Learning the Language of Addiction Counseling

Questions from chapter 1

1) AA (1939) looked at alcoholics as having
   a) a moral weakness
   b) a genetic predisposition
   c) an allergy to alcohol
   d) social deficits

2) All the following are basic models of HMOs EXCEPT
   a) staff model
   b) community health model
   c) group model
   d) independent practice model

3) Which is NOT 1 of the 3 main psychological theories of addiction?
   a) psychodynamic
   b) personality trait
   c) interpersonal
   d) behavior learning

4) Cushman's (1990) empty self theory is an example of which model?
   a) sociocultural
   b) moral
   c) medical
   d) biopsychosocial

5) In which model is the emphasis is on reducing problems with usage rather than the amount of alcohol/drugs the individual is using?
   a) moral
   b) personality trait
   c) sociocultural
   d) harm reduction

Questions from chapter 2

6) The latency psychosexual stage lasts from years
   a) 1-3
   b) 3-6
   c) 6-12
   d) 12-18

7) The goals of which therapy is to assist clients in gaining awareness of moment-to-moment experiencing?
   a) Gestalt
   b) Adlerian
   c) Existential
   d) Reality
8) Which therapy uses the technique of gathering life-history data?
   a) Existential
   b) Gestalt
   c) Adlerian
   d) Person-Centered

9) In CT/RT therapy, the "P" in the WDEP acronym stands for
   a) persevering
   b) perception
   c) posturing
   d) planning

10) The "A" in the ABC model of RET stands for
    a) affect
    b) attribution
    c) activating event
    d) anger

Questions from chapter 3

11) What route of drug administration is known as skin popping?
    a) intravenous
    b) subcutaneous
    c) intramuscular
    d) inhalation

12) Which is NOT a type of validity?
    a) content
    b) internal consistency
    c) construct
    d) predictive

13) The TWEAK instrument was developed for
    a) pregnant women
    b) adolescents
    c) inpatients
    d) inmates

14) The MAC-R is part of which instrument?
    a) MMPI-2
    b) MCMI-II
    c) TAT
    d) MBTI

15) Which Level is Intensive Outpatient Treatment in the ASAM criteria?
    a) I
    b) II
    c) III
    d) IV
Questions from chapter 4

16) According to the Harvard Mental Health Letter (2003a) what percent of people addicted to opiates have a psychiatric disorder at minimum?
   a) 75%
   b) 80%
   c) 85%
   d) 90%

17) What means the use of a provisional diagnosis until the clinician has enough information to make an established diagnosis?
   a) WAG
   b) flexible diagnosing
   c) bracketing
   d) coding

18) Hayes (1999) estimates the number of Americans who are compulsive gamblers to be more than?
   a) 3 million
   b) 5 million
   c) 10 million
   d) 20 million

19) Nace (1992) recommends that individuals who have PTSD and an addiction
    a) be evaluated for additional disorders before treatment
    b) be treated for PTSD first
    c) be treated for both problems simultaneously
    d) be treated for the addiction first

20) Approximately what percent of alcoholics have a major depression?
    a) 30-50%
    b) 50-70%
    c) 70-90%
    d) 90-100%

Questions from chapter 5

21) Slaikeu (1990) defines a situation where known problem-solving techniques are not available to the client as a?
    a) crisis
    b) trigger
    c) crossroads
    d) trial

22) In Slaikeu's (1990) BASIC personality profile, the "S" stands for?
    a) somatic
    b) situation
    c) solution
    d) sobriety
23) Kinney (2003) describes individuals trying to get rid of emotional pain but are not trying to kill themselves when they harm themselves as
a) completers
b) attempters
c) threateners
d) parasuicidals

24) All of the following are one of the ASAM Patient Placement Criteria-2 EXCEPT
a) acceptance and resistance level
b) level of spirituality
c) potential for relapse
d) living environment

25) In which stage of group development is the leadership of the group challenged?
a) Stage 1
b) Stage 2
c) Stage 3
d) Stage 4

26) What may be regarded as the stereotypic alcoholic family?
a) functional
b) neurotic enmeshed
c) disintegrated
d) absent

Questions from chapter 6

27) Which is NOT 1 of the 3 recovery S's described by Miller et al. (1993)?
a) sobriety
b) strengthening
c) signs
d) symptoms

28) What term describes a homosexual party held over a weekend that involves recreational sex and intense substance abuse?
a) rave
b) barebacking
c) circuit party
d) barrel racing

29) According to the National Woman Abuse Prevention Project (1989) there appears to be evidence that alcohol/drug use causes battering.
a) True
b) False

30) Brekke (1987) advocates bringing up the topic of abuse gradually to obtain complete information, an assessment approach known as
a) funnelling
b) pacing
c) creeping
d) herding
31) Which is NOT 1 of the 3 types of batterers described by Gondolf (1992)?
   a) typical
   b) addicted
   c) sociopathic
   d) antisocial

32) Which model of explaining bulimia focuses on irrational beliefs, decreased sense of control and personality deficits?
   a) feminist
   b) family
   c) biological
   d) stress-coping

Questions from chapter 7

33) What term describes deliberate usage that may have been preplanned?
   a) slip
   b) relapse
   c) lapse
   d) jump

34) In which of Gorski's (1990) principles can the person see the warning signs of relapse?
   a) self-knowledge
   b) self-regulation
   c) integration
   d) understanding

35) The Relapse Prevention Model is based on
   a) Adlerian theory
   b) Cognitive behavioral theory
   c) Interpersonal theory
   d) Social learning theory

36) The relapse prevention technique which involves the client and therapist drawing a relapse prevention map (Marlatt, 1985a) is known as
   a) a triptic
   b) a genogram
   c) theraplay
   d) mapping

37) What acronym was developed by the National Institute of Drug Abuse (1994a) to remind addicts of how to cope with difficult situations?
   a) HALT
   b) TIPS
   c) FISH
   d) SAYNO
Questions from chapter 8

38) The 12 AA steps were drawn from the concepts of the
   a) Cambridge Group
   b) Oxford Group
   c) Princeton Group
   d) Yale Group

39) What type of AA meetings are for addicted individuals only?
   a) discussion
   b) speaker
   c) Big Book
   d) closed

40) The Women for Sobriety concept "Enthusiasm is my daily exercise" is part of which level?
   a) Level I
   b) Level II
   c) Level III
   d) Level IV

41) The strategy "addictive voice recognition training" is part of which type of group?
   a) sixteen steps
   b) sensate focus
   c) rational recovery
   d) NA

42) Which is NOT a technique of SMART Recovery?
   a) coping with recovery
   b) managing thoughts, feelings, and behavior
   c) making restitution for past behaviors
   d) balancing momentary and enduring satisfactions

Questions from chapter 9

43) Which therapy is about valued experiences, positive individual traits, and civic virtues?
   a) positive psychology
   b) Mr. Carl Rogers Neighborhood
   c) affirmation therapy
   d) resiliency training

44) Which is NOT 1 of the general principles of Motivational Interviewing?
   a) empathy
   b) discrepancy
   c) self-efficacy
   d) congruence

45) Which is NOT an aspect of Brief Therapy?
   a) therapists maintain a nondirective stance
   b) intervention is prompt and early
   c) goals are specific and time limited
   d) therapy focus is on the here and now
46) In Davanloo's theory, which is NOT an item on the triangle of conflict?
   a) impulse
   b) perspective
   c) anxiety
   d) defense

47) The brief therapy developed by de Shazer is
   a) solution-based
   b) psychodynamic
   c) paradoxical
   d) group-based

Questions from chapter 10

48) Miller (1976) describes a woman's sense of self as being organized around
   a) her relationships
   b) whether the dishes are clean
   c) her home
   d) her career

49) Which is NOT true about women and addiction?
   a) women are less likely to come from families with a history of alcoholism
   b) women develop alcohol dependency more quickly than men
   c) women are more likely to attempt suicide
   d) women may be more susceptible to cognitive problems related to drinking

50) "Exploring what it means personally to be Black" is which stage of Helm's (1995) model?
   a) immersion
   b) dissonance
   c) internalization
   d) quest

51) Young (1988) reports that the percent of deaths for American Indians/Alaska Natives related to alcohol is
   a) 45%
   b) 55%
   c) 65%
   d) 75%

52) SAMHSA (1998d) describes treatment barriers for the elderly as including all EXCEPT
   a) transportation
   b) poor health
   c) limited time
   d) financial limitations

Questions from chapter 11

53) What acts as a rudder that guides the behavior of counselors?
   a) agency policy
   b) ethical principles
   c) moral decisions
   d) laws
54) Which of McHugh et al. (1979) models of addiction focuses on psychodynamic issues?
   a) moral
   b) sociocultural
   c) psychological
   d) medical

55) In which level of the Wounded Healer Theoretical Framework do incidents occur for the counselor?
   a) history of emotional pain
   b) continuance in the system
   c) system entry level
   d) critical authority response

56) What does Csikszentmihalyi (1999) define as an activity that involves "skills, concentration, and perseverance"?
   a) presence
   b) congruence
   c) flow
   d) attunement

Questions from chapter 12

57) In states where certification is given, a professional organization endorses addiction professionals.
   a) True
   b) False

58) Which is NOT a reciprocal certification offered by the IC & RC?
   a) Alcohol and Other Drug Counselor
   b) Adolescent Addictions Specialist
   c) Certified Clinical Supervisor
   d) Criminal Justice Addictions Professional

59) "Explain assessment results to client in an understandable manner" is a global criteria of which core function of the case presentation method?
   a) treatment planning
   b) assessment
   c) intake
   d) orientation

60) "Match client needs and/or problems to appropriate resources" is a global criteria of which core function of the case presentation method?
   a) case management
   b) crisis intervention
   c) referral
   d) client education