

Test Bank for Grief Counseling and Grief Therapy A Handbook for the Mental Health Practitioner 5th Worden

Test Bank for

GRIEF COUNSELING AND GRIEF THERAPY

A HANDBOOK FOR THE MENTAL HEALTH PRACTITIONER

Fifth Edition

J. William Worden, PhD, ABPP



Copyright © 2018 Springer Publishing Company, LLC

All rights reserved.

This work is protected by U.S. Copyright laws. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of Springer Publishing Company, LLC, except for educational purposes. Dissemination or sale of any part of this work is not permitted.

Springer Publishing Company, LLC
11 West 42nd Street
New York, NY 10036
www.springerpub.com

ISBN: 978-0-8261-3479-0

The author and the publisher of this Work have made every effort to use sources believed to be reliable to provide information that is accurate and compatible with the standards generally accepted at the time of publication. The author and publisher shall not be liable for any special, consequential, or exemplary damages resulting, in whole or in part, from the readers' use of, or reliance on, the information contained in this book. The publisher has no responsibility for the persistence or accuracy of URLs for external or third-party Internet websites referred to in this publication and does not guarantee that any content on such websites is, or will remain, accurate or appropriate.

CONTENTS

- Chapter 1** Attachment, Loss, and the Experience of Grief
- Chapter 2** Understanding the Mourning Process
- Chapter 3** The Mourning Process: Mediators of Mourning
- Chapter 4** Grief Counseling: Facilitating Uncomplicated Grief
- Chapter 5** Abnormal Grief Reactions: Complicated Mourning
- Chapter 6** Grief Therapy: Resolving Complicated Mourning
- Chapter 7** Grieving Special Types of Losses
- Chapter 8** Grief and Family System
- Chapter 9** The Counselor's Own Grief
- Chapter 10** Training for Grief Counseling

Title: Chapter 1: Attachment, Loss, and the Experience of Grief

1. In 1950, _____ developed his concept of basic trust.

- a. Bowlby
- b. Lorenz
- *c. Erikson
- d. Darwin

2. George Engel viewed the process of mourning as similar to the process of

- a. Relationship development
- b. Withdrawal
- c. Parenting
- *d. Healing

3. _____ is the term applied to the process that one goes through in adapting to the death of the person.

- a. *Adapting*
- b. *Bereavement*
- *c. *Recovery*
- d. *Grief*

4. *Uncomplicated grief* is another term for

- *a. Normal grief
- b. Bereavement
- c. Adaptive grief
- d. Mourning

5. Which of the following is the MOST common feeling found in the bereaved?

- a. Anger
- *b. Sadness
- c. Blame
- d. Guilt

6. When anger is not adequately acknowledged, it can lead to

- a. Displacement
- *b. Complicated mourning
- c. Regression
- d. Phobia

7. Social loneliness can be mitigated by

- *a. Social support
- b. Anxiety
- c. Fatigue
- d. Social withdrawal

8. Which normal grief feeling occurs MOST often in the case of a sudden death?

- a. Emancipation
- b. Anger
- c. Blame
- *d. Shock

9. Oversensitivity to noise is an example of which category of normal grief?

- a. Cognitions
- *b. Physical sensations
- c. Behaviors
- d. Feelings

10. All of the following are examples of cognitions that mark the experience of grief EXCEPT:

- a. Preoccupation
- b. Confusion
- c. Hallucinations
- *d. Anxiety

11. Eating disturbances, which are common in human mourning situations, are part of which category of normal grief?

- a. Cognitions
- b. Physical sensations
- *c. Behaviors
- d. Feelings

12. Behaviors associated with normal grief reactions include which of the following?

- a. Sleep disturbances
- b. Crying
- c. Sighing
- *d. All of the above

Type: P

13. What is meant by the term “retroflected anger”?

- a) Retroflected anger is the posture of turning the anger inward against the self. In a severe case, the person may be down on him- or herself and may develop severe depression or suicidal behavior. Another extreme expression would be to direct this anger outward toward others nearby.

Type: P

14. What is the main difference between grief and depression, according to the author?

a) In depression as well as grief, you may find the classic symptoms of sleep disturbance, appetite disturbance, and intense sadness. In most clinical depressions, these symptoms are compounded by a persistent loss of self-esteem.