Substance Abuse Treatment and Family Therapy

Multiple Choice

Identify the choice that best completes the statement or answers the question.

1.	Chapter 1: Substance Abuse Treatment and Family TherapyAlthough family work has become a strong and continuing theme of many treatment approaches, many believe thatfamily therapy is not used to its greatest capacity in substance abuse treatment.A. TrueB. False
2.	 Substance abuse treatment is different from family therapy in that: A. With substance abuse treatment, the goal is to meet the needs of all family members B. The focus of family therapy treatment is to D. None of the above intervene in complex relational patterns and to bring about productive change for the entire family
3.	The broad categories of families include traditional, extended, andfamilies.A. Acquired familiesC. Elected familiesB. Adopted familiesD. Inherited families
4.	It is important that the therapist determine who should be included in family therapy since the client is often incapable of making an appropriate decision. A. True B. False
5.	Circular causality is defined as the family as a whole being greater than-and different from-the sum of its individual members. A. True B. False
6.	According to the U.S. Census Bureau, the number of births to single mothers increased from percent in1990 to percent in 1999.A. 16.6%; 23%C. 36.6%: 43%B. 26.6%; 33%D. 46.6%; 53%
7.	 Family therapy is a collection of therapeutic approaches that share a belief in family-level assessment and intervention and includes the notion that: A. A family is a system and each part is related to all other parts B. A change in any part of the system will C. This type of therapy uses the strengths of families to bring about change in a range of diverse problem areas D. All of the above
8.	Family-involved therapy and family therapy differ in the following way: in family-involved therapy the family is
2.	not the primary therapeutic grouping, nor is there intervention in the system of family relationships. A. True B. False
9.	All of the following are accurate statements about cognitive-behavioral family and couples therapy EXCEPT: A. It is based on the belief that families use a C. The therapist recommends changing

- limited repertoire of self-perpetuating maladaptive thoughts, attitudes, and beliefs
- B. It grew out of the early work in behavioral D. The impact that feelings and emotions

	marital therapy and incorporated concepts developed by Aaron Beck		have on spouses and other family members is very important
10.		ubst	the abuse in that it provides a neutral forum in which family cance abuse in its context rather than as an isolated problem. False
11.	the effectiveness of family therapy:A. Family therapy may not be as effective for someone whose drug use has caused significant organic brain damage	C.	w biological and physiological aspects of addiction may affect Severe psychopathology should automatically exclude a person from family therapy Both A and B above
12.	with drug or alcohol abuse. These include all of A. Family enabling and isolation	tic p of th C.	patterns of interaction that are likely to be present in a family
13.	It is not uncommon for children from stepfamili confusion about family rules and boundaries. A. True		to develop substance abuse problems in order to cope with their False
14.		C.	percent reported binge use of alcohol and in a general population percent met criteria for a substance abuse disorder 15.3%; 17.8% 20.9%; 22.3%
15.	When family therapy and substance abuse treats occur so that empowerment of the family is not A. True	sac	
16.	It is very important that the family therapist con- refuse to be part of the treatment process. A. True		e to attempt to engage family members, even if they initially False
17.	Chapter 3: Approaches to Therapy Substance abuse treatment is generally more un A. True		m in it's approach than family therapy. False
18.	Which of the following is an accurate statement substance abuse treatment?A. Multifamily groups and psychoeducation are more common in family therapy than in the substance abuse treatment fieldB. Substance abuse therapists primary focus should be on intrafamily relationships in order to help the alignet get well.	C.	but the differences in the practice of family therapy and Substance abuse treatment providers usually consider spirituality to be more important than family therapists None of the above

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order to help the client get well

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- 19. In general, the goals of the substance abuse counselor will usually be broader than those of the family therapist.A. TrueB. False
- 20. Self disclosure by a counselor in substance abuse treatment is:
 - A. Common since many are in recovery themselves
 - B. More an integral part of the process than in family therapy
- C. Used as a way to help clients feel more comfortable
- D. All of the above
- 21. A client's level or recovery may have the greatest effect on his or her ability to participate both in substance abuse treatment and family therapy, and may effect the usefulness of that therapy for all members of the family.A. TrueB. False
- 22. Basic issues that arise in both substance abuse treatment and family therapy that block the engagement and treatment of clients include all of the following EXCEPT:
 - A. Willingness to cooperate in the assessment C. Balance of hierarchal power process
 - B. Issues of family motivation/influence
- D. General willingness for the family and its members to change
- 23. J. Prochanka's stage of change model has been helpful in understanding how to enhance motivation for change within families who are experiencing substance abuse problems. The model includes which of the following stages:
 - A. Precontemplation and contemplation
 - B. Confrontation and integration
- C. Action and maintenance
- D. Both A and C above
- 24. In behavioral marital therapy, the goals for therapy include which of the following:
 - A. Help families cope with emotional distress C. Develop effective communication and
 - B. Help everyone in the family achieve D. appropriate responsibility for self and decrease inappropriate responsibility for others
- y include which of the following:
 Develop effective communication and problem solving skills
 - D. Change parenting practices such as leadership, nurturance, and guidance
- 25. There are a number of distinct theoretical approaches to family therapy, and they rarely share concepts and assumptions.
 - A. True

- B. False
- 26. Which of the following is an accurate statement about structural techniques used in family therapy?
 - A. Structural techniques are intended to increase commitment and positive feelings within the marriage
- C. Exercises are used to increase a couple's positive feelings toward one another and to improve communication and listening
 - B. Family problems are viewed as the result of an imbalance or malfunctioning hierarchical relationship with inappropriate boundaries
- D. All of the above
- 27. The two models that have contributed to our contemporary understanding of substance abuse and dependence are the medical (disease) model and the environmental model.A. TrueB. False
- 28. When referring a client to a particular substance abuse treatment program, all of the following factors should be considered EXCEPT:

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- A. The client's expressed needs and desires
- B. A recommendation from a substance abuse treatment professional
- arrangements 29. Family therapy can be integrated into short-term residential treatment programs, although the short duration of therapy may require more intensive and longer sessions.

social skills

- A. True B. False
- 30. When referring to outpatient substance abuse treatment, which of the following is an accurate statement?

А.	The most common variety of outpatient	C.	Studies of outpatient treatment have
	program is one that offers therapy three		documented low drop-out rates in this
	times a week for at least a year		modality
В.	Most programs usually provide vocational	D.	Outpatient treatment is the most common
	training and housing assistance on site		and diverse modality of substance abuse

- training and housing assistance on site
- treatment 31. Studies indicate that family therapists understand the importance of the disease concept of substance abuse and the effectiveness of 12-Step programs and that as many as _____ percent refer their clients to self-help groups.

ent	cuveness of	12-Step	programs,	and that a	is many	y as	
А.	89%				C.	69%	
_							

B. 79% D. 59%

32. Chapter 4: Integrated Models for Treating Family Members

The integrated model of substance abuse treatment and family therapy assumes that while a substance problem manifests itself in an individual, the solution will be found within the family system. A. True B. False

- 33. Although integrated models have great value and effectiveness, they also have limitations including all of the following EXCEPT:
 - A. They require more knowledge and training, which may be difficult for some professionals
- C. The use of multiple models within an agency may be difficult to implement

C. The client's level of acculturation and

D. The client's work setting and family

- B. Substance abuse counselors and family D. None of the above therapists may resist changing their mindsets and venturing into new territory
- 34. Substance abuse treatment professionals intervene with families at different levels during treatment. At which level would you likely see the counselor advising families about how to handle the rehabilitative needs of the client?
 - A. Level 1 C. Level 3 B. Level 2 D. Level 4
- 35. In order to determine a counselor's level of involvement with a specific family, the counselor's degree of experience and comfort and the family's needs and readiness to change must be considered. A. True B. False
- 36. Which of the following is NOT an example of interventions that have been used to engage clients in substance abuse treatment?
 - A. Johnson Intervention C. Multisystemic Therapy
 - B. Unilateral Family Therapy D. Community Reinforcement Training
- 37. In structural/strategic family therapy, roles, boundaries, and ______ establish the order of family and determine whether the family system works.

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		Power Coping skills		Histories Patterns
38.	The trea		(MI	DFT) was developed as a stand alone, outpatient therapy to
		Clients with dual disorders Incarcerated felons		Adolescent substance abusers None of the above
39.	А.	ally, a full course of MDFT should be: 7-16 sessions 10-19 sessions		13-22 sessions 16-25 sessions
40.	Cha	aracteristics of Multisystemic therapy includ Therapy is provided in the home	e:	It is responsive to a wide range of barriers
		Services are designed to meet individual needs of clients, with the flexibility to change as needs change		to achieving treatment goals All of the above
41.		e uses drugs because he doesn't care about u True		s an example of a distorted personal belief. False
42.		chniques and strategies for family/larger syst CEPT:	.em/	case management therapy include all of the following
	A.	The counselor assumes a role similar to that of a case manager	C.	The counselor helps initiate contact with other systems and agencies
	B.	The therapist attempts to reduce anxiety throughout the family by encouraging people to become more differentiated and autonomous	D.	The counselor acts as a community liaison and provides information about community resources
43 occurs when family members are able to strike a balance between emotional reactivity reason and are aware of which is which.				e able to strike a balance between emotional reactivity and
	А.	Disengagement Differentiation		Coping Triangulation
44.	is s	ution-focused brief therapy encourages clier olved rather than focusing on an extensive d True	escr	d therapist to focus on what life will be like when the problem iption of the problem. False
45.	А.	hich of the following is an example of a techn Influential questions Contingency questions	Ĉ.	e used in solution-faced brief therapy? Relational questions Both B and C above
46.		eating a genogram showing multigenerationa ents are techniques taken from:	ıl su	bstance abuse and exploring family disruption from system
		Multidimensional family therapy Behavioral family therapy		Network therapy Bowen family systems therapy
47.		cording to Bepko, Krestan, Heath, and Stant lude:	on, t	the levels of family recovery during substance abuse treatment
	A.	Attainment of sobriety Adjustment to sobriety		Evaluation of sobriety Both A and B above

48. Chapter 5: Specific Populations

The most important general guideline for therapists dealing with specific populations is to remember that clients have certain identities and live their lives in certain contexts which rarely change throughout their existence. A. True B. False

49.	The National Institute on Drug Abuse found that more than	_ percent of eighth graders said they had abused
	inhalants at least once in their lives	

- A. 13% C. 21% B. 17% D. 25%
- 50. In this chapter, the authors identify several risk factors for adolescent substance abuse. Which of the following is NOT one of those identified factors:
 - A. Antisocial behavior at a young age C. Depression and other mood disorders
 - B. Physical or sexual abuse D. Siblings who abuse drugs or alcohol

51. In general, family therapists can support families by providing opportunities for them to work on _____ skills with their adolescents who are abusing substances.

- A. Punishment C. Coping
- B. Negotiation D. Problem-Solving
- 52. Research shows that older women are much more likely than older men to abuse substances and they generally experience an earlier onset of problem drinking than do men. A. True B. False
- 53. According to a 2002 National Household Survey on Drug Abuse, _____ percent of American women reported binge drinking and _____ percent of women reported illicit drug use in the month preceding the survey. A. 9.9%; 6.4% C. 13.6%; 10.3% B. 11.2%; 8.7% D. 15.4%; 12.5%

54. A reoccurring theme in the lives of women with substance use disorders is a lack of healthy relationships and limited social support. B. False

- A. True
- 55. When is family therapy not an appropriate treatment option for women?
 - A. When the woman has recently experienced trauma
- C. When the woman is experiencing ongoing partner abuse
- B. When the woman is experiencing self destructive behaviors such as an eating disorder or self-cutting
- 56. Missionary racism is a term that refers to a patronizing approach to family therapy which Boyd and Franklin found to be a particularly sensitive area for Hispanics and Latinos. A. True B. False

D. All of the above

- 57. Experts agree that the level or acculturation in Hispanic and Latino communities has a positive association with substance use, and that the more acculturated individuals report greater use of alcohol and other substances. A. True B. False
- 58. Illicit drug use and alcohol abuse are significant problems among American Indians and from 1994 to 1996, the alcoholism death rate of American Indians was _____ times the rate of all races in the United States.
 - C. 9 times A. 5 times
 - D. 11 times B. 7 times
- 59. All of the following are important considerations when working with gay and lesbian populations EXCEPT:

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- A. There is a definite and specific approach to working with this population that has proven to be most effective
- B. Therapists need to examine their own potential biases in order to work effectively with gay and lesbian clients
- C. Many lesbian and gay clients may be reluctant to include family members in the therapy process because of fear of rejection
- D. Therapists should use the client's definition of family rather than rely on a heterosexual-based model

60.	The	e four primary disability categories include	phys	ical, sensory, cognitive, and impairments.
	А.	Behavioral	C.	Affective
	B.	Psychological	D.	None of the above

B. Psychological

61. Providers working with people with disabilities need to be careful that they don't enable the person to use his or disability to avoid treatment, while at same time being able to recognize when a legitimate need for accommodation exists.

A. True

B. False

- 62. Which of the following is an accurate statement regarding working with people with disabilities:
 - A. Because family members often enable the C. A strengths-based approach usually will person with a disability, it is not a good idea to include them in therapy B. People with disabilities may think that

compensate for facing a disability

- not work with this population so other strategies need to be implemented
- D. None of the above they are "allowed" to use substances to
- 63. Studies indicate that in general, substance abuse treatment programs report that _____ percent of clients have a co-occurring disorder and mental health clinicians report _____ percent of clients with a co-occurring substance use disorder.
 - A. 25-50%; 10-40%: C. 50-75%; 20-50% B. 40-65%; 15-45% D. 55-80%; 25-55%
- 64. While treating clients with co-occurring disorders, clinicians should aggressively confront the clients who deny that they have a substance abuse issue or who minimize the severity of their problems. A. True B. False
- 65. All of the following are important considerations when working with rural populations with substance abuse issues EXCEPT:

А.	Rural communities may have a tendency	C.	The intimacy of the rural community
	to tolerate more extreme forms of		affects both the confidentiality and the
	behavior so that the impact of substance		desirability of accessing mental-health
	abuse may be more extreme		services
В.	In-home therapy is an excellent strategy to	D.	Accessibility factors tend to make
	address problems of client isolation and		substance abuse rates lower for urban
	inaccessibility to treatment		populations than for rural populations

66. Which of the following is an accurate statement regarding HIV/AIDS in the United States and treatment of this population?

A.	The therapist working with this population	C.	From July 2000 through June 2001, 15
	should use an integrated approach and be		percent of all reported AIDS cases were
	especially sensitive to family obligations		among people who also reported injection
	and pressures		drug use
B.	The CDC estimates that between 600,000	D.	All of the above

and 700,000 in the United States are living

with HIV infection

- 67. Studies show that veterans are particularly susceptible to substance abuse and a report in 2000 indicated that alcohol is the primary substance of abuse followed by marijuana. A. True B. False
- 68. Chapter 6: Policy and Program Issues The incorporation of family therapy into substance abuse treatment presents an opportunity to improve the status quo while also challenging the two modalities to recognize, delineate, and reconcile their different outlooks. A. True B. False
- 69. The American health care insurance system tends to focus care on the individual, so often times little, if any, reimbursement is available for the treatment of family members and this may interfere with appropriate treatment options for substance abuse clients.
 - A. True

B. False

- 70. Family assessments are important in any substance abuse treatment program and they serve the following purposes:
 - A. They set a tone for continuing focus on the C. They document specific information that client can determine treatment goals
 - B. They can provide insight into the context D. Both B and C above where substance most often occurs and where it may have started or accelerated
- 71. All of the following are considerations for counselors working with substance abuse clients EXCEPT:
 - A. As counselors improve their skills and are C. With the complexity of family work, staff able to do more complex clinical work with families, their burdens will usually decrease
 - B. Working with families may increase the amount of clinical time for each client so caseload adjustments might be necessary
- burnout may be increased
- D. Administrators need to monitor stressors associated with additional training required to work with families
- 72. The term "fragmenting" refers to a client who regards one provider as good and the other as bad, with an implicit attempt to get the good provider to agree that the other provider is incompetent, ineffective, or corrupt. A. True B. False
- 73. In substance abuse treatment, an organizational culture that is infused with cultural competence and diversity will highlight and implement values in staffing patterns, language, and related to families and substance abuse.
 - A. Institutional assumptions C. Cultural issues
 - D. None of the above B. Community attitudes
- 74. Since the advent of family therapy in the 1950's, family therapy has been characterized as having theoretical roots that are anecdotal, intuitive, and
 - C. specific A. scientific
 - B. complex D. empirical
- 75. Experts believe that researchers and therapists need to classify and asses relationships, specifically the measurement of change in relationships as a result of treatment, in order to determine the change in the family system. B. False
 - A. True

- 76. The advantages of e-mail communication in family therapy include all of the following EXCEPT:
 - A. There is no misinterpretation of information since the therapist can closely examine what was communicated
 - B. Family members are able to contribute to the process whenever their schedule permits

77. Appendix C: Guidelines for Assessing Violence

When screening clients for domestic violence and other abusive behavior, the clinician should look for the following indicators EXCEPT:

- A. Inconsistent explanations for injuries and evasive answers when questioned about them
- B. Overly happy or animated affect, especially when being questioned about the possible abuser

- C. E-mail correspondence allows therapists to create a permanent record, which reduces the risk of misunderstandings
- D. None of the above
- C. History of relapse or noncompliance with substance abuse treatment plans
- D. Stress-related illnesses and conditions such as headache, backache, chronic pain, sleep disorders, eating disorders, and fatigue
- 78. The interviewer should ask more general, vague, and conceptual questions when asking about domestic violence since the client will be more likely to respond to this type of questioning.A. TrueB. False
- 79. Batterers often use rationalization and excuses for their behavior. These include:
 - A. Minimizing and pleading loss of control
- C. Claiming good intentions and blaming intoxication
- B. Shifting blame and faulting the partner D. All of the above
- 80. Which of the following is an accurate statement about screening for child abuse?
 - A. The substance abuse provider should immediately assess children for abuse or incest
 - B. If the client has orally acknowledged that the limits of confidentiality have been explained, the clinician is free to inquire about child abuse
- about screening for child abuse?C. During initial screening, the interviewer should attempt to determine whether a client's children have been harmed and whether their behavior has changed
- D. Both A and C above