

Double Bind

A Guide to Recovery and Relapse Prevention for the Chemically Dependent Sexual Abuse Survivor

Caryl Trotter, M.A.

5 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain 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

Introduction

1. Which of the following statements is not true regarding the unique patterns shown by survivors in their use with alcohol and drugs?
 - a. Survivors tend to begin using earlier than children who are not abused.
 - b. Survivors use alcohol and drugs to enhance the emotional numbing necessary to survive while being abused.
 - c. Survivors use drugs and alcohol to provide psychological permission to express sexuality and rage.
 - d. Survivors use chemicals to get high, not to get by.

2. According to the author, all survivors suffer from some degree of post traumatic stress disorder (PTSD).
 - a. True
 - b. False

3. Chronic shock (unresolved trauma symptoms) is made up of the following four stages:
 - a. Trauma Event, Resolution Stage, Rebound Stage, and Recovery Stage
 - b. Shock Event, Trauma Stage, Restoration Stage, and Relief Stage
 - c. Shock Event, Shock Stage, Rebound Stage, and Resolution Stage
 - d. none of the above

Chapter 1: Assessing the Chemically Dependent Survivor

4. According to the author, it is important to acknowledge that ____ people seeking treatment for alcoholism and drug dependency have been sexually abused.
 - a. a minority of
 - b. the majority of
 - c. all
 - d. none of the above

5. In which classification of chemically dependent survivors does the survivor seek self-medication through drugs and alcohol, but does not become progressively addicted over time?
 - a. Active Addiction/ Repressed Abuse Issues
 - b. Active Addiction/Active Abuse Issues
 - c. Active Abuse Issues/Reactive Chemical Use
 - d. none of the above

Chapter 2: Recovering from Childhood Sexual Trauma

6. According to the author, which of the following is a mistake made by the chemical dependency field in treating addicted sexual abuse survivors?
- Avoiding dealing with abuse issues in the first year of sobriety.
 - Initiating intensive experiential therapy immediately after detox.
 - all of the above
 - none of the above
7. The developmental task where the survivor has separated from the abusive family and has developed a sense of self is referred to as:
- differentiation
 - separation
 - disconnection
 - none of the above
8. Which form of survival pattern is the mechanism used to psychically cope with abuse?
- Ways of thinking
 - Ways of feeling
 - Ways of acting
 - Ways of relating to others
9. In which recovery stage does the survivor begin to process of internal change?
- Stage I TRAPPED
 - Stage II HOPE
 - Stage III REASSESSMENT
 - Stage IV INTEGRATION
10. According to the author, children lie about being abused approximately ____ of the time.
- none
 - 5 percent
 - 25 percent
 - all
11. According to the author, the goal of the late recovery is to forget about the past and move beyond it.
- True
 - False
12. According to the author, rarely do face-to-face confrontations resolve with positive results.
- True
 - False

Chapter 3: Barriers to Recovery

13. According to the author, it is ____ for survivors to backslide from time to time.
- common
 - uncommon
14. Which of the following is a potential trouble spot for counselors and caregivers as identified by the author?
- Dissociation continuum
 - Severe post traumatic stress disorder
 - Countertransference reactions
 - all of the above

Chapter 4: The Relapse Process

15. According to the author, survivors bring into treatment certain high-risk factors that will definitely cause relapse.
- True
 - False
16. According to the author, survivors have learned little about managing stress and typically respond to increasing levels of tension by:
- acting out
 - shutting down
 - doing more
 - none of the above
17. The progression of behaviors and feeling states, which occur after survivors have exhausted all their abilities to cope with internal dysfunction, can lead to:
- external dysfunction
 - forced coping
 - virtual dysfunction
 - none of the above

Chapter 5: Relapse Prevention Planning

18. According to the author, planning for relapse by developing a plan of action for interrupting the relapse process once it begins can create a ____ for the survivor.
- problem
 - safety net
 - obstruction
 - none of the above
19. Which of the following is a relapse prevention planning step?
- Assessment
 - Education
 - Follow-up and Reinforcement
 - all of the above

Chapter 6: Getting Help

20. According to the author, learning to soothe, comfort, and take care of oneself is crucial in recovery.
- True
 - False