

1. The current substance abuse counselors use a collaborative, respectful, and humane approach and view their clients within a context that _____.
- identifies them as homogenous client population
 - includes family, community, and even national policy
 - requires aggressive confrontations and prescriptive treatment plans
 - is built on conventional wisdom based on mythology

ANSWER: b

POINTS: 1

DIFFICULTY: Medium

REFERENCES: Substance Abuse Counseling for Today

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_01 - Describe modern approaches to substance abuse counseling and conceptualizations.

NATIONAL STANDARDS: United States - CACREP.5B - Counseling and helping relationships—A systems approach to conceptualizing clients

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2. Which of the following ensures that an individual needing treatment will be identified and assessed and will receive treatment, either directly or through appropriate referral?
- Effective systems
 - Conventional wisdom
 - Multicultural approach
 - Pharmacological approach

ANSWER: a

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Substance Abuse Counseling for Today

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_01 - Describe modern approaches to substance abuse counseling and conceptualizations.

NATIONAL STANDARDS: United States - CACREP.7E - Assessment and testing—Use of assessments for diagnostic and intervention planning purposes

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3. Which of the following psychoactive substance plays the largest role in many of society's most pressing concerns, including accidents, violence, criminal behavior, family problems, and productivity loss?
- a. Opioid
 - b. Stimulants
 - c. Nicotine
 - d. Alcohol

ANSWER: d

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Defining Substance Abuse

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_02 - Defining Substance Abuse.

NATIONAL STANDARDS: United States - CACREP.5H - Counseling and helping relationships—Developmentally relevant counseling treatment or intervention plans

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4. The very notion of a scientific approach brings with it the assumption that any list of “what works” is certain to
- a. remain unchanged as the fundamentals of evidence-based practices.
 - b. corroborate the existence of a concrete list of treatments.
 - c. be in a state of constant change as new data become available.
 - d. help confrontational counseling and convince clients of their impairment.

ANSWER: c

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Evidence-Based Practices

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_03 - Characterize evidence-based practices.

NATIONAL STANDARDS: United States - CACREP.8A - Research and program evaluation—The importance of research in advancing the counseling profession, including how to critique research to inform counseling practice

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5. What do you call the counseling process wherein a skilled and supportive interviewer bases his approach on the idea that change must come from within the client and recognizes that the client holds the decision-making responsibility for his or her life through counselor–client interaction?
- a. Motivational enhancement therapy
 - b. Motivational interviewing
 - c. Twelve-step facilitation
 - d. Skills training

ANSWER: b

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: A Respectful and Positive Approach

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_04 - Articulate best approaches to conceptualizing substance abuse counseling approaches.

NATIONAL STANDARDS: United States - CACREP.5G - Counseling and Helping Relationships – Essential interviewing, counseling, and case conceptualization skills

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6. John, a university student, had acute cocaine addiction; his peer group in college attributed his behavior to his bad genes. Which of the following explains the peer group attribution?
- a. Fundamental attribution error
 - b. Social control theory
 - c. Social learning theory
 - d. Behavioral choice theory

ANSWER: a

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Medication-Assisted Treatment

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_05 - Delineate pharmacological approaches to treating substance use disorders.

NATIONAL STANDARDS: United States - CACREP.2H - Social and cultural diversity—Strategies for identifying and eliminating barriers, prejudices, and processes of intentional and unintentional oppression and discrimination

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7. What approach is a counselor taking in trying to recognize the signs that indicate that an individual's behaviors and concerns reflect responses to systemic or internalized oppression?
- a. Multidimensional approach
 - b. Pharmacological approach
 - c. Modern approach
 - d. Empowerment-based approach

ANSWER: d

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Medication-Assisted Treatment

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_05 - Delineate pharmacological approaches to treating substance use disorders.

NATIONAL STANDARDS: United States - CACREP.5I - Counseling and helping relationships—Development of measurable outcomes for clients

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8. The website of which of the following lists interventions with descriptive information about programs and also ratings of outcome research, dissemination materials, and population studied?
- a. UPenn Collaborative on Community Integration & National Alliance on Mental Health
 - b. Center for Substance Abuse Treatment
 - c. The National Registry of Evidence-Based Programs and Practices
 - d. The American Counseling Association

ANSWER: c

POINTS: 1

DIFFICULTY: Medium

REFERENCES: Evidence-Based Practices

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_03 - Characterize evidence-based practices.

NATIONAL STANDARDS: United States - CACREP.5E - Counseling and helping relationships—The impact of technology on the counseling process

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9. The three domains of the individual, the school or community, and the public arena are identified by the American Counseling Association's _____.
- a. effective systems
 - b. advocacy competencies
 - c. multidimensional perspective
 - d. ethical practice

ANSWER: b

POINTS: 1

DIFFICULTY: Medium

REFERENCES: Health Care Disparities

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_07 - Explain a social justice view of substance abuse counseling.

NATIONAL STANDARDS: United States - CACREP.2B - Social and Cultural Diversity – Theories and models of multicultural counseling, cultural identity development, and social justice and advocacy

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10. Which of the following is a short-term treatment through which the individual's body becomes free of the abused substance and the resultant abstinence may bring high degree of discomfort constituting a medical emergency?
- a. Harm reduction
 - b. Controlled drinking
 - c. EAP
 - d. Detoxification

ANSWER: d

POINTS: 1

DIFFICULTY: Medium

REFERENCES: Counselor Roles and Settings

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_09 - Develop examples of different treatment modalities and their utilization.

NATIONAL STANDARDS: United States - CACREP.5H - Counseling and helping relationships—Developmentally relevant counseling treatment or intervention plans

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11. Substance abuse counseling includes practices that are evidence-based, positive toward clients, complex, collaborative, contextual, multiculturally competent, oriented toward social justice, and based on strong professional ethics.
- a. True
 - b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Medium

REFERENCES: Defining Substance Abuse

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_02 - Defining Substance Abuse.

NATIONAL STANDARDS: United States - CACREP.5H - Counseling and helping relationships—
Developmentally relevant counseling treatment or intervention plans

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12. By unmasking individual differences, the use of a dichotomous diagnosis, whether of alcoholism or drug addiction, does not interfere with treatment planning.
- a. True
 - b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: A Respectful and Positive Approach

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_04 - Articulate best approaches to conceptualizing substance abuse counseling approaches.

NATIONAL STANDARDS: United States - CACREP.5H - Counseling and helping relationships—
Developmentally relevant counseling treatment or intervention plans

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13. After the treatment of alcohol or drug abuse, a multidimensional approach is built on recognition of the very real pressures faced by clients when they return to their familiar social and work environments.
- a. True
 - b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Medium

REFERENCES: Medication-Assisted Treatment

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_05 - Delineate pharmacological approaches to treating substance use disorders.

NATIONAL STANDARDS: United States - CACREP.5K - Counseling and helping relationships—Strategies to promote client understanding of and access to a variety of community-based resources

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14. According to Drug Policy Alliance (2017), if we want to solve our nation's drug problem, the focus should be more on preventing addictions than on obtaining convictions.
- a. True
 - b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Health Care Disparities

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_07 - Explain a social justice view of substance abuse counseling.

NATIONAL STANDARDS: United States - CACREP.5J - Counseling and helping relationships—Evidence-based counseling strategies and techniques for prevention and intervention

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15. As per the ethical codes of practice, nonmaleficence refers to working for the good of the clients, whereas beneficence refers to avoiding harm to clients by counselors.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Ethical Practice

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_08 - Apply ethical concepts to caring for individuals with substance use problems.

NATIONAL STANDARDS: United States - CACREP.1L - Professional Counseling Orientation and Ethical Practice – self-care strategies appropriate to the counselor role

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16. Discuss the principles of effective treatment program that are based on scientific research. Give few key points to stay healthy and productive.

ANSWER: Answers may vary.

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Principles of Effective Treatment

QUESTION TYPE: Subjective Short Answer

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_10 - Paraphrase effective and comprehensive approaches to substance use disorder treatment.

NATIONAL STANDARDS: United States - CACREP.5J - Counseling and helping relationships—Evidence-based counseling strategies and techniques for prevention and intervention

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17. List the ethical codes defined by the ACA or NAADAC and discuss in short the importance of these principles.

ANSWER: Answers may vary.

POINTS: 1

DIFFICULTY: Medium

REFERENCES: Ethical Practice

QUESTION TYPE: Subjective Short Answer

HAS VARIABLES: False

LEARNING OBJECTIVES: LEW_SAC_6_01_08 - Apply ethical concepts to caring for individuals with substance use problems.

NATIONAL STANDARDS: United States - CACREP.1I - Professional Counseling Orientation and Ethical Practice – Ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling.

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