

# *The Alcoholic Family in Recovery*

## *A Developmental Model*

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**18 CEHs**



## TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
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## Examination Questions

### **Chapter 1:** What Happens When the Drinking Stops?

1. According to the authors, abstinence is much easier on the family than the drinking.
  - a. True
  - b. False
2. According to the authors, abstinence is not recovery.
  - a. True
  - b. False
3. According to the authors, recovery has clearly defined predictable tasks and stages that are a normal part of the process.
  - a. True
  - b. False
4. According to the authors, recovery takes time.
  - a. True
  - b. False
5. According to the authors, there is considerable dissonance in the alcoholic family.
  - a. True
  - b. False

### **Chapter 2:** The Development Process of Recovery

6. According to the authors, collapse and turmoil are normal for the alcoholic family system in recovery.
  - a. True
  - b. False
7. According to the authors, the mental health criteria for pathology can just as easily fit the newly recovering family as it does the alcoholic family.
  - a. True
  - b. False

8. According to the authors, therapists must be flexible and have a working knowledge of all schools, varying theories, and methods.
- a. True
  - b. False

### **Chapter 3:** Transition and Early Recovery: The Corwins and the Turners

9. According to the authors, denial and distorted thinking continues long into recovery.
- a. True
  - b. False
10. The authors describe the defensive accommodations children of alcoholics make as a “false self.”
- a. True
  - b. False
11. According to the authors, children of alcoholics learn not to insist on labeling reality if family members maintain that it is not true.
- a. True
  - b. False
12. According to the authors, the transition to abstinence is often very easy for the family to make as the alcoholic is now more available.
- a. True
  - b. False

### **Chapter 4:** From Early Recovery to Ongoing Recovery: The Hendersons and the Warners

13. According to the authors, Patty’s mother and father were very supportive when she stopped drinking.
- a. True
  - b. False
14. According to the authors, the hallmark of mature communication is reciprocity.
- a. True
  - b. False
15. According to the authors, there is a lot of insanity in Early Recovery.
- a. True
  - b. False
16. According to the authors, the second tier of recovery for the Warner family was focused on cognitive-behavioral change to maintain abstinence.
- a. True
  - b. False

### **Chapter 5:** Assessing Family Functioning: Domains of Experience

17. According to the authors, therapists must assess family functioning using the three theoretical frames simultaneously.
- a. True
  - b. False
18. According to the authors, the primary concern at the environmental level is physical and emotional safety.
- a. True
  - b. False
19. According to the authors, alcoholic families have rules that support secrets and contradictions.
- a. True
  - b. False

20. According to the authors, therapists must help recovering families to understand that being afraid of change is normal.
- a. True
  - b. False

### **Chapter 6:** Stages of Recovery: Drinking, Transition, Early Recovery, and Ongoing Recovery

21. According to the authors, the family focus in Stage 1 is defensive.
- a. True
  - b. False
22. According to the authors, the primary task of therapy in Stage 2 is to allow the alcoholic system to collapse.
- a. True
  - b. False
23. According to the authors, surrendering is accompanied by an acceptance of loss of control.
- a. True
  - b. False
24. According to the authors, the primary task in Stage 3 is to focus on the couple issues.
- a. True
  - b. False

### **Chapter 7:** Factors That Influence Recovery

25. According to the authors, there are five distinct kinds of couples.
- a. True
  - b. False
26. According to the authors, in Type I couples, each spouse accepts an “identified patient” (IP) role.
- a. True
  - b. False
27. According to the authors, Type II couples showed the most “normal” test scores on the Minnesota Multiphasic Personality Inventory (MMPI).
- a. True
  - b. False

### **Chapter 8:** The Drinking Stage

28. According to the authors, during the drinking stage, alcoholism is the central organizing principle for the family, while at the same time they deny its existence.
- a. True
  - b. False
29. According to the authors, family members deny reality out of a human need for attachment that overrides everything else.
- a. True
  - b. False
30. According to the authors, “don’t perceive” is one of the rules of the alcoholic family.
- a. True
  - b. False

**Chapter 9: Transition for Couples and Families**

31. According to the authors, the transition stage sees the most radical change.

- a. True
- b. False

32. According to the authors, new abstinence in Transition is an acute crisis period.

- a. True
- b. False

33. According to the authors, the abstinent side of Transition is often easier for the alcoholic than coping with the drinking was.

- a. True
- b. False

**Chapter 10: Early Recovery for Couples and Families**

34. According to the authors, recovery is a difficult time for the couple.

- a. True
- b. False

35. According to the authors, during the drinking stage of alcoholism the needs of the individual are sacrificed to those of the drinking system.

- a. True
- b. False

**Chapter 11: Ongoing Recovery for Couples and Families**

36. According to the authors, Ongoing Recovery is a process, not an outcome.

- a. True
- b. False