

GC 555 - Creative Interventions in Child Grief

Exam Instructions

Thank you for enrolling into GC 555 - Creative Interventions in Child 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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Full Name:

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1. The author of The Colors of Grief uses the Humpty Dumpty story to illustrate what?

- A) Stories like Humpty Dumpty should never be told to a child in grief.
- B) Deep grief in children must be healed in order to prevent the last three lines of the story to happen
- C) Humpty Dumpty is a caregiver symbol.
- D) None of the above.

2. When children's lives are shattered by grief in the very early years, the primary way they can be healed is through strong emotional and physical presence of a loving caregiver.

- A) True
- B) False

3. The loss of a mother may be the most difficult grief to heal in a child.

- A) True
- B) False

4. Because grief follows a logical path, an understanding of the developmental stages of growth has no effect in dealing with grief in young children.

- A) True
- B) False

5. The fundamental emotional foundation adults need to give children in grief is what?
- A) Hope
 - B) Discipline
 - C) **Safety**
 - D) Reward
6. When a child encounters a significant trauma, he/she unconsciously builds an invisible wall to block out the pain.
- A) True
 - B) False
7. Parents of twins report amazing recoveries of one sick twin when twins were reunited. The reason for this is what?
- A) The twins were healthier than the parents thought.
 - B) Twins share the same genes.
 - C) Twins are more resilient than single children.
 - D) Twins are joined through a web of hidden regulators.
8. The hidden regulators that children develop early in life create an expectation that daily activities will be _____ and _____.
- A) Creative and healthy
 - B) Consistent and predictable
 - C) Meaningful and unexpected
 - D) All of the Above.
9. The most critical year in a child's life for setting lifelong patterns is what year?
- A) The first year
 - B) The second year
 - C) The third year
 - D) The fifth year
10. Losses that take place during childhood can cause what in children?
- A) Heightened separation anxiety
 - B) Feelings of insecurity and mistrust
 - C) Fear of abandonment
 - D) All of the above

11. "Critical developmental periods" are phases characterized as_____.

1. Very specific use it or lose it periods in a child's life
2. Very specific periods when certain functions are most readily developed
3. Critical windows in time when the child's developing brain is open to stimulation.
4. A motor skills developmental period.

- A) One and two only
B) One two and three only
C) One and three only
D) One, three and four only

12. It is critical to develop a "secure attachment" in the infant/parent relationship. What is essential in developing this?

- A) A biological mother
B) A constant and predictable relationship with a parent figure
C) A healthy neurobiological system
D) All of the above

13. Early experiences of loss may induce a susceptibility to physical disturbances in children.

- A) True
B) False

14. Which of the following is vital to healthy infant development?

- A) Parental contact
B) Parental modeling
C) breast feeding
D) None of the above

15. Which of the following statements best describes the "avoidant attachment" personality as an insecure attachment disorder?

- A) I'm not O.K. and you're O.K.
B) I'm not O.K. and either are you
C) I'm not O.K. and you're not O.K.
D) I'm O.K. only when you're not O.K.

16. Many children experiencing the loss of their hidden regulators go into _____. Their behavior often manifests in _____.

- A) Fatigue - - - Sleeping and resting.
B) Shock and numbness - - - Kicking, biting and/or crying
C) Mood swings - - - laughing and crying alternately
D) All of the above

17. Children are often mistakenly diagnosed with _____, when the real problem is_____.

- A) Depression - - - physical
- B) Grief - - - anxiety
- C) Anxiety - - - depression
- D) ADHD - - - Separation Anxiety

18. If a very young child loses the caregiver figure in his/her life, the sooner familiar life patterns are restored, the sooner the healing.

- A) True
- B) False

19. If early intervention occurs, a child experiencing grief may be spared very difficult behavior.

- A) True
- B) False

20. We can go a long way in helping a child overcome feelings of fear associated with loss by refusing to acknowledge any illegitimate feelings.

- A) True
- B) False

21. According to child specialists, all experiences that are significant to a child are imprinted in the unconscious memory.

- A) True
- B) False

22. The "I'm a bad baby" feeling of unworthiness often goes back to a loss early in a child's life.

- A) True
- B) False

23. "All or nothing" thinking in a young child (1-3) is responsible for the development of shame.

- A) True
- B) False

24. Children deal with toxic shame through two elements of avoidance.

- A) Dissociation and refusal to assume responsibility for actions
- B) Fear and anxiety
- C) Honesty and suffering
- D) Suffering and forgiveness

25. When is guilt first manifested?

- A) Ages 1 to 2
- B) Ages 3 to 4
- C) Ages 7 to 10
- D) Ages 13 to 15

26. No "audience" is needed in order for a child to feel_____, whereas _____requires the disapproval of others.

- A) Shame - - - guilt
- B) Fear - - - anxiety
- C) Guilt - - - shame
- D) None of the above

27. Depression due to loss in children can manifest in which of the following symptoms?

- A) Feelings of inadequacy
- B) Feelings of hopelessness
- C) Inconsolable crying
- D) All of the above

28. In maladaptive depression a child cannot imagine_____. or move forward with _____.

- A) Playtime - - - hope
- B) Happy - - - crying
- C) future- - - hope

29. A childhood loss is not fully accepted until the child reaches the age of 12.

- A) True
- B) False

30. Which cluster of symptoms may manifest themselves when a child is in a state of shock due to loss?

- A) Laughter, whining, and crying
- B) Hitting, lying and refusal to play
- C) Trembling, twitching and perspiring
- D) None of the above

31. Shock is a form of _____in children.

- A) Relief
- B) Denial

- C) Indifference
- D) Dissociation

32. Which of the following may a young child say in denying the loss or death of a parent?

- A) "It didn't happen"
- B) "My Dad's coming home. He's just on a trip."
- C) "My Mommy's dead. We have to be quiet because she's sleeping."
- D) All of the Above

33. Because of a child's developmental growth, it can take years for him/her to fully comprehend all that a loss has meant to his life.

- A) True
- B) False

34. Because death changes the rhythm of life for a young child, it may take several care givers to replace the role of the dead person.

- A) True
- B) False

35. Which of the following strategies BEST defuses a child's resistance to changes in routine after a significant loss?

- A) Provide him/her with a list of do's and don'ts
- B) Give him/her an empowering voice in how changes will happen
- C) Take him/her to a grief counselor as soon as possible
- D) Get him/her into a support group as soon as possible

36. Children who regress to an earlier stage of development as the result of loss are showing signs of complicated and/or traumatic grief.

- A) True
- B) False

37. New research has confirmed that infants through pre-schoolers do not grieve.

- A) True
- B) False

38. The author of "The Colors of Grief" believes that a solid understanding of the neuropsychological grief process provides a solid foundation for those working with children experiencing significant loss.

- A) True
- B) False

39. Which of the following statements is TRUE about child and adolescent grief?

- A) Children do not grieve in isolation
- B) Children often mirror the coping and communication styles of adults around them.
- C) Children need to be seen as legitimate mourners.
- D) All of the above

40. A normal physical manifestation of a child's grief is bedwetting.

- A) True
- B) False

41. The story of Marnie, related in "The Colors of Grief" illustrates what?

- A) a. PTSD may be present in very young children
- B) b. Babies are often subjected to needless pain while in hospitals
- C) c. Memories of pain are stored in young bodies
- D) A only
- E) C only
- F) A, B and C

42. Neonatal ICU nurses report that children whose parents are allowed to stay with them, and are available during their hospital procedures did much better in recovery than those children whose parents were not allowed to stay.

- A) True
- B) False

43. The first two years of a child's life are indelibly imprinted and set the foundation for a child's adaptive personality.

- A) True
- B) False

44. Loss in the first two years of a child's life should be treated as if the child won't remember.

- A) True
- B) False

45. During the first two years of life the brain develops at three times the rate than in any other developmental period.

- A) True
- B) False

46. The foundation of trust is developed at what developmental period?

- A) 6 - 8 months
- B) 9 - 12 months
- C) After 24 months
- D) After 48 months

47. The loss of a caregiver figure during the 1 - 2 age period can result in the development of annihilation anxiety.

- A) True
- B) False

48. To help toddlers internalize memories, a good creative intervention is to provide them with lots of pictures of their lost care giver and of the child's home.

- A) True
- B) False

49. Activities for young children should be directed toward having them develop self-parenting behavior.

- A) True
- B) False

50. Developing a "family story box" is an excellent creative activity to help very young children experience memories as they get older.

- A) True
- B) False

51. Children aged two to six understand the permanence of death, but they don't have the vocabulary to express it.

- A) True
- B) False

52. A lack of verbalization does not mean a child has no memory of a loss.

- A) True
- B) False

53. A child around five or six believes anything that moves is alive.

- A) True
- B) False

- 54.** In order to help children around six to ten express missing hidden regulators, which creative activity is best?
- A) The Story Box
 - B) The Pebble Technique
 - C) The Puzzle Technique
 - D) The Pretzel Technique
- 55.** The "Ugly Duckling" story should be read to toddlers only.
- A) True
 - B) False
- 56.** During middle childhood, the loss of a parent is a child's greatest fear.
- A) True
 - B) False
- 57.** The "Pebble Technique" is a very effective activity for middle childhood children.
- A) True
 - B) False
- 58.** Adolescents regard themselves how?
- A) As the center of the universe
 - B) As lucky to be alive
 - C) As inferior to most others
 - D) As impervious to death
- 59.** "Survivor Guilt" is common in adolescent loss.
- A) True
 - B) False
- 60.** Which of the following creative interventions can help adolescents during loss?
- A) Memorializing activities
 - B) Listening to "ancestral stories"
 - C) Journaling and creative writing
 - D) All of the above
- 61.** Parents and counselors should be alert to signs of isolation and depression in adolescents experiencing loss.
- A) True

B) False

62. Therapeutic massage is an effective technique to establish comfort in a grieving child.

A) True

B) False

63. The Rock Technique is a creative activity especially effective in helping a child with what?

A) Bouts of insomnia

B) Dealing with magical thinking

C) Expressing anxiety

D) Learning about the heaviness of loss.

64. In the workbook, "Why Did You Die?" creative activity ten helps a child understand what?

A) a. No one should cry when someone dies

B) b. All living things have a life span

C) c. The length of life spans differ

D) A only

E) B and C only

65. Activity twenty two is an excellent aid in helping a child explore ideas and beliefs about life after death.

A) True

B) False

66. An effective creative activity to help a child explore feelings is

A) Activity 2

B) Activity 4

C) Activity 6

67. An effective activity to help children realize that everybody grieves differently is:

A) Activity 2

B) Activity 4

C) Activity 25

D) None of the above

68. In the workbook, "Healing Activities for Children in Grief" Activity 4B is especially helpful in having younger children say goodbye to their lost loved one.

A) True

B) False

69. An excellent book to discuss with children to help them see they didn't do anything to make the person die is:

- A) The Garden Angel
- B) Today I Feel Silly
- C) It's Not Your Fault
- D) None of the Above

70. An especially good book to read to young boys to help them express anger, tears and memories is which of the following?

- A) The Snowman
- B) The Dead Bird
- C) The Accident
- D) The Brightest Star

71. A good question to ask teens in order to get them to tell their story is, "How has the death changed you and the way you want to live your life?"

- A) True
- B) False

72. It is not a good idea to have teens bring in a picture of their dead loved one because it will cause too much hidden grief.

- A) True
- B) False

73. The human knot activity explained in Activity 36 A helps a teen realize the need of working together to help others in grief.

- A) True
- B) False

74. A question that should Never be asked of a child in grief during the holiday season is, "What do you fear most about the holidays?"

- A) True
- B) False

75. Which of the following is comforting for children to do after the death of a loved one?

- A) Kiss their loved one good bye at the viewing.
- B) Avoid attending the funeral as it is upsetting.
- C) Carry a piece of jewelry or a special memento of the loved one.

D) None of the above.