



---

1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209  
Phone 704-910-8381 | Fax 704-981-8282  
www.findyourbase.com

## **Suicide Loss**

- 1) A clinician's communication with a client about suicide is partly rooted in our own personal beliefs.
  - a) True
  - b) False
  
- 2) We should reflect on the following questions to better understand our beliefs about suicide except...
  - a) What leads someone to end their own life?
  - b) What is suicide?
  - c) Can we stop suicide from occurring?
  - d) Should we stop suicides from occurring?
  
- 3) How many people do we lose per year globally to suicide?
  - a) 100,000
  - b) 500,000
  - c) 1 million
  - d) 5 million
  
- 4) After car accidents, suicide is the 2nd leading cause of death in people aged...
  - a) 10-24
  - b) 18-30
  - c) 30-45
  - d) 40-50
  
- 5) Owning a firearm increases the risk of suicide for everyone in the household.
  - a) True
  - b) False
  
- 6) The following words can be used to destigmatize suicide except...
  - a) Ended their life
  - b) Died by suicide
  - c) Committed suicide
  - d) Survived attempt



---

1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209  
Phone 704-910-8381 | Fax 704-981-8282  
[www.findyourbase.com](http://www.findyourbase.com)

- 7) What is the main cause of suicide?
- a) Mental illness
  - b) Trauma
  - c) Depression
  - d) No single cause
- 8) The interpersonal theory of suicide states the following are all risk factors except...
- a) Sense of perceived burden
  - b) Thwarted belongingness
  - c) Loss of reality
  - d) Acquired capability
- 9) Based on research, how many people are impacted by a suicide loss?
- a) 20
  - b) 55
  - c) 135
  - d) 525
- 10) A family member of someone who died by suicide would likely fall in this category on the continuum model...
- a) Suicide exposed
  - b) Suicide affected
  - c) Suicide bereaved short-term
  - d) Suicide bereaved long-term
- 11) A psychological autopsy in the context of grief therapy often involves...
- a) Diagnosing the person who died by suicide
  - b) Trying to figure out why they died
  - c) Interviewing family members
  - d) Confirming the method of death
- 12) It was discussed that bereaved survivors might struggle with the following except...
- a) Scapegoating
  - b) Secrecy
  - c) Perceived abandonment
  - d) Indifference



---

1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209  
Phone 704-910-8381 | Fax 704-981-8282  
[www.findyourbase.com](http://www.findyourbase.com)

- 13) An important aspect of therapy for suicide bereavement is...
- a) Psychoeducation
  - b) Exposure therapy
  - c) Stimulus control
  - d) Cognitive processing therapy
- 14) Connecting with other survivors...
- a) Is usually painful
  - b) Is logistically very difficult
  - c) Builds hope
  - d) Is better to do 6 months after the loss
- 15) We want to encourage a client's narrative to be...
- a) Compassionate
  - b) Realistic
  - c) Complex
  - d) All of the above
- 16) If a client dies by suicide, it is important to...
- a) Seek consultation
  - b) Be aware of confidentiality standards
  - c) Notify your malpractice carrier
  - d) All of the above
- 17) It is recommended that you do not contact the family of a client who has died by suicide.
- a) True
  - b) False
- 18) When a client is at-risk...
- a) Complete a no-harm contract
  - b) Create a safety plan
  - c) Start the referral process
  - d) Tell their family



---

1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209  
Phone 704-910-8381 | Fax 704-981-8282  
[www.findyourbase.com](http://www.findyourbase.com)