

# SA 550 Cognitive Approaches to Addiction Treatment

## Exam Instructions

**Thank you for enrolling into SA 550 - Cognitive Approaches to Addiction Treatment . This is your online examination. Please follow these instructions:**

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

If you have any questions, please contact us at: [info@aihcp.org](mailto:info@aihcp.org)

Full Name:

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**1.** Substance \_\_\_\_ is a maladaptive pattern of psychoactive substance use while \_\_\_\_ is defined as "Impaired Control of use".

- A) Dependency/abuse
- B) Use/abuse
- C) Abuse/dependency
- D) Use/dependency

**2.** After a client has effectively coped with a high risk situation?

- A) a. Their sense of self-efficacy is threatened
- B) b. Their sense of self-efficacy increases
- C) .c Are more likely to relapse again
- D) d. Are less likely to relapse again
- E) b and d

**3.** \_\_\_\_ refers to an individual expecting certain effects from a substance while \_\_\_\_ refers to an individual belief that drug use comes from external or internal causes.

- A) Attribution of causality/outcome expectations
- B) Outcome expectations/attribution of causality
- C) Ambivalence/self-efficacy
- D) High-risk/relapse

4. The precontemplation stage is best defined as when the individual?
- A) Has made a commitment to change and has begun to modify their behavior
  - B) Is willing to examine their problems and consider change
  - C) Is least concerned about their problems and doing anything about it
  - D) Wishes to make actual change and decides to get help to do so
  - E) Attempts to continue the change process
5. The contemplation stage is best defined as when the individual?
- A) Has made a commitment to change and has begun to modify their behavior
  - B) Is willing to examine their problem and consider change
  - C) Is least concerned about their problems and doing anything about it
  - D) Wishes to make actual change and decides to get help to do so
  - E) Attempts to continue the change process
6. The action stage is best defined as when the individual?
- A) Has made a commitment to change and has begun to modify their behavior
  - B) Is willing to examine their problems and consider change
  - C) Is least concerned with their problems and doing anything about it
  - D) Wishes to make actual change and decides to get help to do so
  - E) Attempts to continue the change process
7. Dysfunctional beliefs about alcohol and drugs are the major barriers to recovery for the substance abuser.
- A) True
  - B) False
8. Cognitive therapy addresses excessive emotional reaction and self-defeating behavior by modifying the faulty or erroneous thinking and maladaptive beliefs that underlie these reactions.
- A) True
  - B) False
9. The major emphasis of cognitive therapy is to?
- A) Reduce the intensity and frequency of urges by undermining the underlying beliefs
  - B) Teach the client specific techniques for controlling or managing their anger
  - C) Help the client understand their feelings that stem from childhood experiences
  - D) Choice 1 and Choice 2

- 10.** Clients relapse because they?
- A) Never really had stopped using in the first place
  - B) Never really changed their beliefs about those things that trigger the cravings
  - C) Rely on too many strategies to prevent relapse
- 11.** \_\_\_\_ refers to a desire for the drug, whereas \_\_\_\_ are the internal pressure or mobilization to use substances.
- A) Urges/cravings
  - B) Cognition/urges
  - C) Urges/beliefs
  - D) Cravings/urges
- 12.** When dealing with the control/urge equation it is important?
- A) To understand that the substance abuser has little or no control over their urges
  - B) For the client to develop absolute control over the urges
  - C) For the client to reduce their cravings while increasing their control
- 13.** Addictive beliefs characterize the individual?
- A) Before they become addicted
  - B) As they become addicted
  - C) After they become addicted
- 14.** Predispositional characteristics of substance abusers include each of the following except the individual?
- A) Has a general sensitivity to their unpleasant feelings or emotions
  - B) Lacks motivation to control behavior
  - C) Has a pattern of automatic, non-reflective yielding to impulses
  - D) Prefers a quiet, sedate life
  - E) Has a low tolerance for frustration
- 15.** The sequence that springs from dysfunctional core beliefs include?
- A) Emotions, thoughts, cravings
  - B) Cravings, emotions, re-enforced beliefs
  - C) Automatic thoughts, emotions, conclusions, cravings
- 16.** Anticipatory beliefs are those beliefs that the substance abuser uses to give themselves permission to use.
- A) True

B) False

**17.** Cues are predictable circumstances that can lead to a relapse.

A) True

B) False

**18.** Therapeutic goals are designed to help clients?

A) Gain a greater understanding of the origins of their feelings

B) Change their concepts and beliefs

C) Develop proficiency in coping

D) Choice 2 and Choice 3

**19.** Cognitive blockage inhibits awareness of and/or attention to the delayed long-term consequences of substance abuse.

A) True

B) False

**20.** One of the problems of developing a therapeutic relationship is that the therapist has maladaptive beliefs about their client.

A) True

B) False

**21.** In developing rapport the therapist should do the following except?

A) Reach a diagnosis early

B) Listen

C) Be reflective

D) Demonstrate genuineness

**22.** Rapport building techniques serves to?

A) Communicate the therapist's willingness to hear the client's point of view

B) Show that the client will have input into their treatment

C) Allow the therapist to begin to instruct the client in some of the basic concepts of cognitive therapy

D) All of the above

**23.** Trust?

A) Is developed by a complex and complicated process

B) Can be developed very simply and undramatically

C) Is easily lost

D) Choice 2 and 3

**24.** When a client is engaged in defiant and/or manipulative behavior?

- A) The therapist should tell their complete substance use history
- B) A brief honest response is best
- C) The therapist should ignore the question and focus on the client's use

**25.** Maintaining a therapeutic relationship?

- A) Involves compromise and collaboration
- B) Involves the therapist allowing themselves to be manipulated
- C) means that the therapist retains absolute control in the relationship

**26.** The client is trying to get the therapist to be an enabler when the client asks them?

- A) For special treatment
- B) To withhold information from their probation officer
- C) To ignore obvious signs of trouble
- D) All of the above

**27.** Sometimes appealing to a client's sense of justice, their positive feelings about others, their integrity, etc. can bring them back into a collaborative relationship.

- A) True
- B) False

**28.** Current life problems are best understood as?

- A) A client's central and important beliefs
- B) Thoughts that are activated by core and conditioned beliefs
- C) The full spectrum of the client's trouble
- D) Behaviors that help clients cope with their core beliefs
- E) Beliefs and rules that help clients cope with their core beliefs

**29.** Conditional assumptions are best understood as?

- A) A client's central and important beliefs
- B) Thoughts that are activated by core and conditioned beliefs
- C) The full spectrum of the client's trouble
- D) Behaviors that help clients cope with their core beliefs
- E) Beliefs and rules that help clients cope with their core beliefs

- 30.** Automatic beliefs are best understood as?
- A) A client's and important beliefs
  - B) Thoughts that are activated by core and conditioned beliefs
  - C) The full spectrum of the client's troubles
  - D) Behaviors that help clients cope with their core beliefs
  - E) Beliefs and rules that help clients cope with their core beliefs
- 31.** Structuring a therapy session is an effort to ensure that the therapist is in total control of what goes on
- A) True
  - B) False
- 32.** The therapist must stick to the agency's purpose for the counseling session no matter what the client may bring to the session.
- A) True
  - B) False
- 33.** Doing a mood check is important because?
- A) Mood is an important indicator that a lapse or relapse may be coming
  - B) A sense of hopelessness is a predictor of suicide
  - C) It gives information that can really impress state regulators
  - D) Choice 1 and Choice 2
- 34.** Socratic questions refer to a method of intervening that encourages the client to contemplate, evaluate and synthesize diverse sources of information.
- A) True
  - B) False
- 35.** Among other things a capsule summary helps the therapist and client to summarize what happened during the session
- A) True
  - B) False
- 36.** Making homework assignments?
- A) Is a way to fill time during the next session
  - B) Serves as a bridge between sessions
  - C) Provides clients with the opportunity to collect information, to test erroneous beliefs and try new behavior
  - D) Choice 2 and Choice 3

**37.** Discovering what the client attributes their substance usage to?

- A) Is a totally useless exercise
- B) Is the definitive reason for why the client uses
- C) Gives the therapist a beginning point to discover some of the client's faulty beliefs

**38.** The therapist using cognitive therapy will help the client?

- A) Recognize the role thoughts have in how they feel during session
- B) Recognize the connection between their thoughts, emotions, situation, behavior and cravings
- C) Explore the childhood experiences that led to their feelings
- D) Choice 1 and Choice 2

**39.** When a client states "I don't have any thoughts" the therapist?

- A) Should trust the client's insight
- B) Can wait for the client to change their affect to ask "What is going through your mind right now"?
- C) Should heavily confront the client because they are probably lying
- D) Ignore the answer and move on to something else

**40.** Helping the client recognize physiological cues can help them recognize when they are experiencing feelings and to modify their thoughts and feelings.

- A) True
- B) False

**41.** Setting goals?

- A) Is not that important when using a cognitive approach
- B) Provide a road map for therapy
- C) Represent the therapist's plan for helping the client
- D) Is a collaboration between the client and the therapist
- E) Choice 2 and Choice 4

**42.** Understanding the goals of therapy help both the therapist and client to measure the progress of therapy.

- A) True
- B) False

**43.** In developing goals the therapist is trying to highlight the relationship between abstinence and problem solving.

- A) True
- B) False

- 44.** The primary goal of therapy includes?
- A) The reduction of drug dependency
  - B) Helping clients learn effective methods for coping with life problems
  - C) Helping clients understand the deep origins of their feelings
  - D) All of the above
  - E) Choice 1 and Choice 2
- 45.** One of the general rules for developing goals is they should be a collaborative effort
- A) True
  - B) False
- 46.** Advantage-disadvantage analysis involves the substance abuser?
- A) Measuring the advantages and disadvantages of seeking treatment
  - B) Maintaining beliefs that minimize the disadvantages and maximize the advantages of using
  - C) Measuring the advantages and disadvantages of the problems they experience
- 47.** The Daily Thought Record is a fundamental document that can be used to help establish the relationship between the situation, the automatic thoughts, emotions, rational response and outcome.
- A) True
  - B) False
- 48.** The Daily Activity Schedules serves as a?
- A) Journal of current activities
  - B) Prospective guide for future activities
  - C) Way to evaluate the extent to which the client has been following his/her proposed schedule
  - D) All of the above
- 49.** If a client is having difficulties in treatment it may be because?
- A) The therapist has just been too accurate in their assessment of the client
  - B) There may be important unassessed historical events
  - C) The therapist missed a diagnosis
  - D) All of the above
  - E) Choice 2 and Choice 3
- 50.** Responding to withdrawal symptoms is best understood as?
- A) A client learning to associate otherwise neutral stimuli with the gratification obtained by drug use
  - B) Originating from the desire to feel well again



- C) A client wanting to enhance positive experiences
- D) A client attempting to enhance their mood in the quickest and most extreme way possible

**51.** A "Conditioned" response to drug cues is best understood as?

- A) A client learning to associate otherwise neutral stimuli with the gratification obtained by drug use
- B) Originating from the desire to feel well again
- C) A client wanting to enhance positive experiences
- D) A client attempting to enhance their mood in the quickest and most extreme way possible

**52.** The primary goal of distracting techniques is to shift focus of attention from external to internal events

- A) True
- B) False

**53.** Imaging rehearsal can be used to help prepare a client to more effectively deal with high-risk situations.

- A) True
- B) False

**54.** A drug-abusing client of lower socioeconomic status is more vulnerable to peer pressure than those of higher socioeconomic status.

- A) True
- B) False

**55.** Only major stressors act as triggers to substance abuse while routine daily hassles do not.

- A) True
- B) False

**56.** Therapists need to be aware of the medical issues related to substance abuse so they can?

- A) Educate the client about medical issues
- B) Detect physical signs that indicate that the client may have relapsed
- C) Both

**57.** When a client is in crisis?

- A) They are very likely to contact their therapist to get help
- B) They can learn to use the crisis to learn better coping styles
- C) The therapist can pretty much ignore how the client feels about the crisis
- D) The therapist should focus on each crisis as they occur

- 58.** A therapist can help the client use a series of maneuvers such as?
- A) Looking for evidence to counteract the dysfunctional beliefs
  - B) Examining the logical relationship of their beliefs to actual experience
  - C) Testing the beliefs in planning experiments
  - D) All of the above
  - E) Choice 1 and Choice 2
- 59.** Symptoms are targeted based on each of the following except when the symptoms?
- A) Are most distressing to the client
  - B) Represent the greatest challenge for the therapist
  - C) Are most accessible to therapeutic intervention
- 60.** The term "Behavioral Techniques" refers to?
- A) Focusing on the client's over behavior
  - B) Focusing on the client's thoughts, feelings, and wishes
  - C) Techniques based on behavioral psychology of rewards and punishment
- 61.** Client's with low frustration tolerance are prone to addiction because substances?
- A) Satisfy the desire for instant gratification
  - B) Reduce anxiety and sadness
  - C) Give the user a sense of control and mastery in their situation
  - D) All of the above
- 62.** Anxious clients typically
- A) Underestimate their ability to cope
  - B) Overestimate the size of the threat
  - C) Experience tunnel vision created by faulty core beliefs
  - D) All of the above
- 63.** When a therapist is dealing with a substance abusing personality disordered client they should?
- A) Structure the sessions
  - B) Provide homework assignments
  - C) Not worry too much about developing the relationship
  - D) All of the above
  - E) Choice 1 and Choice 2

**64.** Antisocial patients are motivated by?

- A) Doing the right thing
- B) Developing mutually trusting relationships
- C) What is in their own best interest

**65.** When a client has relapsed, imagery techniques are useful to explore basic beliefs and identify automatic thoughts.

- A) True
- B) False

**66.** Developing a social support network?

- A) Helps the client deal with problems of loneliness
- B) Replaces the using social network with a non-using one
- C) Is only important for clients who have a few or no friends
- D) Choice 1 and Choice 2