



**Title:** Shifting from Loss to Hope: Learning Resiliency Amidst the Ambiguous Road of Recovery

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**Credit:** One (1) Continuing Education Credit Awarded

**Post-Test (For reference only. You must take and pass the test online for CE credit.)**

1. Ambiguous loss is defined as:
  - a. Being psychologically present but physically absent
  - b. Being physically present but psychologically absent
  - c. An unclear loss in which a loved one is there but not there
  - d. All of the above
2. The following examples are losses where someone is physically present but psychologically absent:
  - a. Workaholic
  - b. Extra-marital affairs
  - c. Mental illness
  - d. All of the above
3. The following examples are losses where someone is psychologically present but physically absent:
  - a. Loved one in treatment
  - b. Divorce
  - c. Being grounded
  - d. A and B
4. The following are emotional consequences to ambiguous loss:
  - a. Revenge
  - b. Confusion
  - c. Sadness
  - d. B and C
5. Ambiguous loss can:
  - a. Freeze the grieving process
  - b. Prevent closure
  - c. Create family discord
  - d. All of the above
6. Ambiguous loss could also be called:
  - a. Uncertain loss
  - b. Invisible loss
  - c. Insignificant loss
  - d. A and B
7. Diabetes can create a sense of ambiguous loss for a patient by:
  - a. Creating uncertainty with their medical health
  - b. Creating uncertainty with their identity
  - c. Create complications financially for a family
  - d. All of the above
8. The following are true about ambiguous loss:
  - a. This type of loss is present in everyone's life
  - b. Dialectical thinking interventions help to cope with ambiguous loss in the recovery process
  - c. Attending support groups with others who have experienced similar loss can be a coping skill to revise attachments
  - d. All of the above
9. Ambiguous Loss theory has been used with the following populations:
  - a. Vietnam POW families
  - b. 911 families
  - c. Foster children
  - d. All of the above
10. True or False: Ambiguous Loss wants a patient to "give up" hope on having our dreams and goals come true so that a patient can deal with the loss.
  - a. True
  - b. False