Multiple Choice
Identify the choice that best completes the statement or answers the question.

1. **Chapter One: Introduction to the TAP 21/The TAP 21 and Higher Education**
   
   Good practice demands that addiction counselors use the most current research to guide their actions and practices, and that they continue to learn about the neurological and physiological impact of alcohol and other drugs while evaluating growing and changing treatment approaches.
   
   a. True
   b. False

2. **The Model: Knowledge, Skills, and Attitudes**
   
   The term _______________ is used to describe the knowledge and skills needed by all specialties that deal directly with individuals with substance use disorders.
   
   a. Interdimensional
   b. Mulidirectional
   c. Transdisciplinary
   d. None of the above

3. **The Science Behind the TAP 21**
   
   Training requirements for certification in addictions counseling have become more rigorous in recent years because of the pervasiveness of substance abuse, expanded treatment research efforts, and managed behavioral health care.
   
   a. True
   b. False

4. **Chapter Two: Understanding Addiction**
   
   Addiction treatment providers must be able to identify a variety of helping strategies that can be tailored to meet the needs of the client, and must be knowledgeable about the continuum of care and _______________ affecting the treatment and recovery process.
   
   a. Environmental factors
   b. Societal implications
   c. External connections
   d. Social context

5. **Theories of Addiction**
   
   Social learning theories of addiction emphasize boundaries, rules, and family dysfunction.
   
   a. True
   b. False

6. **Adult Corrections Populations**
Which of the following accurately describes the relationship between correctional populations and substance abuse?

a. 43% of people in state prisons and 37% of people in federal prisons meet the criterion for drug abuse or dependence
b. One in three people in state prisons reported using drugs at the time of their crime
c. 21.4% of people in state prisons and 16.1% in federal prisons reported committing their crimes to obtain money for drugs
d. 57% of people in state prisons who committed a property offense reported drug use in the month prior to arrest

7. Working with addicts within the criminal justice system requires a straightforward approach that encourages open and honest interaction and facilitates immediate progress.

a. True  

8. Chapter Three: Treatment Knowledge

Evidence-Based Practices (EBPs) for substance abuse treatment should be implemented for all of the following reasons EXCEPT:

a. To improve client outcomes and increase access to effective treatment
b. To engage staff and improve operating margins
c. To support traditional and anecdotal theories of addiction and treatment
d. To save time and provide justification for funding

9. Evidence-Based Practice Defined

In order to be considered valid, substance abuse prevention or treatment evidence must be established through scientific research such as clinical trials.

a. True  

10. In Brief

In 2009, _____ of substance abuse facilities used relapse prevention and ____ percent used motivational interviewing as part of their treatment strategies.

a. 87%; 55%  

11. Substance Abuse Counseling: Implementing Change in Substance Abuse Treatment Programs

Supportive techniques used in substance abuse counseling are those which enable the patient to work through interpersonal relationship issues while gaining greater self-understanding.
a. True  b. False

12. Relapse prevention uses _____________ strategies to help facilitate abstinence and provide help for those who experience relapse.
   a. 12 step program  c. Cognitive-behavioral
   b. Contingency management  d. Brief intervention

13. The operational assumption of motivational interviewing is that ambivalent attitudes and lack of determination are primary obstacles to behavioral change, so the central focus becomes resolving ambivalence and enhancing motivation to change.
   a. True  b. False

14. Trauma-related counseling uses a psychoeducational approach to help clients learn coping skills that will promote healing and behavioral strategies for reducing trauma symptoms and substance use relapse.
   a. True  b. False

15. Chapter Four: Application to Practice-Diagnostic Criteria Related to Substance Use Disorder
   Which of the following is NOT one of the criteria for a diagnosis of substance abuse?
   a. Recurrent substance use in situations in which it is physically hazardous  c. Recurrent substance-related legal problems
   b. Consistent substance abuse despite persistent or recurrent social or interpersonal problems caused by or exacerbated by effects of the substance  d. Significant amount of time spent in activities necessary to obtain the substance

16. Stages of Change
   Research indicates that behavioral change for substance abusers is much more likely to occur when external consequences and restrictions are present.
   a. True  b. False

17. During which stage of change is the individual likely to become aware that a problem exists and begin to experience ambivalence about the need for change?
   a. Pre-contemplation  c. Preparation
   b. Contemplation  d. Action

18. Levels of Care
Individuals who have severe substance use disorders and low or moderate severity mental disorders are generally well accommodated in intermediate level treatment programs.

a. True  

b. False

19. Improve Treatment Outcomes by Delivering Effective, Evidence-Based Substance Abuse Services-Basic Principles

Basic principles of effective treatment include each of the following EXCEPT:

a. Treatment needs to focus on the multiple needs of the person, not just the drug use  

b. Medications, when combined with counseling, increase the chance of success  

c. Treatment needs to be voluntary in order to work  

d. Recovery from drug abuse can be a long-term process with multiple episodes of treatment necessary

20. Duration of Care

Research indicates that treatment achieves the best results when clients are engaged in it for at least ____ days.

a. 120  

b. 90  

c. 60  

d. 30

21. Variety of Treatment Intensities

Treatment modalities for substance abuse include outpatient, intensive outpatient, residential, and medication-assisted programs, with outpatient services accounting for about 85% of treatment in the United States.

a. True  

b. False

22. Effective Treatment Strategies

Motivational Enhancement Therapy (MET) is based on principles from cognitive and social psychology and has been found to be particularly successful with:

a. Marijuana-dependent and alcohol-addicted clients  

b. Opioid dependence  

c. Alcohol-dependent clients with co-occurring disorders  

d. All of the above

23. Chapter Five: Professional Readiness

A 2009 report determined that the highest percentage of persons age 12 or older who met criteria for substance abuse or dependence by race/ethnicity were American Indian/Alaskan Natives followed by bi/multiracial persons.
24. Ethical Standards for Addiction Counselors

While clinicians in other disciplines generally have a two year rule regarding sexual or other intimate contact with current or former clients, in addiction counseling the general rule is:

a. Three years  
   b. Four years  
   c. Five years  
   d. Never allowed

25. Californis Association for Alcohol/Drug Educators Code of Ethics

The code of ethics dictates that counselors shall maintain the highest standards while serving clients and must espouse ________ and integrity.

a. Objectivity  
   b. Probity  
   c. Uniformity  
   d. Deference

26. Self-Care and Stress Management

Common behavioral stress reactions include:

a. Difficulty setting priorities or making decisions  
   b. Difficulty in giving or accepting help  
   c. Difficulty communicating or listening  
   d. Difficulty maintaining objectivity

27. Exercises/Activities: Glossary of Culture Terms

The term multicultural is defined as that which is designed for or pertains to three or more distinctive cultures.

a. True  
   b. False

28. Culture of Addiction Enmeshment Scale

Which of the following correctly describes the patterns in which people with AOD problems relate to a larger culture of addiction?

a. Clients with acultural styles of addiction are involved in the culture of addiction, but maintain relationships and activities in the civilian world as well
b. Clients with bicultural styles of addiction initiate and sustain their addiction without significant involvement with others who
   c. Clients with culturally enmeshed styles of addiction relate almost exclusively within the culture of addiction and may have minimal abilities to function outside the culture
   d. All of the above
___ 29. **Chapter Six: Clinical Evaluation**

According to the Substance Abuse and Mental Health Administration, people with severe mental illness are more likely than those with a mild mental illness to have a substance use disorder.

a. True  

b. False

___ 30. Among the 11 million adults with a serious mental illness in the past year, _____ also had substance dependence or abuse, and for those with moderate mental illness, _____ had a past year substance use disorder.

a. 42.5%; 39.6%  
bc. 25.7%; 21.3%  

b. 33.1%; 27.4%  
bd. 20.2%; 17.7%

___ 31. **Screening and Basic Assessment for Co-Occurring Disorders (COD)**

Collecting assessment information is a legitimate and legal activity even for unlicensed providers, provided that they do not use diagnostic labels as conclusions or opinions about the client.

a. True  

b. False

___ 32. Background information gathered during an intake assessment should include:

a. Family history of substance abuse  
bc. Age of first substance use and primary drugs used  

b. Treatment, hospitalizations, and medications taken for mental illness  
bd. History of trauma and domestic violence

___ 33. **The Role of Assessment Tools**

If a client reports that mental health symptoms resolve in less than 30 days with abstinence from substances, then these symptoms are most likely substance induced and the best treatment is maintaining abstinence.

a. True  

b. False

___ 34. **Simple Screening Instrument for Substance Abuse (SSI-SA)**

The SSI-SA is a screening instrument that evaluates alcohol and other drug use over which time period?

a. Past year  
bc. Past three months  

b. Past six months  
bd. Past 60 days

___ 35. **Chapter Seven: Treatment Planning**
At a minimum, an individualized treatment plan should address issues related to substance abuse and each of the following EXCEPT:

a. Relationships with family and significant others
b. Potential mental health conditions
c. Readiness for significant lifestyle changes
d. Social and legal needs

36. Competency 38: Explain Assessment Findings to the Client and Significant Others

When summarizing assessment results, the assessment information should be translated into treatment goals and objectives and communicated in a manner that is sensitive to the client’s age, developmental level, gender, and culture.

   a. True
   b. False

37. Competency 40: Examine Treatment Options in Collaboration with the Client and Significant Others

An approach to treatment that ties several intervention services together and often delivers them in a specific treatment center is known as:

   a. Matching
   b. Combining Care
   c. Synthesizing
   d. Bundling

38. Competency 42: Prioritize the Client’s Needs in the Order They Will be Addressed in Treatment

Contingency planning is described as a coordinated approach to the delivery of health, substance abuse, mental health, and social services, linking clients with appropriate services to address specific needs and achieve stated goals.

   a. True
   b. False

39. Maslow’s Hierarchy of Needs

The need to be a unique individual with self-respect and to enjoy general esteem from others falls under __________ in Maslow’s hierarchy.

   a. Esteem needs
   b. Social needs
   c. Self-actualization
   d. Basic needs

40. Competency 46: Develop with the Client a Mutually Acceptable Treatment Plan and Method for Monitoring and Evaluating Progress

Counselors need to prioritize short-term intervention strategies that can be accomplished while the person is in treatment, while also developing long-term treatment planning objectives.

   a. True
   b. False
41. **Screening Instruments**

The brief screening instrument that is designed to identify alcohol abuse by asking four basic questions is _________________.

a. The Michigan Alcoholism Screening Test  
b. The Alcohol Severity Index  
c. The CAGE Questionnaire  
d. The Screening and Brief Intervention Index

42. **Chapter Eight: Practice Dimension III: Referral**

Adopting a holistic view of clients in substance abuse treatment is especially important for any service provider making referrals to other providers or agencies.

a. True  
b. False

43. **Competency 49: Establish and Maintain Relationships with Outside Agencies and Other Professionals**

Agencies who collaborate to assist those with substance abuse disorders should be aware that their efforts are likely to be ineffective unless all the client’s life areas are addressed.

a. True  
b. False

44. **Competency 53: Explain in Clear and Specific Language the Necessity for Referral**

When a client is flatly denying substance abuse and resisting treatment, it may be helpful to ask permission to discuss your concerns and get feedback from them, which is known as the “Inquire-Evaluate-Summarize” approach.

a. True  
b. False

45. **Integrating Substance Abuse Treatment and Vocational Services-Characteristics of Authentically Connected Referral Networks**

Multiple agencies must work as equal partners with one another and with clients, and it is imperative that all parties demonstrate:

a. Vision-based accountability  
b. Mutual responsibility and trust  
c. Individualized negotiation styles  
d. Static networking

46. **Chapter Nine: Practice Dimension IV: Service Coordination-Definition of Case Management**

Case management should assist the patient in re-establishing an awareness of internal resources such as intelligence, problem solving skills, and:

a. Assurance  
b. Prudence
b. Responsibility
d. Competence

47. **Sharing Information with an Outside Agency**

A Qualified Service Agreement (QSOA) is a written agreement between a program and a person providing services to the program, and it may be used as a substitute for individual consent.

a. True
b. False

48. **Continuum of Services System Re-Engineering**

According to the principles for an effective continuum of alcohol and other drug services:

a. Services must be comprehensive, integrated, and high quality
b. Potential problems can be prevented by reducing risk factors and increasing protective factors in both communities and individuals
c. Recovery from severe and persistent problems can be achieved through continuing and comprehensive alcohol and other drug treatment services
d. All of the above

49. **Chapter Ten: Practice Dimension V-Individual Counseling**

When a client's behavior is inconsistent with stated recovery goals, the clinician should make constructive therapeutic responses while helping the client recognize that certain behaviors are interfering with treatment progress.

a. True
b. False

50. **The Successful Counselor**

Carl Rogers was a humanistic psychologist who believed that therapists should use three basic tools to impact their clients, including congruence, unconditional positive regard, and:

a. Authentic communication
b. Absolute affirmation
c. Accurate empathic understanding
d. Unequivocal acceptance

51. **Body Language**

Since approximately 30 percent of information is communicated through the body, the matching of body language to spoken words is fundamental to genuine communication.

a. True
b. False

52. **Motivation for Change**
When working with family members of a recovering client, it is important to treat them in a gentle manner which encourages them to focus primarily on the recovery of their loved one.

a. True  
b. False

53. **Skills Enhancement**

Substance abuse counselors often need to work with clients to cultivate life skills that were neglected or underdeveloped as a result of the addiction.

a. True  
b. False

54. **Healthy Schedules**

The counselor should help the client acknowledge the places, people, and things that contribute to substance abuse as well as to a healthy lifestyle, while also assisting the client in recognizing drinking and using patterns, relapse signs, and:

a. Triggers  
b. Vulnerabilities  
c. Temptations  
d. Weaknesses

55. **Competency 85: Make Constructive Therapeutic Responses When the Client’s Behavior is Inconsistent With Stated Recovery Goals**

When facing a stressful situation that has the potential to lead to a crisis or relapse, the client is encouraged to “wraparound” with a trusted individual, which is a therapeutic technique for discussing the situation before and after the potentially upsetting interaction.

a. True  
b. False

56. **Exercises/Activities: Counseling Student Practice Triads**

When assessing the use of appropriate counselor body language, techniques to be observed include open posture, eye contact, nodding, and appropriate hand movement.

a. True  
b. False

57. **Chapter Eleven: Practice Dimension V-Counseling/Groups and Substance Abuse Treatment**

Groups that use the knowledge of the way people function psychologically to promote change and healing are:

a. Skills development groups  
b. Expressive groups  
c. Cognitive-behavior groups  
d. Interpersonal process groups
58. **The Middle Stage of Treatment**

During the middle stage of recovery and treatment, cognitive capacity usually begins to return to normal, the client becomes more stable, and factors such as self-knowledge and altruism can be emphasized.

a. True  
b. False

59. **Group Stages: An Alternative Model**

Consensus seeking, increased cohesiveness, and establishment of rules and relationships occur in which phase of group development?

a. Storming  
b. Performing  
c. Norming  
d. Forming

60. **Chapter Twelve: Counseling Families, Couples, and Significant Others/Impact of Substance Abuse on Families**

In any form of family therapy for substance abuse treatment, consideration should be given to social problems such as criminal activity, unemployment, domestic violence, and child abuse or neglect that may also be impacting the family.

a. True  
b. False

61. In order to assist families experiencing issues related to substance abuse, multidimensional family therapy techniques call for reducing levels of anxiety, restructuring family roles, and establishing boundaries between the family and the outside world.

a. True  
b. False

62. **Chapter Thirteen: Client, Family, and Community Education-Addressing Diverse Client Populations**

In the United States, approximately 25% of the population belongs to an ethnic or racial minority group, so substance abuse outpatient treatment programs are frequently called on to serve individuals with diverse backgrounds.

a. True  
b. False

63. **Risk and Protective Factors for Alcohol, Tobacco, and Other Drug Problems**

High intelligence, lack of emotional impairments, and being physically robust are which type of protective factors that guard against the development of substance abuse problems?

a. Personality Characteristics  
b. Social Experiences  
c. Developmental Assets  
d. Constitutional Strengths
64. **Diverse Client Populations**

Which of the following accurately describes substance abuse patterns among diverse populations in the United States?

a. Among African Americans with a perceived need for substance abuse treatment, 15 percent reported that the need was unmet

b. Approximately half of the people who are homeless report having an alcohol, drug, or mental disorder in the last month

c. The number of older adults needing treatment for substance abuse is expected to increase from 1.2 million in 2001 to 3.4 million by 2020

d. Among adults over age 25, the rates of alcohol use in rural areas is lower than in metropolitan areas, but rates for youth are much higher in rural areas than metropolitan areas

65. **Prevention**

The annual total estimated societal cost of substance abuse in the United States is approximately 372.6 billion dollars.

a. True  
b. False

66. **Chapter Fourteen: Documentation-Competencies 108-114**

Clinicians must recognize the importance of accurate client record management and documentation as demonstrated accurately in each of the following EXCEPT:

a. Accurate documentation helps ensure the recording of adequate treatment/recovery options and helps to keep the agency in program and fiscal compliance

b. Progress notes should be properly written and charted to record any changes in treatment/recovery, or in the client’s status and behavior

c. Counselors must prepare accurate and concise assessment reports, while safeguarding client records at all times

d. Clinicians need to prepare concise discharge summaries which include aftercare options based on treatment success, and resources/contacts that will assist in continued care

67. **Treatment Plan Documentation Notes**

The client and counselor should prepare a treatment plan together, with the client agreeing to outline a recovery plan of action that will be carried out over the next 59 days, and updated by day 60.

a. True  
b. False

68. **Overall Client File Guidelines**
Charts and records are a representation of a program’s professionalism, so records must be thorough, comprehensive, and exhaustive.

a. True  
b. False

69. **Chapter Fifteen: Professional and Ethical Responsibilities—Fundamental Ethical Principles**

The medical principle of ________ emphasizes that treatment providers should act for the good of patients by providing competent, timely care within the bounds of accepted treatment practice.

a. Beneficence  
c. Justice  
b. Nonmalefeasance  
d. Bonhomie

70. **Professional and Ethical Standards for Supervisors**

It is good practice for clinical supervisors to develop and maintain a personal wellness plan for physical and mental health and to encourage supervisees to do the same.

a. True  
b. False

71. **Therapeutic Issues for Counselors**

Counselors who are repeatedly confronted by disclosures of victimization and exploitation may experience symptoms similar to those of posttraumatic stress disorder, which is known as:

a. Subordinate suffering  
c. Secondary traumatization  
b. Inferential distress  
d. None of the above

72. **Burnout**

Burnout occurs when the pressures of working with clients erodes a counselor’s spirit and outlook, and current financially focused health care where clinicians have to assume larger and more complex caseloads makes this an even bigger concern.

a. True  
b. False