

POSTTEST

Title: *Ambiguous Loss in the Time of COVID-19: Shifting Your Mindset to Hope and Resiliency*

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Credit: One (1) Continuing Education Credit Awarded

Posttest *(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. COVID-19 can create a sense of ambiguous loss for a patient by:
 - a. Creating uncertainty with their medical health
 - b. Creating uncertainty with their attachments
 - 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. Talking 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