

**TEST QUESTIONS FOR
CM Home Study Course
Drug Treatment: II
Course Code: DTB**

ANSWER SHEET MUST BE SUBMITTED BY NOVEMBER 15, 2018

8 Hours for CRC, CCM and CDMS
8 Hours for California RN Continuing Education

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Select the best answer to each of the following questions based on the text material “*Approaches to Drug Abuse Counseling*” by the National Institute of Drug Abuse, U.S. Department of Health and Human Services.

For questions 1 through 6, select the best answer to each of the following questions based on the article “Description of an Addiction Counseling Approach” by Delinda Mercer.

1. According to the treatment program:
 - a. clients are encouraged to attend self-help groups at least three times a week.
 - b. the content of the counseling sessions includes concepts such as breaking through denial and working on character defects
 - c. both a and b
 - d. neither a nor b

2. The discussion of therapeutic alliance (TA) describes an example of what a counselor might say empathically after a client reports a relapse. The following statement _____ a recommended response: “Let’s examine what happened and develop a plan together to help you avoid using the next time.”
 - a. is
 - b. is not

3. If the TA initially seems weak, the counselor should always avoid asking the client what is not working in the relationship.
 - a. true
 - b. false

4. The Addiction Severity Index (ASI) is an interview schedule that measures which of the following:
 - a. drug use and alcohol use
 - b. legal problems and family/social problems
 - c. employment/support problems
 - d. all of the above

5. A typical session topic or theme during the maintaining abstinence stage includes:
- a. the relapse process and tools for preventing it
 - b. anger management
 - c. employment and finances
 - d. all of the above
6. Which of the following is a suggested strategy for dealing with poor motivation:
- a. clients may be encouraged to review the pros and cons of getting sober
 - b. clients should never be pressed to explore fully the consequences of their addiction

For questions 7 through 11, select the best answer to each of the following questions based on the article "Description of the Solution-Focused Brief Therapy Approach to Problem Drinking" by Scott D. Miller.

7. Which of the following is true for negotiated treatment goals:
- a. the goals must be small rather than large
 - b. the goals must be described in specific, concrete, and behavioral terms
 - c. the goals must be described as the start of something rather than the end of something
 - d. all of the above
8. The Solution-Focused Model _____ clients from attending existing self-help programs.
- a. encourages
 - b. discourages
 - c. neither encourages nor discourages
9. Which of the following is a general type of homework task in the first sessions of the Solution-Focused Model:
- a. those that help the client change actions
 - b. those that help the client change personal views or thinking
 - c. those that encourage the client to return for subsequent sessions
 - d. all of the above

10. Typical themes in solution-focused therapy include:
- a. the outcome that the client desires from the treatment process
 - b. discussion of previous successes of the client
 - c. exploration of what the client does to achieve those changes
 - d. all of the above
11. When a client calls in a crisis, questions are used that focus attention on:
- a. how to cope with the situation
 - b. what is causing the crisis
 - c. how bad the client feels

For questions 12 through 16, select the best answers to each of the following questions based on the article "Motivational Enhancement Therapy: Description of Counseling Approach" by William R. Miller.

12. Which of the following is a common counselor behavior in Motivational Enhancement Therapy (MET):
- a. asking open-ended questions
 - b. reflective listening
 - c. reframing
 - d. all of the above
13. In a typical session reflective paraphrase:
- a. is used to reinforce key points of motivation
 - b. should be avoided
14. An example of a typical session topic or theme includes:
- a. good and not-so-good things about use
 - b. a typical day involving use
 - c. ideas about how change might occur
 - d. all of the above
15. Which of the following is an example of a strategy to deal with common clinical problems:
- a. double-sided reflection, where both sides of the ambivalence are captured
 - b. the counselor agreeing with the client's point but then reframe it
 - c. both a and b

16. A common strategy for decreasing resistance behaviors include:
- a. amplified reflection
 - b. reframing
 - c. selective agreement
 - d. all of the above

For questions 17 through 21, select the best answers to each of the following questions based on the article "Twelve-Step Facilitation" by Joseph Nowinski.

17. Which of the following is true of the role of self-help programs for Twelve-Step Facilitation (TSF):
- a. participation in self-help groups is discouraged
 - b. participation in self-help groups is regarded as the primary agent of change
18. The best TSF facilitators:
- a. have a good working grasp of unconditional positive regard
 - b. never use confrontation
19. The TSF facilitator does which of the following:
- a. ends the sessions making specific suggestions to the client (recovery tasks)
 - b. makes specific suggestions (such as which meetings to attend and how to ask for a sponsor) throughout treatment
 - c. both a and b
20. Which of the following is true for the common clinical problem of resistance in TSF:
- a. a common strategy for dealing with resistance is to ask the client to keep an open mind or just give it an honest try
 - b. if too little resistance is encountered (compliance) the facilitator should be suspicious
 - c. both a and b
 - d. neither a nor b
21. The aid of a calendar _____ a pattern involving a "slip".
- a. may help identify
 - b. should never be used to help identify

For questions 22 through 27, select the best answer to each of the following questions based on the article “Minnesota Model: Description of Counseling Approach” by Patricia Owen.

22. The philosophy of the Minnesota Model _____ based on Alcoholics Anonymous (AA).
- a. is
 - b. is not
23. Which of the following is an example of how the counselor will be direct:
- a. stating “this is what I see about you”
 - b. shaming clients and using punitive treatment methods
24. Which of the following is included in initial assessment:
- a. physical exam
 - b. questionnaires regarding chemical use history
 - c. MMPI, Shipley, Hartford, and Beck evaluations
 - d. all of the above
25. Keeping a journal _____ an example of a homework assignment.
- a. is
 - b. is not
26. Which of the following is an example of a suggested strategy for dealing with common clinical problems:
- a. asking a client “I know you are working on your anger and need to control. Does this situation relate to that?”
 - b. asking a client “What do you need to do to get here on time?”
 - c. both a and b
27. Further education strategies for addressing denial, resistance, or poor motivation include which of the following:
- a. reading
 - b. reflecting and writing
 - c. talking to peers
 - d. all of the above

For questions 28 through 32, select the best answers to each of the following questions based on the article “A Counseling Approach” by Fred Sipe.

28. In this approach, asking the client to share with the group five words that describe how his or her parent feels about having a child in treatment _____ a strategy/technique to assist the client in experiencing a catharsis/ventilation.
- a. is an example of
 - b. is not an example of
29. Which of the following formats is recommended for group sessions:
- a. small groups are used as a support system
 - b. large groups are recommended instead of small groups
30. In the discussion of therapeutic alliance, the article recommends that when the relationship between the client and the counselor is poor, the counselor _____ the client to help get the relationship back on track.
- a. should not ask
 - b. should ask
31. For the format of a typical session, a reading of group rules is:
- a. at the beginning of the session
 - b. at the end of the session only and never at the beginning of the session
32. Which of the following is involved in the “secrets” group process:
- a. group members write a secret on a slip of paper and put it in a bowl
 - b. each member takes a secret out of the bowl and reads it aloud to the group and then makes a comment
 - c. all group members who want to comment are then given a chance to share how they feel about this particular secret
 - d. all of the above

For questions 33 through 37, select the best answer to each of the following questions based on the article “A Psychotherapeutic and Skills-Training Approach to the Treatment of Drug Addiction” by Arnold M. Washton.

33. In this approach:
- patient participation in self-help is mandated
 - patient participation in self-help is encouraged
 - accepting the identity of addict or alcoholic is required
34. When appropriate, which of the following are utilized to foster RP:
- naltrexone
 - disulfiram
 - both a and b
35. Clients _____ provided with a buddy (fellow group member) if they feel hesitant or uncomfortable about attending self-help meetings alone.
- are
 - are not
36. In the discussion of therapeutic alliance, the article indicates that if a client at first minimizes the seriousness of his or her drug use problem or rejects the idea that it is a problem at all, the counselor:
- accuses the client of being in denial
 - asks the client to cooperate in a time-limited experiment (usually involving a trial period of abstinence)
37. Transfer to a stabilization group is a method of dealing with slips. This group focuses intensively on developing:
- only long-term existential life goal plans
 - day-by-day (hour-by-hour) behavioral action plans for achieving abstinence

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