

- A. Regularly attend A.A. and/or N.A. meetings.
- B. Stay well-informed and aware of recent developments in the field.
- C. Teach classes about these topics.
- D. Assume that the client will ask for what he/she needs. - ANSB. Stay well-informed and aware of recent developments in the field.

113) Providing the client with information regarding program rules, and infractions that can lead to discharge, normally occurs during the:

- A. Screening.
- B. Orientation.
- C. Assessment.
- D. Group therapy sessions. - ANSB. Orientation.

114) During a session you notice that the client is getting progressively more agitated. You suspect a potential for violence unless something is done immediately. Your BEST course of action would be to:

- A. Summarize the inappropriateness of the client's feelings.
- B. Confront the client's behavior.
- C. Instruct the client in relaxation techniques.
- D. Call for assistance. - ANSD. Call for assistance

115) Which of the following is a TRUE statement?

- A. Alcohol accounts for one-half of the ten leading causes of death in the Native American population.
- B. Cultural issues no longer play a role in alcoholism rates with the Native American population.
- C. Past efforts to treat the Native American alcoholic have proven highly successful.
- D. Revia has proven to be a popular intervention in the effective treatment of Native American populations. - ANSA. Alcohol accounts for one-half of the ten leading causes of death in the Native American population

116) The focus of intervention in the criminal justice system is first to:

- A. Rehabilitate offenders.
- B. Use the threat of incarceration as a motivator to change.
- C. Protect the health, safety, and welfare of the public.
- D. Keep the chronic, chemically dependent person off the streets. - ANSC. Protect the health, safety, and welfare of the public.

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- A. The client's ethnic background
- B. A signature by a medical doctor
- C. The purpose of the release of information
- D. The client's social security number - ANSC. The purpose of the release of information

127) Because addiction affects so many facets of the addicted person's life, _____ promotes recovery and enables the substance abuse client to fully integrate into society as a healthy, substance-free individual.

- A. Detoxification and stabilization
- B. Psychological evaluation and treatment
- C. Integration into a self-help recovery program
- D. A comprehensive continuum of services - ANSD. A comprehensive continuum of services

128) The organization founded as an alternative to programs with spiritual overtones, whose

publication is called "The Small Book," is:

- A. Rational Recovery.
- B. Secular Organization for Sobriety.
- C. Men and Women for Sobriety.
- D. Codependents Anonymous. - ANSA. Rational Recovery.

129) You have assessed your client and determined that he is a problem drinker. He insists that the reason he drinks is because of his wife's behavior. Your initial objective should be to help him:

- A. Get his wife into counseling with him.
- B. Take responsibility for his behavior.
- C. Develop a more positive perception of himself.
- D. Effect a behavioral intervention. - ANSB. Take responsibility for his behavior.

13) Client files should be readily accessible to:

- A. The client.
- B. All staff of the facility.
- C. The agency board of directors.
- D. Only those persons directly involved in providing clinical services. - ANSD. Only those persons directly involved in providing clinical services.

130) When conducting an assessment, what is the counselor's primary focus?

- A. Identifying the client's problems and needs, strengths and weaknesses
- B. Explaining the rules of the program
- C. Having the client sign Release of Information forms
- D. Confronting the client's denial - ANSA. Identifying the client's problems and needs, strengths and weaknesses

131) An irresistible impulse is called a(an):

- A. Compulsion.
- B. Delusion.
- C. Hallucination.
- D. Obsession. - ANSA. Compulsion.

132) You are asked to see a client in the emergency room for a consultation. The nursing notes read: pupils dilated; gooseflesh; lacrimation; muscle jerks; flu syndrome; vomiting; diarrhea; nervousness; yawning; and severe anxiety. You conclude that the client is withdrawing from:

- A. Hallucinogens.
- B. CNS depressants.
- C. Opioids.
- D. Dextro-amphetamines. - ANSC. Opioids.

133) Good case management requires the integration of services within a treatment plan. With this in mind, which of the following is TRUE?

- A. The counselor should coordinate regular meetings with all professionals involved in the client's treatment.
- B. Good integration of services requires team meetings with the client present.
- C. Once the treatment plan is written, the use of other services is determined and will remain unchanged.
- D. With a well-integrated team of professionals, the case manager's review of progress notes will alone determine how the treatment plan is being followed. - ANSA. The counselor should coordinate regular meetings with all professionals involved in the client's treatment.

134) "Referral" pertains to:

- A. Assisting a client to utilize the support systems and community resources available.
- B. Meeting with other professionals for discussions and planning.
- C. Providing drug and alcohol information to clients.
- D. Attending an A.A. or N.A. meeting with a client. - ANSA. Assisting a client to utilize the support systems and community resources available.

135) Joe is a 27-year old addict who has begun counseling, but has not yet been able to give up using drugs. During one session, he tells his counselor that he is beginning to feel that "it is useless to try to stop," and that "sometimes life is not worth living." The counselor is concerned

that Joe could be suicidal. The counselor should:

- A. Assess Joe's potential for suicide without directly asking him about suicide plans, but assess his high-risk factors.
- B. Assess Joe's potential for suicide by asking him about his intent, and evaluating high risk factors.

D. Careful matching with appropriate 12-step groups. - ANSA. Monitoring, feedback, and evaluation of services.

143) The PRIMARY purpose of professional standards of practice is to:

- A. Provide recognition of demonstrated competency in addictions counseling.
- B. Ensure that each client receives equal treatment regardless of ability to pay.
- C. Help programs qualify for Medicaid and other third-party reimbursement.
- D. Allow unlicensed counselors to work in licensed facilities. - ANSA. Provide recognition of demonstrated competency in addictions counseling.

144) A client tells a counselor that she is unhappy with the way her treatment is progressing. The counselor should:

- A. Draw up a new contract with the client.
- B. Talk to the client about possible denial.
- C. Create new goals and objectives, and suggest alternate forms of therapy.
- D. Discuss these concerns with the client and make necessary changes in treatment goals. - ANSD. Discuss these concerns with the client and make necessary changes in treatment goals.

145) Brian is a 15-year old boy who has been admitted to a program for chemical dependency. He has a history of running away from home, erratic performance in school, and has been arrested twice for petty theft. In assessing Brian, the counselor should first consider which of the following before making a treatment recommendation?

- A. Brian's goals in life
- B. Brian's social resources
- C. If Brian really needs the program
- D. Brian's familial relationships and social milieu - ANSD. Brian's familial relationships and social milieu

146) Stress inoculation focuses primarily on:

- A. Increasing self-control.
- B. Increasing coping skills.
- C. Decreasing anxious responding.
- D. Decreasing negative thought patterns. - ANSB. Increasing coping skills.

147) According to the American Society of Addiction Medicine (ASAM), which of the following is NOT one of the five categories of primary treatment?

- A. Relapse Prevention
- B. Early intervention
- C. Intensive outpatient or partial hospitalization
- D. Residential or inpatient services - ANSA. Relapse Prevention

148) Bipolar mood disorder is distinguished from major depression by:

- A. At least one episode of mania.
- B. Evidence of earlier cyclothymia.
- C. Evidence of earlier dysthymia.

- B. Frequent short periods of sobriety
- C. The inability to control the amount one drinks
- D. Light drinking EXCEPT on weekends - ANSC. The inability to control the amount one drinks

40) Assessment, according to the behavioral approach, involves:

- A. Taking a client history and specifying problematic behavior.
- B. Specification of the problematic behavior and collection of baseline data.
- C. Identification of the problematic behavior and evaluation of the client's motivation to change.
- D. Specification of the problematic behavior and evaluation of the client's motivation to change. - ANSB. Specification of the problematic behavior and collection of baseline data.

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42) If Seconal is taken in combination with one of the following drugs, it leads to a "potentiation" of effect. Which drug will cause this effect?

- A. Alcohol
- B. Amphetamines
- C. Opiates
- D. Cocaine - ANSA. Alcohol

43) The primary purpose of the screening process is to:

- A. Develop a treatment plan.
- B. Have the client sign appropriate documents.
- C. Determine one's appropriateness and eligibility for admission.
- D. Identify the client's strengths and weaknesses. - ANSC. Determine one's appropriateness and eligibility for admission.

44) In order to fill gaps in services to minority clients, communities should include all of the