

PBC - Perinatal Bereavement Certification Practice Test Questions and Answers

1. What is informed consent in counseling?

- A) Telling clients what to do
- B) Using technical terms only
- C) Explaining their rights and what to expect
- D) Withholding session details

2. What is a common reaction to perinatal loss?

- A) Joy
- B) Guilt and sadness
- C) Excitement
- D) Apathy

3. What is active listening in grief counseling?

- A) Correcting the speaker
- B) Interrupting with solutions
- C) Fully focusing and validating the speaker
- D) Distracting them from grief

4. What is the role of empathy in grief support?

- A) To remain emotionally detached
- B) To challenge their emotions
- C) To create emotional distance
- D) To foster connection and understanding

Answers: 1-C 2-B 3-C 4-D

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