ADDICTION COUNSELING PRACTICES AND SKILLS QUESTIONS

Multiple Choice Questions: Please choose the ONE response that best answers each question and record your answer on the Independent Study Course Examination Answer Sheet.

1. Quantity, frequency of use, patterns over time and progression are necessary questions when taking the client's
   a. legal history
   b. medical history
   c. family history
   d. drug and alcohol history

2. A good treatment plan generally consists of the following elements except ______.
   a. problem statement
   b. goal statement
   c. measurable objectives
   d. consequences of relapse

3. When working with a client who has relapsed, it is most important to ______.
   a. discontinue treatment
   b. help the client identify his or her internal and external relapse triggers
   c. make sure the client understands the very serious consequences of using
   d. strongly confront the client on his or her behavior

4. The DAST is used to assess a client's ______.
   a. progress during treatment
   b. mental health
   c. financial stability
   d. level of psychoactive substance abuse

5. The systematic process by which a client becomes known to the addiction counselor and/or program is known as ______.
   a. treatment planning
   b. follow-up
   c. evaluation
   d. intervention

6. History of communication patterns and the generational history of addiction and mental health problems are associated with interview questions regarding ______.
   a. drinking history
   b. drug history
   c. family history
   d. employment history
7. Interpersonal skills, less confrontation and the frequent use of empathy are qualities that have empirically been found to be characteristics of ______.
   a. unsuccessful counseling
   b. adequate counseling
   c. enabling counseling
   d. effective counseling

8. An ______ differs from a listening response in that it deals with the implicit part of a client’s message.
   a. interpretation
   b. action response
   c. empathic response
   d. integration

9. ______ are not usually seen as a complete treatment process but as a method of crisis intervention or a prelude to more extended treatment.
   a. Inpatient/residential treatment programs
   b. Detoxification treatment programs
   c. Outpatient programs
   d. Intensive outpatient programs

10. The purpose of the screening process during evaluation is all of the following, except ______.
    a. to determine the presence of any dual disorders
    b. to determine who will be paying for the client’s treatment services
    c. to ascertain whether the client is a good fit for the treatment program
    d. to gather basic biographical information about the client

11. All of the following are methods of confrontation except ______.
    a. surprise confrontation
    b. weakness confrontation
    c. didactic confrontation
    d. experimental confrontation

12. Counselor self-disclosure too early in the treatment process can often cause the client to feel ______.
    a. an enhanced bond with the counselor
    b. valued and understood
    c. threatened and anxious
    d. that the counselor is trustworthy
13. The feelings and attitudes (some of which may be unconscious) the addiction counselor has towards a client are part of what is known as _____.
   a. regression
   b. countertransference
   c. boundary interference
   d. transference

14. The counseling skill used to tie together multiple elements or themes in a client’s various messages is _____.
   a. probing
   b. clarifying
   c. summarization
   d. reflection

15. Establishing a clear system of constant support to the client once he or she leaves treatment is referred to as _____.
   a. continuing care plan
   b. relationship building
   c. termination
   d. service coordination

True or False Questions: Please select whether the ENTIRE statement is true or false and record your answer on the Independent Study Course Examination Answer Sheet.

16. A critical analysis and synthesis of all data collected in an assessment is often called a clinical summation.
   a. True
   b. False

17. An addiction counselor who discloses too much can be perceived as lacking discretion, being untrustworthy, self-preoccupied, and needing therapy.
   a. True
   b. False

18. “Congruence” refers to when a counselor’s external words and actions match his or her internal feelings and thoughts.
   a. True
   b. False

19. The assessment process of evaluation begins once the client has completed detoxification.
   a. True
   b. False
20. All recovering individuals have the same relapse potential.
   a. True
   b. False

21. A treatment plan cannot be revised once it has been agreed upon by both the counselor and client.
   a. True
   b. False

22. Transference is when a client projects onto the counselor his or her own feelings and attitudes toward significant others in his or her life.
   a. True
   b. False

23. A client’s openness to interpersonal exchange may be signaled by his or her legs and feet that are relaxed and comfortable.
   a. True
   b. False

24. Regardless of the reason for discontinuing the relationship, a counselor has the responsibility to help the client transition to another set of conditions after termination.
   a. True
   b. False

25. Probing or questioning is where a counselor asks the client a question to help further explore his or her emotions and experiences.
   a. True
   b. False
THEORETICAL BASE OF ADDICTION COUNSELING QUESTIONS

Multiple Choice Questions: Please choose the ONE response that best answers each question and record your answer on the Independent Study Course Examination Answer Sheet.

26. According to rational-emotive-behavioral therapy (REBT), certain ______ contribute to the onset and maintenance of a psychoactive substance use disorder.
   a. mistaken solutions
   b. erroneous beliefs
   c. boundary issue
   d. operant conditions

27. "People are capable, resourceful, trustworthy and capable of self-direction" is a statement that would be most consistent with the beliefs of _______.
   a. Alcoholics Anonymous
   b. Adlerian therapy
   c. person-centered therapy
   d. psychoanalytical therapy

28. The assumption that growth occurs out of a genuine contact between the client and the addiction counselor, rather than from the addiction counselor's interpretations or techniques, is an important principle in _______.
   a. REBT
   b. motivational enhancement therapy
   c. cognitive-behavioral therapy
   d. Gestalt therapy

29. In the motivational enhancement therapy, the "F" in the acronym FRAMES stands for _______.
   a. frequency
   b. family
   c. feedback
   d. follow-up

30. Much of the "adult children of alcoholics" and "inner-child" theorizing is based on _______.
   a. behavioral therapy
   b. Alcoholics Anonymous
   c. solution-focused therapy
   d. psychoanalytical therapy

31. Levels of dissatisfaction or feelings of inferiority are considered key elements in _______.
   a. psychoanalytical therapy
   b. REBT
   c. Adlerian therapy
   d. cognitive-behavioral therapy
32. The idea that clients with psychoactive substance use disorders are strongly influenced by their inner, unconscious drives, such as seeking immediate satisfaction and pleasure, is a guiding principle of _____.
   a. family systems therapy
   b. psychoanalytical therapy
   c. Adlerian therapy
   d. cognitive-behavioral therapy

33. The idea that drinking can be reinforced if it is followed by a positive stimulus is a major working principle of _____.
   a. motivational enhancement therapy
   b. solution-focused therapy
   c. behavioral therapy
   d. person-centered therapy

34. _____ maintains that we choose our behaviors; even though they may be harmful, such as the use of drugs, the behaviors serve a purpose.
   a. Cognitive-behavioral therapy
   b. Behavioral therapy
   c. Motivational enhancement therapy
   d. Reality therapy/control theory

35. The sub-stage of group growth most likely to be characterized by conflict is the _____.
   a. working sub-stage
   b. groundwork sub-stage
   c. acquaintance sub-stage
   d. closing sub-stage

36. The “grandparent” of all self-help groups is _____.
   a. Cocaine Anonymous (CA)
   b. Alcoholics Anonymous (AA)
   c. Narcotics Anonymous (NA)
   d. Emotions Anonymous (EA)

37. When a family system is disrupted by psychoactive substance dependence, it tries to _____.
   a. integrate
   b. compensate
   c. reverse the process
   d. calibrate the issue
38. The treatment approach in which psychoactive substance dependence is most likely to be seen as an attempt to self-mediate internal pain and/or counteract a specific negative emotional state is ______.
   a. reality therapy/control theory
   b. pharmacotherapy
   c. psychoanalytical therapy
   d. person-centered therapy

39. Following two weeks of abstinence, Bob’s heart still pounds each time he drives past his old “watering hole.” In order to offset that state of anxiety and possible relapse, a behavioral therapist would be most likely to use the therapeutic strategy of ______.
   a. cue exposure treatment
   b. encouraging AA attendance
   c. word association
   d. moving Bob from pre-contemplation to contemplation

40. ______ does not point to any specific therapy or theoretical approach but rather is a relative set of therapies that include a shorter time period and fewer sessions than “traditional” therapy.
   a. Gestalt therapy
   b. Brief therapy
   c. Family systems therapy
   d. Motivational enhancement therapy

True or False Questions: Please select whether the ENTIRE statement is true or false and record your answer on the Independent Study Course Examination Answer Sheet.

41. ”Is what you are choosing to do getting you what you want?” is an example of what a reality therapist/control theorist might ask of a client.
   a. True
   b. False

42. Motivational enhancement therapy is drastically different from the confrontation-of-denial approach.
   a. True
   b. False

43. According to solution-focused therapy, “utilization” means employing the strengths and resources brought forth from the psychoactive substance dependent client.
   a. True
   b. False
44. According to Gestalt therapy, "unfinished business" contributes little to the onset and maintenance of a psychoactive substance use disorder.
   a. True
   b. False

45. Behaviorists believe that most all of human behavior, including psychoactive substance dependence, is learned.
   a. True
   b. False

46. Reality therapy/control theory maintains that our behavior is our best attempt to control our perceptions of the external world so that it fits with the perception of our internal needs.
   a. True
   b. False

47. Motivational enhancement therapy attempts to mobilize the client's own resources, rather than guide the client through recovery step by step.
   a. True
   b. False

48. Pharmacotherapies are beginning to play a more significant role in the treatment of psychoactive substance use disorders.
   a. True
   b. False

49. Many therapy models attempt to answer the question, "Why does this individual do what they do?" but cognitive-behavioral therapy answers "What keeps them doing it," and "How do they change?"
   a. True
   b. False

50. Rational Recovery was created by Bill Wilson and Bob Smith during the Depression of the 1930s.
   a. True
   b. False
SPECIAL CONSIDERATIONS OF ADDICTION COUNSELING QUESTIONS

Multiple Choice Questions: Please choose the ONE response that best answers each question and record your answer on the Independent Study Course Examination Answer Sheet.

51. According to research, up to _____ of women who have a psychoactive substance use disorder in the United States report histories of physical and sexual abuse.
   a. 25%
   b. 50%
   c. 10%
   d. 70%

52. The Sexual Identity Acceptance Level where a client is beginning to entertain the possibility that he or she might be gay is _____.
   a. identity confusion
   b. identity comparison
   c. identity tolerance
   d. identity acceptance

53. "MICA" is the acronym which represents the phrase "______.”
   a. mentally ill substance abuser
   b. mentally illiterate substance abuser
   c. median interval substance abuser
   d. maximum intense substance abuser

54. Settling of affairs, giving away prized possessions and statements of worthlessness are often overt signs of ______.
   a. suicidal ideation
   b. impending relapse
   c. stress
   d. impending change

55. _____ is the most widely overlooked population of psychoactive substance dependents.
   a. Older adults
   b. Adolescents
   c. HIV/AIDS clients
   d. Dual disorder clients

56. _____ is an example of a transitional state crisis stressor.
   a. Depression
   b. Terrorism
   c. Surgery
   d. Divorce
57. John, a 26-year-old man with schizophrenia and alcohol dependence, tells you he is going to stop taking his amobarbital (Amytal) because he found out it is a central nervous system depressant, like alcohol, and his friends in AA tell him he “shouldn’t take depressants.” Your best recommendation would be _____.
   a. “Go ahead and stop and see what happens”
   b. “Make an appointment to discuss it with your prescriber and let’s discuss it now, as well”
   c. “Discuss it with your sponsor”
   d. “Cut the dose in half and watch for a change in your symptoms”

58. Major depressive disorder is characterized by _____ or more major depressive episodes.
   a. one
   b. two
   c. three
   d. four

59. _____ treatment programs can be effective for those adolescent clients whose lives were productive prior to their dependency.
   a. Outpatient
   b. Intensive outpatient
   c. Detoxification
   d. Inpatient/residential

60. The _____ client is one who has pride in his or her own ethnic group, as well as a degree of comfort operating in middle class white America.
   a. acculturated
   b. bi-cultural
   c. culturally immersed
   d. traditional-interpersonal

**True or False Questions:** Please select whether the ENTIRE statement is true or false and record your answer on the Independent Study Course Examination Answer Sheet.

61. Allowing a client the full opportunity to speak, not telling the client “things can’t be that bad,” and dealing with the immediate situation rather than some underlying theme are good strategies when addressing a suicidal situation.
   a. True
   b. False

62. Urban minorities are currently the most likely population to contract HIV/AIDS.
   a. True
   b. False
63. Most older adults who have psychoactive substance use disorders do not receive treatment due to lack of reporting by family members and friends.
   a. True
   b. False

64. Gender and sex are synonyms of one another.
   a. True
   b. False

65. Psychoactive substance-induced states perpetuate an adolescent’s illusion of accomplishment and block him or her from successful completion of realistic goals.
   a. True
   b. False

66. “To what degree does the client identify with his or her cultural or ethnic heritage?” is the most important question an addiction counselor can ask when beginning treatment of a minority with a psychoactive substance use disorder.
   a. True
   b. False

67. The most common way of contracting HIV/AIDS is by intravenous drug use.
   a. True
   b. False

68. Working with a client who is in crisis presents a good opportunity to work on underlying family-of-origin issues.
   a. True
   b. False

69. The onset of a psychoactive substance use disorder is more rapid for women than in men, even with comparable usage.
   a. True
   b. False

70. According to Motivational Interviewing, each stage of change is an opportunity for the addiction counselor to encourage and maintain the goal of sober living for his or her clients.
   a. True
   b. False
# PRODUCT REVIEW SURVEY

Thank you for ordering and completing the *Basics of Addiction Counseling: Desk Reference and Study Guide, Module II: Addiction Counseling Theories, Practices and Skills* Independent Study Course. NAADAC strives to provide quality education to the addiction profession and requests your feedback to determine if we are meeting our goals.

Please respond to each question below. Your answers will in no way affect your score on this Independent Study Course Examination or your ability to receive a Certificate of Completion upon passing the examination. Thank you, in advance, for your thoughtful feedback.

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4. **I will recommend this educational product to someone else.**

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6. **What other continuing education products would you recommend NAADAC develop?**

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7. **Additional comments:**

   ________________________________________________________________
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