

On Being Alcoholic

Identity Crisis During the Diagnostic Stage of Treatment

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10 CEHs



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Examination Questions

Chapter 1: I Don't Want To Be An Alcoholic

1. According to the author, the diagnosis of alcoholism impacts the client's:
 - a. self-image
 - b. beliefs about herself
 - c. standing in society
 - d. all of the above

2. According to the author, during an intervention the client must go through the ____ stages of the diagnostic process.
 - a. five
 - b. four
 - c. three
 - d. two

3. According to the author, each stage of the diagnostic process is marked by the same emotional responses: Shock, horror, shame, grief, and anger.
 - a. True
 - b. False

Chapter 2: The First Stage of the Diagnostic Process

4. According to the author, clients have their own accounting system to describe different types of drinking that contrast sharply from the counselor's.
 - a. True
 - b. False

5. According to the author, one of the factors that determines the client's ability to accept the counselor's definition of normal drinking is:
 - a. the skill level of the counselor
 - b. the client's own nagging doubts about her drinking
 - c. the degree to which the client will be judged if she accepts the diagnosis
 - d. all of the above

6. According to the author, step two of the first stage of the diagnostic process is:
- The declaration
 - The confrontation
 - The intervention
 - The loss
7. According to the author, the most common rule in the alcoholic world is “do not express any emotional reaction to the drinking.”
- True
 - False

Chapter 3: The Second Stage of the Diagnostic Process

8. According to the author, during the second stage of the diagnostic process, the client will experience problems:
- caused by her drinking
 - that lead to her drinking in the first place
 - that occur with sobriety
 - all of the above
9. According to the author, female alcoholics frequently have a history of childhood abuse, rape trauma, battering relationships, and mental illness.
- True
 - False
10. According to the author, individuals with ADD have a lower risk for substance abuse.
- True
 - False
11. According to the author, the counselor must understand the client’s initial motivation to drink and how alcohol helped her to function in order to address these issues as part of a relapse prevention plan.
- True
 - False
12. According to the author, the client is often blamed by her family for the problems associated with her drinking and her sobriety.
- True
 - False
13. According to the author, family members often feel trapped between protecting the children and allowing the alcoholic to face the natural consequences of her drinking.
- True
 - False

Chapter 4: The Third Stage of the Diagnostic Process

14. According to the author, clients must:
- change the way they think
 - embrace a new identity
 - confront their dysfunctional decisions and behaviors
 - all of the above
15. According to the author, the stereotype of the female alcoholic does little to impede the client’s ability to accept the diagnosis.
- True
 - False

- 16.** According to the author, the ego-enhancing bias of the pregnant female alcoholic will prevent her from recognizing the damage done to her unborn child.
- a.** True
 - b.** False

- 17.** According to the author, the expectations of early recovering mothers that life will return to normal and parenting will be easier once they quit drinking is unrealistic.
- a.** True
 - b.** False

Chapter 5: The Conclusion of the Diagnostic Process

- 18.** According to the author, almost every woman is horrified to be told she's an alcoholic.
- a.** True
 - b.** False