COURSES ARTICLE - THERAPYTOOLS.US

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1. Brief interventions can help clients reduce or stop abuse, act as a first step in the treatment process to determine if clients can stop or reduce on their own.

   True
   False

2. Brief Interventions are generally aimed at motivating a client to address larger concerns.

   True
   False

3. Therapies are generally aimed at motivating a client to perform a particular action.

   True
   False

4. A brief intervention can last as little as 5 minutes.

   True
   False

5. For the purposes of this TIP, brief therapy involves a series of steps taken to treat a substance abuse problem, whereas brief interventions are those practices that aim to investigate a potential problem and motivate an individual to begin to do somethin

   True
   False

6. Research also suggests that for some clients, there is no loss in effectiveness when length and intensity of treatment are reduced.

   True
   False
7. Brief interventions in traditional settings usually involve a more in-depth assessment of substance abuse patterns and related problems.

True
False

8. In general, brief interventions are conducted in a variety of opportunistic and substance abuse treatment settings, target different goals; may be delivered by treatment staff or other professionals, and do not require extensive training.

True
False

9. The brief intervention assessment typically involves obtaining information regarding frequency and quantity of substance abuse, consequences of substance abuse, and related health behaviors and conditions.

True
False

10. The secondary goal of brief interventions are to raise awareness of problems and then to recommend a specific change or activity (e.g., reduced consumption, accepting a referral, self-monitoring of substance abuse).

True
False

11. Distress clients feel about their substance abuse behavior does not act as an influence to encourage change as they recognize the negative consequences of that behavior to themselves or others.

True
False

12. In brief intervention the therapist identifies the problems.

True
False

13. Although brief therapies are typically shorter than traditional versions of therapy, these therapies generally require at least six sessions and are more intensive and longer than brief interventions.

True
False
14. Brief Therapies and Brief Interventions are the same.

True
False

15. Brief therapy in substance abuse treatment is remediation of some specified psychological, social, or family dysfunction as it pertains to substance abuse; it focuses primarily on present concerns and stressors rather than on historical antecedents.

True
False

16. In recent years, this biopsychosocial approach to the treatment of substance abuse disorders has stimulated more cross-disciplinary cooperation. It has also prompted more attempts to match client needs to the most appropriate and expeditious intensity of

True
False

17. There is still a tradition of waiting for a substance user to "hit bottom" and ask for help before attempting to treat him.

True
False

18. If substance abuse is placed on a continuum from abstinence to severe abuse, any move toward moderation and lowered risk is a step in the right direction and not incongruous with a goal of abstinence as the ultimate form of risk reduction.

True
False

19. In addition to resisting a harm reduction approach, treatment staffs in programs that incorporate pharmacotherapies may be skeptical of behavioral approaches to client change if they believe addiction primarily stems from disordered brain chemistry that

True
False

20. The Consensus Panel recommends that programs use quality assurance improvement projects to determine whether the use of a brief intervention or therapy in specific treatment situations is improving treatment. Examples of outcome measures does not include:

Client's rating of counselors
Aftercare followup rates
Aftercare compliance rates
21. Examples of brief interventions include asking clients to try nonuse to see if they can stop on their own, encouraging interventions directed toward attending a self-help group (e.g., Alcoholics Anonymous [AA] or Narcotics Anonymous [NA]), and engaging in

True
False

22. Clients need motivational support appropriate to their stage of change. If the clinician does not use strategies appropriate to the stage the client is in, treatment resistance or noncompliance could result.

True
False

23. In the preparation stage, a brief intervention could help the client weigh the costs and benefits of change.

True
False

24. In the action stage brief intervention could address the costs and benefits of various change strategies (e.g., self-change, brief treatment, intensive treatment, self-help group attendance).

True
False

25. The basic goal for a client in any substance abuse treatment setting is to reduce the risk of harm from continued use of substances.

True
False

26. Clients who succeed at making small changes generally return for more successes.

True
False

27. Which is not a level of consumption user>

Light or Moderate User
At-Risk User
Non-Abstainer
Not Here
28. There are ______ elements critical to a brief intervention to change substance abuse behavior.

4
5
6
Not Here

29. In Introducing the Issue, the clinician seeks to build rapport with the client, define the purpose of the session, gain permission from the client to proceed, and help the client understand the reason for the intervention.

True
False

30. Providing Feedback is clinician driven.

True
False

31. When clients feel they are being pushed toward change—even if the clinician is not pushing—they are likely to resist.

True
False

32. Another important skill is the ability to help clients explore and resolve ambivalence. Ambivalence is the hallmark of a person in the contemplation stage of readiness. It is one of the most prevalent clinical challenges encountered in brief interventions.

True
False

33. Which is not a potential benefits of using brief interventions in substance abuse treatment settings?

Increase compliance for doing homework
Increase in dropout rates
Reduce dropout rates after the first session of treatment
Not Here

34. If the initial intervention does not result in substantial improvement, the professional may refer the individual for additional specialized substance abuse treatment.

True
False
35. Evidence supports the inferiority of brief interventions in comparison with more extensive treatment offered by treatment specialists to patients who are seeking help for their alcohol-related problems.

- True
- False

36. Studies have found that compliance with a treatment plan, rather than simply length of treatment, is one of the important factors influencing positive outcomes for clients receiving treatment.

- True
- False

37. Certain skills and training are particularly important for conducting effective brief therapy, which is not one of these skills?

- Be sensitive to the cultural and spiritual needs of the client
- Have a mature sense of personal and professional boundaries
- Follow appropriate Federal, State, and agency regulations in the provision of substance abuse treatment services
- They are all correct

38. Behavioral approaches assume that substance abuse disorders are developed and maintained through the general principles of learning and reinforcement.

- True
- False

39. A principal of classical conditioning is that if a behavior occurs repeatedly across time but is not reinforced, the strength of both the cue for the behavior and the behavior itself will diminish and the behavior will extinguish.

- True
- False

40. Therapies based on counterconditioning theory typically do not use chemically induced aversion or electric shock as negative consequences to be paired with the substance-related cues.

- True
- False

41. As applied to alcohol problems, The Behavioral Self Control Training does not include:

- The client establishes a reinforcement system to reward the achievement of these drinking-related goals.
The client must develop and practice being able to refuse drinks assertively when offered them. The therapist establishes an upper limit on the number of drinks per day and the peak blood alcohol level on any one drinking occasion.

42. Cognitive therapy tends to follow a standard within-session structure to make the maximum use of time, to focus on the most important current problems, to set the tone for a working atmosphere, and to maintain continuity between sessions. Which is not one

Setting the agenda--to focus on primary goals for treatment
Office not home based assignments.
Bridge from last session--to maintain continuity between sessions
Not Here

43. In Functional Analysis one attempts to identify the antecedents and consequences of substance abuse behavior, which serve as triggering and maintaining factors. Antecedents of use can come from emotional, social, cognitive, situational/environmental, and

True
False

44. Role playing scenario is not used in teaching coping skills.

True
False

45. Research has consistently shown that people who expect more positive effects from substances are less likely to abuse them.

True
False

46. Relapse prevention also stresses the development of a more balanced and healthier lifestyle.

True
False

47. Two advantages of CBT are that it is relatively brief in duration and quite flexible in implementation. CBT typically has been offered in 12 to 16 sessions, usually over 12 weeks.

True
False

48. Strategic/interactional therapies attempt to identify the client's strengths and actively create personal and environmental situations where success can be achieved.
49. Strategic therapy is a form of interactional therapy because it does focus on the root causes of the client's problems.

True
False

50. Strategic/interactional approaches can not be used in conjunction with other treatments.

True
False

51. Some therapists familiar with 12-Step programs may be concerned that the strategic/interactional approach is opposed to not viewing addiction as a disease.

True
False

52. Even if a client seems to have no existing family connections, the family sometimes plays a role in her substance abuse.

True
False

53. Most forms of strategic/interactional therapies are brief by the definition used in this TIP. Strategic/interactional therapies normally require no more than ______ sessions,

10
14
20
Not Here

54. Clients who have personality disorders are good candidates for Strategic/Interactional Approach.

True
False

55. The primary strength of strategic/interactional approaches is that they shift the focus from the client's weaknesses to the client's strengths.

True
False
56. Strategic/interactional therapies are based on three primary theoretical assumptions. Which is not one of these assumptions?

These therapies take a constructivist view of reality. They assert that reality is determined by individual perceptions, which are influenced by cultural, sociopolitical, and psychological factors. These therapies stress the importance of attribution of meaning. According to this theoretical approach, it is the meaning we attribute to situations that determines whether a problem exists. In this model, an important therapeutic goal is to understand the

These therapies focus on human interactions and the problems that evolve from ineffective ways of coping with situations. There is always some element of social interaction in the development, maintenance, and change process for any problem. By taking the

They are all correct

57. The therapist using solution-focused brief therapy spends most of the first session moving quickly into action.

True
False

58. The therapist using Haley's problem-solving therapy spends the first session defining goals.

True
False

59. As the end of the therapeutic process nears, the therapist helps the client prepare for the future.

True
False

60. Erikson's interventions emphasize the following, except for?

An orientation toward the past.
Suggestion as a means of bypassing an impasse, reframing the problem, and taking a first step toward solving it.
The symptom as a communication that conveys information about developmental needs.
Not Here

61. Solution-focused brief therapy tenets do not include:

Using past successes to foster confidence
Finding a unique solution for each person
Sharing the responsibility for change with the client
They are all correct

62. The Mental Research Institute's brief therapy model is based on the belief that problems develop from, and are maintained by, the way that normal life difficulties are perceived and handled.
63. In each session, practitioners using the MRI brief therapy model should try to do the following, except for?

Define the problem in behavioral terms.
Determine how the client understands the problem.
State goals.
Review attempted solutions.
They all correct

64. To map out a family's organization is a part of which therapy type?

Haley's Problem-Solving Therapy
The MRI Therapeutic Model
Ericksonian Therapy
Not Here

65. Haley's approach assumes that substance abuse by a family member is a symptom of a family's desire to avoid confronting dysfunctional family dynamics. The individual is not necessarily responsible for having created the symptom.

True
False

66. Whereas the key words for humanistic therapy are acceptance and growth, the major themes of existential therapy are client responsibility and freedom.

True
False

67. The humanistic therapist is more interested in helping the client find philosophical meaning in the face of anxiety by choosing to think and act authentically and responsibly.

True
False

68. Client-centered therapy may be used most effectively when a client is able to access emotional experiences or when obstacles must be overcome to facilitate a client's entry into or continuation of recovery.

True
False

69. Narrative therapy can enhance spiritual development by focusing on the intangible aspects of human experience and awareness of unrealized spiritual capacity.
70. Because of time constraints inherent in approaches to brief substance abuse treatment, the early phase of therapy is crucial. Unless the therapist succeeds in engaging the client during this early phase, the treatment is likely to be less effective.

71. Humanistic and existential approaches are not consistent with many tenets of 12-Step programs.

72. Rather than prediction, control, and replication of results, a humanistic science approach emphasizes understanding and description.

73. Humanistic psychology, often referred to as the "third force" besides behaviorism and psychoanalysis, is concerned with human potential and the individual's unique personal experience.

74. Humanistic psychology assumes that people have an innate capacity toward self-understanding and psychological health.

75. Which is not an essential characteristics of humanistic therapy?

- Assessment and enhancement of client motivation both collaboratively and authentically
- Respect for the client's cultural values and freedom to exercise choice
- Exploration of goals and expectations, including articulation of what the client wants to accomplish and hopes to gain from treatment
- Demonstration of authenticity by setting a tone of genuine, authentic encounter

76. A client-centered therapist focuses on the client's self-actualizing core and the positive forces of the client (i.e., the skills the client has used in the past to deal with certain problems). The client should also understand the unconditional nature of
77. Narrative therapy assumes that people’s lives, including their relationships, are shaped by language and the knowledge and meaning contained in the stories they hear and tell about their lives.

True
False

78. The helps clients to assume authorship of their lives in order to rewrite their stories by breaking patterns and developing new solutions.

The Problem Solving therapist
The Client Centered therapist
The Narrative therapist
Not Here

79. Transpersonal psychotherapy values wholeness of being and self-realization on all levels of the spectrum of identity (i.e., egoic, existential, transpersonal).

True
False

80. Use of dreams and imagery is an example of Client Centered Therapy.

True
False

81. In Transpersonal therapy Substance abuse disorders may be seen broadly as an attempt to fill a spiritual void.

True
False

82. Gestalt theory does not include:

How is more important than why (i.e., causes are not as important as results).
The individual's inner experience is central.
The organism should be seen as a separate entities.
Not here

83. Rather than seeking detailed intellectual analysis, the Gestalt therapist looks to create a "safe emergency" in the therapeutic encounter.

True
84. Substance abuse interrupts the flow of what Perls called "organismic self-regulation." The result is that individuals do not achieve satisfaction of their needs and can remain unaware of what their needs are. The substance abuser may distort or thwart the:

- Non Rest
- Satisfaction
- Mobilization of energy
- Not Here
- All Are Correct

85. According to the Existential Approach anxiety is not part of humand condition.

True
False

86. A core characteristic of the existential view is that an individual is a "being in the world" who has biological, social, and psychological needs.

True
False

87. Preliminary observations and research indicate individuals with high levels of perceived meaning in life may be prone to substance abuse as a coping mechanism.

True
False

88. In the context of treating substance abuse disorders, the existential therapist often serves as a coach helping the client confront the anxiety that tempts him to abuse substances.

True
False

89. Psychodynamic therapy focuses on unconscious processes as they are manifested in the client's present behavior.

True
False

90. In its brief form, a psychodynamic approach enables the client to examine unresolved conflicts and symptoms that arise from past dysfunctional relationships and manifest themselves in the need and desire to abuse substances.

True
91. In Self Psychology the ingestion of the drug provides him with the self-esteem which he does not possess.

92. Several of the brief forms of psychodynamic therapy are considered less appropriate for use with persons with substance abuse disorders, partly because their altered perceptions make it difficult to achieve insight and problem resolution.

93. The healing and change process envisioned in long-term psychodynamic therapy typically requires at least 2 years of sessions. This is because the goal of therapy is often to change an aspect of one's identity or personality or to integrate key development.

94. In _______________ it is assumed that the client will have better control over behavior if he knows more about what he is doing on an unconscious level. This knowledge is acquired by better understanding of childhood experiences.

- Psychoanalysis
- Supportive-expressive (SE) psychotherapy
- Cognitive Therapy
- Not Here

95. Most people with substance abuse disorders have particularly negative expectations of others' attitudes toward them (that is, the RO), although it remains unclear which came first--this response or the substance abuse disorder.

96. Many people who have substance abuse disorders have much invested in denying that they really have a problem, in portraying themselves as helpless victims, and in disclaiming their role in the behavior that has brought them into treatment.

97. In the Caste Study of Stella at age did she run with her boyfriend?
98. Stella’s then is to use drugs, which makes her feel strong and independent for a brief time and also makes her see herself as deserving of being thwarted and exploited, which has happened repeatedly in interpersonal contexts in her life.

True
False

99. Clients Most Suitable for Psychodynamic Therapy are:

Those who have coexisting psychopathology with their substance abuse disorder
Those who do not need or who have completed inpatient hospitalization or detoxification
Those who do not have organic brain damage or other limitations due to their mental capacity
Those whose recovery is stable
They are suitable

100. Research suggests that most client improvement as a result of group therapy occurs within a brief span of time--typically, ____________.

1 or 3 months
2 or 3 months
3 or 5 months
Not Here