DIRECTIONS: Complete this test after viewing the webcast of the videoconference listed above. In order for Western Psychiatric Institute and Clinic to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit on the next page. After finishing, sign where indicated on the second page and return both forms by mail to:

Jennifer Lichok
WPIC/OERP
3811 O’Hara Street
Champion Commons, Third Floor
Pittsburgh, PA 15213

MULTIPLE CHOICE – Please choose the BEST answer.

1. On average, each death that occurs leaves the following number of bereaved individuals?
   A. 2
   B. 5
   C. 7
   D. 10

2. Which of the following are typically NOT seen at 1 month of bereavement?
   A. Low mood
   B. Fatigue
   C. Poor memory
   D. Psychomotor agitation

3. The best predictor of chronic depression in grief is:
   A. Poor mental or physical health prior to the loss
   B. The suddenness of the death
   C. The age of the survivor
   D. The age of the deceased

4. Which of the following is an example of modern grieving rituals?
   A. The Irish wake
   B. Sitting Shiva in the Jewish faith
   C. Hired wailers
   D. All of the above

5. After the Coconut Grove fire, Eric Lindemann studied:
   A. Fire safety hazards
   B. New legislation for over-crowding
   C. Grief in the survivors
   D. None of the above

PLEASE CONTINUE TO NEXT PAGE
MULTIPLE CHOICE – Please choose the BEST answer.

6. Which of the following is a true statement about alcohol and drug usage during bereavement?
   A. Sedative use peaks about 2 years after the loss
   B. Over 20% of griever users become alcoholics
   C. Prior users often become heavier users
   D. Predominant drug users generally switch to alcohol as their drug of choice

7. Elders who are very saddened by the death of their spouse should be treated with antidepressant medications:
   A. To relieve their emotional distress
   B. Only if they have a history of depression
   C. Only if they are suicidal
   D. If they have symptoms consistent with an episode of major depression in addition to their grief

8. Antidepressant medications following bereavement:
   A. Relieve most of the symptoms of grief
   B. Primarily relieve the symptoms of depression
   C. Can be addictive
   D. Interfere with the grieving process

9. Psychotherapy for bereavement-related depression:
   A. Is essential
   B. Has been shown to be as effective as medications in reducing the depressive symptoms
   C. Can help patients remain in treatment while the medication takes time to have its effect
   D. Should only be conducted by a psychiatrist

10. Depression associated with bereavement:
    A. Can result in suicide
    B. Interferes with the surviving spouse’s quality of life
    C. Can be treated with antidepressant medications
    D. All of the above
“LOSS AND GRIEF IN THE ELDERLY” (A026)

APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR General CEUs, Act 48, CADC/CCDP, CPRP, NBCC, PCHA, Psychologists, and Social Work/LPC/LMFT (2.0 CREDIT HOURS)

INSTRUCTIONS: In order for Western Psychiatric Institute and Clinic to record the credit you earn by viewing this program, we request that you follow the directions below:

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2. Sign the statement affirming your attendance at the session.
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I hereby affirm that I viewed the videoconference web cast indicated above:

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TYPE OF CREDIT: Please Indicate Your Certification Needs

☐ Act 48: Educators (please complete Act 48 packet) ☐ CAC/CCDP: Certified Addiction Counselor

☐ CEU: General Continuing Education Credit ☐ CPRP: Certified Rehabilitation Practitioners

☐ NBCC: National Board of Certified Counselors ☐ PCHA: Personal Care Home Administrators

☐ Psychologist ☐ SW/LPC/LMFT: Social Work (LCSW, MSW)

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Please mail these two forms to the above address. If your score is 80% or above, you will receive a certificate via mail. If you have any questions please call Jennifer Lichok at 412-204-9088.