



Approaches to Therapy in
Substance Abuse Treatment and Family Therapy
Post-Test

1. Providers must ____ and ____ client's ability to effect change in their own lives.
 - a. credit and acknowledge
 - b. encourage and support
 - c. confront and demand
 - d. build and encourage

2. Due to the influence of a psychoanalytic tradition, _____ receives much less emphasis in family therapy than in substance abuse treatment.
 - a. individual counseling
 - b. group counseling
 - c. self-disclosure by provider
 - d. unconscious exploration

3. Recent post-modern therapies such as _____ emphasize the meaning of language not subjectivity of treatment.
 - a. neurolinguistics programming
 - b. psychoanalysis
 - c. behavioral therapy
 - d. collaborative language systems

4. _____ for families commonly in substance abuse treatment settings are not always sufficient to bring about lasting change in family relationships, therefore almost all clients with substance use disorders can benefit from family therapy.
 - a. educational sessions
 - b. interventions
 - c. confrontation
 - d. time-outs

5. The client's _____ of recovery may have the greatest effect on the ability to participate in family therapy and substance abuse treatment.
 - a. level
 - b. experience
 - c. resistance
 - d. commitment

6. McGoldrick and Gerson (1985) developed a pictorial chart of three generational family relationships with symbols that illustrate births, marriages, divorces, and other family events, which is called _____.

- a) mindmap
- b) relationships chart
- c) genogram
- d) relationship flowgram

7. Genograms can help identify all of the following EXCEPT _____.

- a) behaviors
- b) issues of shame
- c) occupations
- d) loyalties

8. Painful or embarrassing histories for families that often are obscured can be revealed through the _____.

- a) generation map
- b) phenograms
- c) family mythology map
- d) genogram

9. A variation of the genogram, _____, arranges family members in relation to a specific problem.

- a) family history
- b) family map
- c) family cohesion
- d) family roles

10. O'Farrell and Fals-Stewart (1999) suggested conducting a(n) _____ prior to beginning family therapy to determine stage of readiness for treatment of assess for substance abuse.

- a) individual intervention
- b) interview
- c) family homework
- d) phone assessment

11. According to Northey (2002), _____ of AAMFT members reported assessing a client for substance abuse within the previous year.

- a) 90%
- b) 84%
- c) 72%

d) 58%

12. Essential topics for review in therapy are all of the following EXCEPT _____.

- a) motivation and influence
- b) willingness for the family
- c) hierarchical power
- d) occupational stressors

13. People in recovery are required to accept their _____ over the substance formally abused in traditional substance abuse treatment.

- a) powerlessness
- b) dominion
- c) dominance
- d) submission

14. Respect, attention and all of the following EXCEPT _____ are the perceived needs in the therapy session that fostered the modality of family therapy.

- a) interests
- b) expressions
- c) triangulation
- d) worth

15. According to Prochaska et al (1992), all of the following are stages of change EXCEPT _____.

- a) preparation
- b) maintenance
- c) precontemplation
- d) guilt

16. Historically, in the substance abuse community, it was believed that breaking through client's defenses through the use of _____ was necessary to overcome denial.

- a) genuineness
- b) confrontation
- c) intervention
- d) unconditional positive regard

17. Miller et al (1998) found that sometimes confrontation is the _____ effective method for getting clients to change substance abuse behaviors.

- a) least
- b) most

- c) moderately
- d) no more or less effective than other methodologies.

18. When the individual with a substance abuse disorder is motivated to seek treatment is _____ evidence that the family is equally motivated.

- a) moderate
- b) minimal
- c) not
- d) strong

19. Family members may fear treatment due to _____ .

- a) never having attended before
- b) discourage by prior experiences
- c) fear of judgement or criticism
- d) specific issues the family does not want revealed or changed.

20. One cultural barrier to treatment is the _____ of families or individual to comply with the customs of the dominant culture.

- a) encouraging
- b) persuading
- c) forcing
- d) education

21. Family therapy can be divided into two groups with the focus of _____.

- a) problem solving and intergenerational dynamic issues
- b) differentiation and behaviors
- c) individuation and contextual
- d) enmeshment and cohesion

22. According to Steinglass et al (1987) and Behavioral Contracting, substance abuse is the _____ for the substance-abusing family.

- a) ancillary principle
- b) central organizing principle
- c) scapegoat
- d) peripheral principal

23. Bepko and Krestan's (1985) theory utilizes the technique of interrupting and blocking emotional and functional overresponsibility using the pride system of the spouse in the _____ stage of treatment.

- a) termination
- b) presobriety
- c) early sobriety
- d) maintenance

24. Behavioral marital Therapy as discussed by McCrady and Epstein (2002) proposes that external antecedent and substance use relations is _____ by recognition and affective states.

- a) perpetuated
- b) detracted
- c) minimized
- d) mediated

25. One strategy and techniques of Brief Strategic Family Therapy is the intervening _____.

- a) through the parents rather than direction intervening with the substance abusing adolescent.
- b) directing intervening
- c) collaboratively with all family members
- d) strictly by the therapist.

26. Both normative and nonnormative crisis are instrumental in starting and maintaining adolescent drug problem as indicated by Liddle (1999) and Hogue (2001), in _____ modality of therapy.

- a) brief strategic family therapy
- b) behavioral family therapy
- c) multidimensional family therapy
- d) cognitive family therapy

27. One goal of _____ is to consolidate abstinence by focusing on resolving dysfunctional rules, roles and alliances.

- a) multidimensional family therapy
- b) brief strategic family therapy
- c) multifamily therapy
- d) multisystemic therapy

28. In Multisystemic therapy, interventions are _____ and _____.

- a) present focused/action-oriented
- b) unconscious focused/ insight oriented
- c) present focused/ family structure oriented
- d) historically focused/ action-oriented

29. _____ focuses on helping client to realize they can maintain sobriety and has so on occasions in the past.

- a) network therapy
- b) structural therapy
- c) multisystemic therapy
- d) solution-focused therapy

30. A strategy of Stanton's therapy techniques (1982) is to emphasize _____ over _____.
- a) family dynamics; substance abuse
 - b) content; process
 - c) family roles; communication styles
 - d) interactions patterns; dynamics
31. According to the Wegscheider-Cruse's Theory all of the following on basic roles family members adopt in a family when substances are abused, EXCEPT _____.
- a) healer
 - b) mascot
 - c) hero
 - d) abuser
32. One strategy of the Wegscheider-Cruse's Theory is to _____.
- a) condone any crisis
 - b) avoid any crisis
 - c) confront any crisis
 - d) explore any crisis
33. Fulfillment of unconscious needs and demands are the outcome when family's establish roles as part of what element of the family as a system?
- a) subsystems
 - b) complementarity
 - c) boundaries
 - d) family ties
34. All of the following are examples of family subsystems as provided by Richardson (1991) EXCEPT _____.
- a) discounts privacy
 - b) power to make family decisions
 - c) provider of family
 - d) maintains privacy.
35. _____ is a tendency in all families to resist change to maintain the family's balance.
- a) Heterostasis
 - b) Homeostasis
 - c) Cohesion
 - d) Denial
36. Steinglass, Bennett, Wolin and Reiss (1987) defined a family that has adjusted to substance abuse as _____.
- a) reframing family
 - b) flexible family
 - c) addicted family

d) alcoholic family

37. Family systems model can explain what a family of a client with a substance abuse disorder may act differently when the substance abusing family member enters recovery.

- a) True
- b) False

38. _____ is when two family members divert their attention towards another family member in an attempt to avoid their own conflict and reduce their emotional pain.

- a) Avoidance
- b) Scapegoating
- c) Triangulation
- d) Differentiation

39. families with high levels of _____ tend to result in triangulation occurring.

- a) enmeshment
- b) rigidity
- c) cohesion
- d) flexibility

40. According to _____, improvement in the quality of marital interactions can increase motivation to seek treatment and decrease marital dissolution.

- a) Behavioral Marital Therapy
- b) Structural Marital Therapy
- c) Cognitive Marital Therapy
- d) Strategic Marital Therapy

41. In structural therapy techniques, the therapist motivates change through the process of _____ with the family.

- a) confronting
- b) psychoeducation
- c) joining
- d) triangulating

42. _____ helps family members build new systems or remove themselves from existing systems.

- a) Systems restitution
- b) Systems reconciliation
- c) Systems retaliation
- d) Systems recomposition

43. Which of the following can have a significant influence on an individual's substance use in the sociocultural model?

- a) socioeconomic status

- b) employment
- c) family norms
- d) all of the above

44. Wallace (1989) describes the holistic approach as a _____ model.

- a) biopsychosocial
- b) evolutionary epigenetic
- c) systems
- d) contextual

45. Detoxification is a form of substance abuse treatment according to the text.

- a) True
- b) False

46. _____ provides counseling and other forms of non-pharmacological assistance for helping with treatment, but generally do not have onsite medical services.

- a) Biological detoxification
- b) Alternative detoxification
- c) Natural detoxification
- d) Social detoxification.

47. According to Gerstein (1999), SIT is typically used in programs toward insured populations. SIT stands for _____.

- a) Solution Intensive treatment
- b) Short-term Inpatient Treatment
- c) Social Integrated Treatment
- d) Selective Inpatient Treatment

48. TC's also work on which of the following in addition to helping clients abstain from substance abuse?

- a) developing employment skills
- b) instilling positive social attitudes
- c) elimination antisocial behaviors
- d) all of the above

49. One benefit of a therapist attending 12 step meetings is _____.

- a) ability to prepare client for attendance
- b) insure compliance of client at meetings
- c) marketing purposes
- d) to practice and refine their therapeutic groups skills