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

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Test Bank for

GRIEF COUNSELING AND GRIEF THERAPY

A HANDBOOK FOR THE MENTAL HEALTH PRACTITIONER

Fifth Edition

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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

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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

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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.

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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.

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