



## Eye Movement Desensitization Reprocessing Therapy and Substance Use Disorder

(1 CE Hour)

1. Delinquency, family disintegration, and mental illness are all negative consequences related to the social and health problem of \_\_\_\_\_
  - a. mental health disorders.
  - b. substance use disorders.
  - c. environmental stressors.
  - d. relational stressors.
  
2. Between 66% and 97% of substance use disordered patients have experienced \_\_\_\_\_
  - a. traumatic events.
  - b. loss of job
  - c. divorce.
  - d. sadness.
  
3. According to the text, \_\_\_\_\_ is any life event that causes discomfort to the person and exceeds the individual's ability to regulate the emotions involved with the experience.
  - a. Post-Traumatic Stress Disorder
  - b. Acute Stress Disorder
  - c. Psychological trauma
  - d. Chronic Stress Disorder
  
4. All of the follow characteristics make the substance use addict with PTSD and subsyndrome PTSD difficult to treat EXCEPT \_\_\_\_\_
  - a. addiction remission.
  - b. more hospital admissions.
  - c. poorer response to treatment.
  - d. shorter periods of abstinence.
  
5. Mental disorders, such as bipolar and depression, are often more prevalent in individuals with \_\_\_\_\_
  - a. poor occupational history.
  - b. relationship issues.
  - c. trauma.
  - d. anhedonia.
  
6. \_\_\_\_\_ could be a promising strategy as an adjuvant treatment with psychological approaches for treating PTSD symptoms.
  - a. Atypical antipsychotics
  - b. Benzodiazepines
  - c. SSRI's

- d. Prazosin
7. Cochrane found that \_\_\_\_\_ provided, along with substance use disorder therapy, could improve PTSD symptoms, both short and long term.
- a. Solution Focused Brief therapies
  - b. Cognitive Behavior Therapy-based therapies
  - c. Narrative therapies
  - d. Structured therapies
8. Three studies have suggested that \_\_\_\_\_ decreased cravings, depression, anxiety, dissociative symptoms, while improving self-esteem.
- a. EMDR
  - b. CPT
  - c. ACT
  - d. SFBT
9. EMDR has shown to be a promising treatment for all of the following EXCEPT \_\_\_\_\_
- a. Depression.
  - b. Bipolar disorder.
  - c. ADHD.
  - d. Psychosis.
10. Preliminary evidence suggests that \_\_\_\_\_ is efficacious in treating substance use disorders.
- a. CBT
  - b. SFBT
  - c. ACT
  - d. EMDR



## EMDR as Add-On Treatment for Psychiatric and Traumatic Symptoms in Patients with Substance Use Disorder

(1 Hour CE)

1. According to the APA (2013), substance use disorders are \_\_\_\_\_ - patterns of behaviors related to substance use leading to severe impairment of relationships that span the domains of family, work, and social arenas.
  - a. ruminative
  - b. pathological
  - c. sociological
  - d. psychological
2. Koob and Volkow (2016) suggest that the \_\_\_\_\_ is the most important pathway involved in the reward properties of almost all substances.
  - a. mesocortical-striatal dopamine system
  - b. microcortical-striatal dopamine system
  - c. mesocortical norepinephrine system
  - d. mesocortical epinephrine system
3. All of the following in the extended amygdala contribute to the development of negative emotional states during acute withdrawal EXCEPT \_\_\_\_\_.
  - a. dynorphine
  - b. norepinephrine
  - c. dopamine
  - d. corticotropin
4. A prevalence of \_\_\_\_\_ was found for patients with lifetime SUD report having a posttraumatic stress disorder.
  - a. 67-90%
  - b. 5-10%
  - c. 15-42%
  - d. 35-87%
5. Dube et al (2003) and Green et al (2010) have reported a strong relationship between exposure to \_\_\_\_\_ - substance abuse.
  - a. combat stress
  - b. first responder stress
  - c. acute stress occurrence
  - d. childhood severe stress
6. EMDR is a psychotherapeutic approach that focuses on trauma \_\_\_\_\_.
  - a. elaboration



- b. recitation
  - c. avoidance
  - d. reframing
7. EMDR is one of the \_\_\_\_\_ psychotherapeutic treatments for PTSD.
- a. least supported
  - b. controversial
  - c. elective
  - d. inconsistent
8. The study of the text found that the add-on EMDR to treatment as usual for substance use disorders had \_\_\_\_\_ effect as/than the treatment as usual and the control group.
- a. similar
  - b. significantly greater
  - c. moderately greater
  - d. lesser
9. EMDR has a well-recognized effect of \_\_\_\_\_ previously dysfunctional stored memories.
- a. resolving
  - b. reintegrating
  - c. reorienting
  - d. reclassifying
10. One of the methodological limitations discussed of the study the \_\_\_\_\_.
- a. limited sample size
  - b. limited severity of symptoms
  - c. limited correlation to practice settings
  - d. non-randomized design