

# Latest Version: 6.0

## Question: 1

Which of the following is the most accurate statement about self-disclosure in group supervision?

- A. It should be kept to the minimum necessary
- B. It is usually discouraged
- C. It is prohibited unless necessary
- D. It is expected and appropriate

**Answer: D**

Explanation:

Correct answer: It is expected and appropriate

Part of the benefit of group supervision is shared process. Through self-disclosure, which is expected and appropriate, group members can benefit from each others' growth and experiences.

## Question: 2

When interviewing patients about drug use, which kind of question is it most effective to ask?

- A. Miracle questions
- B. Open-ended questions
- C. Yes/no questions

**Answer: B**

Explanation:

Correct answer: Open-ended questions

When interviewing patients about their drug use, it is most effective to ask open-ended questions rather than limiting responses to yes/no alternatives.

Miracle questions would be part of a later process of motivation, not information-gathering.

## Question: 3

Which of the following is the most likely reason why a therapist encounters resistance?

- A. The patient is not ready to change
- B. The current strategy is working
- C. The current strategy isn't working

## Answer: C

Explanation:

Correct answer: The current strategy isn't working

There are many reasons why a patient may display resistance. The most likely is that, for whatever reason, the current strategy offered by the therapist is not working.

Resistance is not a sign that the current strategy is working, nor is it necessarily a sign that the patient is not ready to change.

## Question: 4

What happens if a person taking Antabuse does not use alcohol?

- A. An unpleasant physical reaction
- B. Nothing
- C. An unpleasant psychological reaction

## Answer: B

Explanation:

Correct answer: Nothing

Antabuse is used to treat alcohol use disorders by making the experience of alcohol use physically unpleasant.

If a person does not use alcohol, neither unpleasant physical reactions nor unpleasant psychological reactions will occur as a result of taking Antabuse.

## Question: 5

Which of the following is mandatory for supervisees in clinical supervision?

- A. At least one year with one supervisor
- B. Actual involvement with patients
- C. Expertise in a particular theory

## Answer: B

Explanation:

Correct answer: Actual involvement with patients

There is no substitute for actual involvement with patients when establishing the competence of a supervisee in counseling. This is the main way in which the supervisee gains experience and establishes a professional identity.

A theoretical orientation is desirable, but expertise in one theory is not mandatory. Rules vary between professions about the length of time one must stay with one supervisor.

## Question: 6

What is the primary purpose of psychoeducation?

- A. To overcome resistance
- B. To confront relapse
- C. To encourage change
- D. To provide information

**Answer: D**

Explanation:

Correct answer: To provide information

Psychoeducation is a therapeutic technique which primarily involves passing information along to the client that they will find useful in treatment. It is a powerful tool in overcoming ambivalence.

Though overcoming resistance, encouraging change, and confronting relapse behaviors are important in the overall therapeutic process, they are not the primary purpose of the psychoeducation technique.

## Question: 7

What is the claim of proponents of harm reduction?

- A. That clients become better relational partners
- B. That clients eventually abstain from use
- C. That clients are not in need of therapy
- D. That clients use less and experience fewer consequences

**Answer: D**

Explanation:

Correct answer: That clients use less and experience fewer consequences

The claim of proponents of harm reduction strategies is that when the habit is reduced in terms of instance and magnitude, the person experiences fewer consequences due to the habit.

This reduction may or may not lead to abstinence. Proponents of harm reduction do not generally say that clients are not in need of therapy, or that clients become better relational partners specifically due to harm reduction strategies.

## Question: 8

Which of the following is the most likely consequence of abstinence?

- A. Switching to a different substance
- B. Fantasies of a return to controlled use
- C. Loss of contact with family

**Answer: B**

Explanation:

Correct answer: Fantasies of a return to controlled use

Abstinence sometimes results in the successful abstainer thinking it is possible to return to a period of controlled use, fantasizing about the positive and not the negative aspects of use.

Abstinence is less likely to result in a loss of contact with family or a switch to a different substance.

### **Question: 9**

Which of the following best describes countertransference?

- A. The feelings a person naturally has about therapy
- B. The extra feelings on either side of a clinical relationship
- C. The extra feelings a clinician has for a client
- D. The extra feelings a client has for a clinician

**Answer: C**

Explanation:

Correct answer: The extra feelings a clinician has for a client

Countertransference refers to the extra feelings a clinician has for a client that are being brought over from another area of the clinician's life, as opposed to transference, which are the extra feelings a client has for a clinician.

### **Question: 10**

Which of the following types of supervision would be most concerned with the self-care of the supervisee?

- A. Supportive
- B. Administrative
- C. Clinical
- D. Evaluative

**Answer: A**

Explanation:

Correct answer: Supportive

Supportive supervision is most concerned with the impact of the work on the well-being of the supervisee.

Administrative supervision involves assistance with organizational management issues and other kinds of administrative support. Evaluative supervision is addressed to giving and receiving feedback about performance and skills. Clinical supervision seeks to build clinical skills in the supervisee.

## Question: 11

Which of the following best describes "natural recovery"?

- A. Recovery without the aid of pharmaceuticals
- B. Recovery without recourse to clinical assistance
- C. Recovery using only natural methods

**Answer: B**

Explanation:

Correct answer: Recovery without recourse to clinical assistance

Natural recovery is a phenomenon by which a person recovers on their own from a substance use problem without clinical assistance.

The term does not apply to using only natural methods, and it does not refer simply to a lack of pharmaceutical intervention but to a lack of any clinical support whatsoever.

## Question: 12

Which of the following is the most important factor in causing the effects of alcohol?

- A. Dosage
- B. Food absorption
- C. Type of alcohol
- D. Age of user

**Answer: A**

Explanation:

Correct answer: Dosage

The amount of alcohol consumed is more important in causing effects than type of alcohol, food absorption, or age of the user.

## Question: 13

Which of the following is not considered one of the core functions of supervision?

- A. Orientation
- B. Self-reflection
- C. Referral
- D. Screening

**Answer: B**

Explanation:

Correct answer: Self-reflection

The twelve core functions of supervision in the alcoholism and drug abuse field are screening, intake, orientation, assessment, counseling, case management, treatment planning, consultation, crisis intervention, client education, referral, and record keeping.

### **Question: 14**

Which of the following would be the most important factor in family therapy with substance abusing clients?

- A. The client's substance of choice
- B. The client's stage of change
- C. The client's history of treatment

**Answer: B**

Explanation:

Correct answer: The client's stage of change

The most important factor in family therapy with substance abusing clients is the stage of change at which clients are working. Not only are some stages of change more suitable for family therapy, but the specific strategies used will vary widely according to where a client finds themselves in their readiness, preparation, or action.

### **Question: 15**

Which of the following accurately describes the linkage between stimulant use and sexual behavior?

- A. It has no significant effect on sexual behavior
- B. It inhibits sexual performance
- C. It seems to increase sexual behavior
- D. It seems to decrease sexual behavior

**Answer: C**

Explanation:

Correct answer: It seems to increase sexual behavior

There appears to be significant linkage between stimulant use and increased sexual behavior. It may or may not interfere with sexual performance per se.

## Question: 16

Which of the following is false about cravings?

- A. They are caused by changes in brain activity
- B. They do not occur randomly
- C. They are not a sign of poor motivation
- D. They can continue long after use is stopped

**Answer: B**

Explanation:

Correct answer: They do not occur randomly

Cravings, or the intense desire to use, are thought to be caused by changes in brain activity in the user. They are not a sign of poor motivation and can continue long after use is stopped. They also can occur randomly or with a specific and identified cause.

## Question: 17

Which of the following is true about how sexual conduct between providers and clients is considered?

- A. Illegal in all cases
- B. Illegal in most cases
- C. Unethical in all cases
- D. Unethical in most cases

**Answer: C**

Explanation:

Correct answer: Unethical in all cases

Sexual conduct between care providers and their clients is prohibited by clinical ethics. It may or may not be illegal in a given jurisdiction.

## Question: 18

What should one do about positive feelings about substances of choice in a patient in the contemplation stage?

- A. Encourage discussion
- B. Confront the feelings as false
- C. Discourage discussion

**Answer: A**

Explanation:

Correct answer: Encourage discussion

A patient in the contemplation stage is not able to make up their mind whether to do something about the problem they have. There is a debate within them about substance use that is trying to evaluate both positive and negative aspects of their behavior. The therapist should not discourage or confront these feelings, but should encourage discussion about them. This builds trust and creates honesty in the therapeutic relationship.

### **Question: 19**

Which of the following is the most important element of effective treatment planning?

- A. Transferability
- B. Accountability
- C. Individuality
- D. Flexibility

**Answer: C**

Explanation:

Correct answer: Individuality

The individuality of treatment planning is what makes it the most effective, by "meeting a client where they are" and establishing milestones that are relevant to that patient.

Accountability, transferability, and flexibility are all important, but they are not the most effective elements of treatment planning.

### **Question: 20**

Which of the following is the most likely reason substance use disorders are so commonly misdiagnosed?

- A. They can look like a wide variety of other problems
- B. Lack of adequate training among professionals
- C. Lack of transparency on the part of patients

## **Answer: A**

Explanation:

Correct answer: They can look like a wide variety of other problems

Though substance using patients are notoriously evasive and dishonest about their habits, and adequate training to properly observe substance use disorders always seems to be lacking, the biggest reason substance use disorders are so commonly misdiagnosed is that they can look like a wide variety of other mental health problems: depression, anxiety, personality disorders, and so on.