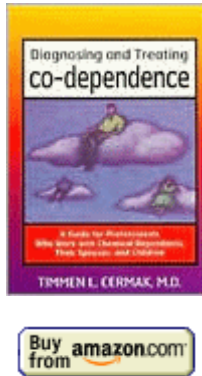


Diagnosing and Treating Co-dependence

A Guide for Professionals Who Work with Chemical Dependents, Their Spouses and Children

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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 the** text and answer the 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: A New Look at Narcissus and Echo

1. According to the author, ____ lies at the core of co-dependence.
 - a. delusions/denial
 - b. manipulation/control
 - c. power through sacrifice of self
 - d. none of the above

Part One: Defining Co-dependence

2. According to the author, co-dependence is a didactic tool, a psychological concept, and a disease entity.
 - a. True
 - b. False

Part Two: Diagnosing Co-dependence

3. According to the author, co-dependence should be placed within the framework of ____ Personality Disorder.
 - a. Single
 - b. Mixed
 - c. Multiple
 - d. none of the above
4. According to the author, when the line is crossed into co-dependence and the sense of self is compromised and even lost, a ____ occurs.
 - a. perdition incident
 - b. transgressional event
 - c. confusion of identities
 - d. none of the above
5. In taking the history of alcoholism in William’s family, the initial transgenerational diagram clearly revealed the history of chemical dependence in his family.
 - a. True
 - b. False

6. According to the author, which of the following is not one of the diagnostic criteria axes for determining whether an individual is “co-ing” or helping?
- Relationship to Willpower
 - Relationship to Personal Needs
 - Level of Autonomy
 - Relationship to Reality

Part Three: Treating Co-dependence

7. According to the author, which of the following is a symptom of the condition known as psychic numbing?
- a constriction of feelings
 - a decreased ability to recognize which feelings are present
 - a persistent sense of being cut off from one’s surroundings
 - all of the above
8. According to the author, therapists trained in traditional mental health approaches have attempted to treat the *symptoms* of co-dependence.
- True
 - False
9. According to the author, which of the following is one of the five important factors to consider before initiating any kind of therapy?
- whether the client is using drugs or alcohol
 - whether the client is suffering from Post-Traumatic Stress Disorder (PTSD)
 - whether individual or group therapy is preferable
 - all of the above
10. According to the author, the recovery stages for co-dependence and chemical dependence are:
- similar
 - dissimilar
11. According to the author, treatment for the Survival Stage has three primary goals:
- helping clients begin dismantling their denial system
 - helping clients to focus attention back on themselves
 - helping clients to begin recognizing how they are perpetuating their own problems
 - all of the above
12. According to the author, which of the following is not one of the four primary goals of treatment for the Re-identification Stage?
- helping clients to solidify their identity as co-dependents
 - helping clients to work through the grieving process
 - bringing clients to a new awareness of emotionality
 - initiating an investigation into realistic limits and uses of willpower
13. According to the author, the Re-identification Stage is also the time to introduce the concept of ____ as a primary mechanism for avoiding feelings.
- willpower
 - compulsivity
 - survival
 - all of the above
14. According to the author, what many recovering (co-dependent) clients need is a therapist trained in both the chemical dependence and the psychodynamic traditions.
- True
 - False

15. According to the author, the primary purpose of a long-term interactive group is to provide a setting in which the issues of co-dependence emerge ____.
- a. in response to the therapist's provocations
 - b. at a deeper level
 - c. spontaneously
 - d. none of the above
16. According to the author, therapy during the Re-integration Stage has one primary goal:
- a. preparing clients for confronting daily issues
 - b. preparing clients for termination
 - c. establishing closure at group level
 - d. none of the above
17. According to the author, being as personally authentic and natural as possible as a therapist is the *essence* of doing therapy.
- a. True
 - b. False

Part Four: The Future of Co-dependence

18. According to the author, the process of pathologizing human behavior is dangerous and should be entered into only under the weight of compelling evidence.
- a. True
 - b. False

This course examines co-dependence as a guide for behavioral health professionals working with chemical dependents and their families. The text identifies co-dependence as a personality disorder and outlines the criteria for making a diagnosis. It also discusses the stages of recovery and outlines treatment methods for each stage.

Course objectives:

Identify the significance of co-dependence and co-dependent behavior.

Distinguish the differences between “co-ing” and helping behaviors.

Describe the Stages of Recovery from co-dependence.

Develop treatment methods for the Stages of Recovery from co-dependence.

Recognize when a therapist’s own co-dependent behavior becomes active.