

Counseling for Relapse Prevention

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6 CEHs



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Examination Questions

Chapter: The Relapse Dynamic

1. Relapse prevention must begin with the:
 - a. secondary stage of recovery
 - b. progressive stage of recovery
 - c. initial phase of recovery
 - d. none of the above

2. The goal of ____ is to allow the individual to cope with the at-times-overwhelming realities of the disease by avoiding, rationalizing, or minimizing.
 - a. recovery
 - b. relapse
 - c. drinking
 - d. denial

3. The withdrawal symptoms that occur as the blood alcohol level drops below what the alcoholic’s body has come to need is referred to as:
 - a. the Acute Abstinence Syndrome (AAS)
 - b. the DTs
 - c. detox
 - d. none of the above

4. Which of the following is not a major symptom of Post Acute Withdrawal syndrome (PAW)?
 - a. thought and emotional process impairments
 - b. short-term memory impairments
 - c. stress sensitivity and overreaction to stress
 - d. none of the above

5. The same mental state in which something is learned, such as while drinking, is referred to as:
 - a. cognitive resource recall
 - b. state dependent learning
 - c. substance induced learning
 - d. none of the above

6. While alcoholism is a primary physiological disease, dependence can develop:

- a. psychologically
- b. behaviorally and socially
- c. physically
- d. all of the above

7. In order to recover, a person must develop a:

- a. functionally independent personality
- b. extreme independent personality
- c. extreme dependent personality
- d. counter-dependent personality

Chapter: The Recovery/Relapse Process

8. Recovery from alcoholism is:

- a. an active process
- b. a daily program of recovery
- c. a developmental process
- d. all of the above

9. A patient is in remission when they:

- a. have maintained abstinence from all alcohol and mood-altering drugs
- b. reversed all impairments and life problems that were caused by alcoholism
- c. demonstrated progressive improvement in the quality of their lifestyle
- d. all of the above

10. The building of a structured self-regulated sobriety plan is the final step of which period of recovery?

- a. stabilization
- b. early recovery
- c. middle recovery
- d. late recovery

11. The needs of advanced recovery and those of early recovery are:

- a. similar
- b. very different
- c. the same
- d. somewhat alike

12. Which of the following statements is not true?

- a. Relapse begins with the first drink.
- b. Relapse begins in a behavioral dynamic, which reactivates patterns of denial, isolation, elevated stress, and impaired judgment.
- c. Relapse does not begin with the first drink.
- d. none of the above

Chapter: The Factors Complicating Recovery

13. A reaction to abstinence, when physical, psychological, behavioral, or social dependence on alcohol is so severe that the alcoholic is unable to function or unable to complete certain tasks without drinking, is referred to as:

- a. adjustment disorder
- b. mal-adaptation syndrome
- c. conduct displacement
- d. behavioral disarticulation

14. Cross addictions or multiple addictions _____ the (alcohol) recovery process.

- a. have little effect on
- b. have no effect on
- c. complicate
- d. none of the above

15. The use of mood-altering substances will _____ the patient's thought processes, emotional processes, and memory.
- a. balance
 - b. destabilize
 - c. not have any effect on
 - d. none of the above
16. According to the authors, if we remove the option of pain killers and other mood-altering medications to help a person deal with pain disorders, we must offer other techniques that give some relief from the pain; otherwise the patient is in high risk of relapse.
- a. True
 - b. False

Chapter: Relapse Prevention Planning

17. The confrontation that should be used during the stabilization period, in which the patient is guided through an educational process or clinical interview to examine himself, is called:
- a. directive self-confrontation
 - b. self-directed confrontation
 - c. self-examination confrontation
 - d. none of the above
18. According to the authors, the most critical phase of relapse prevention planning is warning sign identification.
- a. True
 - b. False
19. Which of the following is not one of the standard problem-solving process steps?
- a. Problem Identification
 - b. Identification of Alternatives
 - c. Follow-up
 - d. none of the above
20. After the patient completes formalized treatment, the relapse prevention plan should be integrated with the ongoing maintenance plan.
- a. True
 - b. False