

# *Counseling the Female Alcoholic*

*Examining Motivational Techniques within the Therapeutic Relationship*

Judith Goodman, Ph. D.

**12 CEHs**



## TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**View Text**” link to view the text.
3. **Read** text and answer exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

## Examination Questions

### Chapter 1: The Role of the Counselor

1. The fact that relationships play a central role in a woman's life means:
  - a. it can be a driving force behind her alcoholism
  - b. her sobriety will have an enormous impact on her relationships
  - c. the counselor can have an incredible influence in encouraging the client to maintain sobriety
  - d. all of the above
2. Professional enabling is:
  - a. supporting the client to make changes in her life
  - b. confronting the client on her drinking
  - c. protecting the client from the consequences of her drinking
  - d. all of the above

### Chapter 2: The Counselor's Dilemma

3. Making an accurate diagnosis for alcoholism is easy to do.
  - a. True
  - b. False
4. The counselor's personal experiences with her own drinking, or the drinking of other family members and friends, can play a key role in her ability to detect alcoholism in her clients.
  - a. True
  - b. False
5. Drinking has had both a negative and positive effect on the client's life. It has both solved problems and created them.
  - a. True
  - b. False

**Chapter 3: Making The Diagnosis**

6. To increase the likelihood that the client will provide the needed information, the counselor should:
- be tactful, but persistent in probing for details
  - never take responses at face value
  - look for inconsistencies in the answers
  - all of the above
7. For women, the definition of alcoholism must include impairment that prevents women from:
- providing adequate and proper care of their children
  - protecting themselves from physical abuse, rape and/or battering
  - protecting their children from being witnesses and/or victims of abuse
  - all of the above
8. Women often begin drinking to:
- resolve the conflict between trying to be what society demands and their inability to achieve it
  - keep their partner's company when they want a drinking companion
  - solve sexual problems
  - all of the above
9. When making a diagnosis in women, it is imperative to remember that women exhibit a greater variety of drinking patterns than men and are more easily influenced by the drinking habits of their partners.
- True
  - False

**Chapter 4: The Counselor's Challenge**

10. The counselor's goal in an intervention is to:
- minimize resistance in the client
  - present information in a way the client can hear and trust
  - motivate the client to seek treatment
  - all of the above
11. To be effective in an intervention, the counselor must believe in the basic good of the woman and her desire to be a decent person even if her behavior has betrayed that value.
- True
  - False
12. Before an intervention, the counselor should evaluate the woman for:
- suicidal risk
  - where she is in her menstrual cycle
  - degree of compliance and readiness for treatment
  - all of the above
13. Women who suffer from PMS are more likely to accept being an alcoholic during:
- menstruation
  - the week before their period is due to begin
  - the end of one cycle and the beginning to middle weeks of the next cycle
  - any time of their cycle
14. Classic interventions can be difficult because:
- the counselor acts like the diagnostic expert
  - family members cannot remember the drinking events
  - the family is often unable to present information in a loving way after years of pain and anger
  - all of the above
15. Friendships, family connections and marriages are not based on the mutual support of drinking activities.
- True
  - False

- 16.** Clients, confronted with their alcoholism, are required to shift how they behave and what they believe about themselves.
- a.** True
  - b.** False

### **Chapter 5: Making Sobriety Attractive**

- 17.** When presented with the diagnosis of alcoholism, the client usually responds:
- a.** by denying her drinking is a problem
  - b.** by defending her "right" to drink
  - c.** by trying to distract the clinician from examining it
  - d.** all of the above
- 18.** To ensure a successful intervention, the counselor must establish:
- a.** what led to the drinking in the first place
  - b.** what problems does the drinking continue to solve
  - c.** what will solve those problems once the alcohol is removed
  - d.** all of the above
- 19.** For the most part, drinking has not solved problems in the past for women.
- a.** True
  - b.** False
- 20.** Sobriety often brings with it a whole other set of problems.
- a.** True
  - b.** False
- 21.** When alcohol is removed, the pleasure centers in the brain are able to function again and the body begins producing endorphins immediately.
- a.** True
  - b.** False
- 22.** The counselor's ability to focus on the client's strengths helps:
- a.** to raise the woman's self-esteem
  - b.** to create faith in the therapeutic relationship
  - c.** the client develop trust in the counselor
  - d.** all of the above