

# *Group Therapy with Alcoholics*

## *Outpatient and Inpatient Approaches*

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**8 CEHs**



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## Examination Questions

### Introduction

1. Acceptance of alcoholism and the need for sobriety must be part of the treatment process, rather than a precondition for treatment.
  - a. True
  - b. False
  
2. According to the authors, clients who develop their own worries about their drinking are \_\_\_\_ likely to be motivated for treatment, and less likely to drop out, slip, or relapse.
  - a. less
  - b. more

### Chapter 1: Why Groups for Alcoholics?

3. Which of the following is not a task of group therapy with alcoholics?
  - a. To reduce denial and flight behavior.
  - b. To increase capacity and alternatives for coping.
  - c. To return to normal drinking.
  - d. To insulate against destructive influences.

### Chapter 2: Forming Groups for Alcoholics

4. According to the authors, selecting and matching members is one of the most important aspects of group treatment.
  - a. True
  - b. False
  
5. Which of the following is not one of the three major errors commonly made in purpose formulation for groups of alcoholics?
  - a. too many purposes
  - b. too diverse purposes
  - c. unrealistic purposes
  - d. too specific of purpose

**Chapter 3: Interpersonal Insight in Long-Term Counseling Groups**

6. According to the authors, alcoholics, generally, \_\_\_\_ good candidates for the development of insight.
- a. are
  - b. are not
7. According to the authors, meetings of insight development groups are generally \_\_\_\_ productive if they are left unstructured.
- a. more
  - b. less

**Chapter 4: Starting Long-Term Counseling Groups**

8. According to the authors, in treatment situations, alcoholics:
- a. love to talk, but fear communication
  - b. tend to talk about whatever they think is expected of them
  - c. need the help of the counselor to establish a level of trust
  - d. all of the above

**Chapter 5: Authority Crisis in Long-Term Counseling Groups**

9. According to the authors, the importance of resolving the authority crisis in a group and in the treatment process includes:
- a. the group will develop as a group, rather than as a collection of individuals
  - b. group members will relate to each other, rather than just to the counselor
  - c. members of the group will feel free to express their questions, disagreements, and angers
  - d. all of the above

**Chapter 6: Inclusion Phase in Long-Term Counseling Groups**

10. According to the authors, individual member reactions to the inclusion phase of group development are often:
- a. resolute
  - b. predictable
  - c. highly volatile
  - d. none of the above
11. According to the authors, the most important factor in the resolution of conflict among group members is that:
- a. both sides of each controversy are accepted and understood by the counselor
  - b. the conflict not be repeated in future meetings
  - c. the counselor has the final word on the decision
  - d. all of the above

**Chapter 7: Groups for Chronic Alcoholics**

12. According to the authors, chronic alcoholics do not require a different kind of treatment than clients that have not become chronic.
- a. True
  - b. False
13. According to the authors, the major requirement for the structure of the chronic alcoholic group is that the counselor \_\_\_\_ the group's discussion of drinking and alcoholism.
- a. minimize
  - b. encourage

**Chapter 8: Groups for Motivation and Acceptance**

14. One of the major obstacles, in alcoholism treatment, to acceptance of the problem is:
- convincing the client of the physical and social consequences of drinking
  - convincing the alcoholic that they need treatment
  - the tendency of the alcoholic to deny alcoholism
  - none of the above
15. According to the authors, the leader of the treatment group should be \_\_\_\_ the leader of the educational group.
- the same as
  - different than

**Chapter 9: One-Session and Short-Term Groups**

16. One of the major differences between long-term groups and short-term groups is:
- goals that are more appropriate for long-term groups cannot be accomplished in short-term groups
  - short-term groups do not have sufficient time for development as a group
  - one-session groups are only a step in the recovery process
  - all of the above
17. According to the authors, one-session groups for chronic alcoholics should consist of:
- a mixture of alcoholics
  - only chronic alcoholics
  - alcoholics and their families
  - none of the above

**Chapter 10: Objectives for Inpatient Group Services**

18. According to the authors, because most alcoholics require several admissions before they recover, the periods between inpatient treatments should be viewed as an essential part of the treatment process.
- True
  - False

**Chapter 11: Elements of an Inpatient Alcoholism Group Program**

19. Which of the following is not one of the five major elements of an inpatient program?
- Entrance
  - Inpatient Program
  - Post Intake Services
  - Family Services

**Chapter 12: Entrance into the Program**

20. According to the authors, a truly motivated alcoholic:
- is more likely to respond to treatment
  - will be more able to consider and share the mixed feelings about sobriety
  - tend to be more specific in their reasoning about their need to become sober
  - all of the above
21. According to the authors, pseudo-accepting and pseudo-motivated patients are \_\_\_\_ to be influenced by an inpatient process than patients who overtly deny their alcoholism
- less likely
  - more likely
22. According to the authors, the counselor's support for both positive and negative feelings is the \_\_\_\_ important element in the success of the orientation group discussion.
- least
  - most

**Chapter 13: Inpatient Services**

23. According to the authors, which of the following statements is true?

- a. It is important to have a balance of communication between patients and staff.
- b. There must be freedom for feedback from patients to staff.
- c. Individuals in discussion groups made greater advancement than those exposed to lectures on the same subjects.
- d. all of the above

24. Attendance for withdrawn patients in a group \_\_\_\_ be mandatory.

- a. should
- b. should not

**Chapter 14: Inpatient Treatment Services**

25. According to the authors, group treatment allows alcoholics to gain insight into other patients before looking into themselves and helps patients become more able to confront each other.

- a. True
- b. False

**Chapter 15: Inpatient Educational Services**

26. According to the authors, the interaction and balance between educational and treatment groups is critical.

- a. True
- b. False

**Chapter 16: Pre- and Postdischarge Services**

27. According to the authors, predischarge and postdischarge group meetings \_\_\_\_ be combined.

- a. should never
- b. can effectively

**Chapter 17: Services to Families of Patients**

28. According to the authors, it is important to offer support to both the patient and their family, but not mediate between them.

- a. True
- b. False