make a decision about the time they will spend with each parent.

- A) True
- B) False

84. 84. It is possible to come up with a perfect parenting plan for all involved.

- A) True
- B) False

85. It's a good idea to make a calendar outlining exactly when the child will be with which parent.

- A) True
- B) False

86. If you cannot see your co-parent without becoming emotionally upset, all police stations will allow the exchange to take place there.

- A) True
- B) False

87. In a high conflict divorce, to keep boundaries intact, emailing and texting your co-parent is preferable to having a telephone conversation with them.

- A) True
- B) False

- 88.** 88. Lack of boundaries could end up being the most harmful for
- A) Early Childhood years
 - B) Teenage years
 - C) All age groups
- 89.** . If your child resists the rules and boundaries set for them, it is okay to be flexible.
- A) True
 - B) False
- 90.** In a divorce situation, trying to be friends with your child might help them adjust.
- A) True
 - B) False
- 91.** It is important for the children that both spouses take responsibility for the marriage ending.
- A) True
 - B) False
- 92.** Not being able to set healthy boundaries in a divorce is a sign of:
- A) Trying to sabotage the child's relationship with the co-parent
 - B) co-dependency
 - C) Depression
- 93.** If one parent has custody for more time than the other, the children will naturally feel closest to that parent.
- A) True
 - B) False
- 94.** It's okay at times to ask you child for advice.
- A) True
 - B) False
- 95.** It's okay if you allow your child to try and "take care of" you when you are upset
- A) True
 - B) False

- 96.** If you're having too much trouble setting boundaries for your child you can
- A) Ask a friend who has raised healthy children
 - B) Talk to a family therapist
 - C) Agree to mediation
 - D) All of the above
- 97.** 98. An excellent time to connect with your children is right before bedtime.
- A) True
 - B) False
- 98.** You will be closer to your children if you are the parent that has the most time with them.
- A) True
 - B) False
- 99.** Besides the court allotted time you have with your children, there are many other opportunities to be present for your child
- A) True
 - B) False
- 100.** You can be successful at parenting even under the worst circumstances.
- A) True
 - B) False

