

1. The current substance abuse counselors use a collaborative, respectful, and humane approach and view their clients within a context that \_\_\_\_\_.
- a. identifies them as homogenous client population
  - b. includes family, community, and even national policy
  - c. requires aggressive confrontations and prescriptive treatment plans
  - d. 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?
- a. Effective systems
  - b. Conventional wisdom
  - c. Multicultural approach
  - d. 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?
- Opioid
  - Stimulants
  - Nicotine
  - 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
- remain unchanged as the fundamentals of evidence-based practices.
  - corroborate the existence of a concrete list of treatments.
  - be in a state of constant change as new data become available.
  - 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?
- Motivational enhancement therapy
  - Motivational interviewing
  - Twelve-step facilitation
  - 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?
- Fundamental attribution error
  - Social control theory
  - Social learning theory
  - 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?
- Multidimensional approach
  - Pharmacological approach
  - Modern approach
  - 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?
- UPenn Collaborative on Community Integration & National Alliance on Mental Health
  - Center for Substance Abuse Treatment
  - The National Registry of Evidence-Based Programs and Practices
  - 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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