

## Substance Abuse Treatment: Group Therapy

### Multiple Choice

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

- \_\_\_\_\_ 1. **Chapter 1**  
This natural propensity in humans makes group therapy a powerful therapeutic tool for treating substance abuse.
- A. to support one another  
B. to congregate  
C. to join a cause  
D. to seek out therapy when needed
- \_\_\_\_\_ 2. Groups provide positive peer support and pressure to abstain from substances of abuse.
- A. True  
B. False
- \_\_\_\_\_ 3. Group therapy is equivalent to 12-step program practices.
- A. True  
B. False
- \_\_\_\_\_ 4. Ineffective substance abuse group therapy can be related to two problems primarily:
- A. lack of group cooperation or an unskilled therapist  
B. lack of clinical supervision or applying the wrong modality for this type of group  
C. a poor attitude on the part of the therapist or poor academic training  
D. lack of effective group therapy training or the use of a group therapy model that is inadequate for the chemically dependent
- \_\_\_\_\_ 5. For the most part, group therapy has been based on a model derived from inpatient therapy for clients whose problems may or may not include substance abuse.
- A. True  
B. False
- \_\_\_\_\_ 6. **Chapter 2**  
The primary way to define the types of groups that are used in substance abuse treatment is by a combination of:
- A. group goals and methodology  
B. gender makeup and group goals  
C. the primary substance of abuse and methodology  
D. None of the above
- \_\_\_\_\_ 7. This TIP manual discusses 5 types of group models that are effective for substance abuse treatment. Which of the following is **NOT** one of the 5.
- A. psycho-educational groups  
B. skills development groups  
C. relapse prevention groups  
D. support groups

- \_\_\_ 8. Prochaska and DiClemente discovered there were 6 stages of change that an individual could go through.  
A. True B. False
- \_\_\_ 9. Based upon the 'stages of change' model, the stage of change the client is in will dictate:  
A. whether they remain abstinent from substances after therapy C. which group mode and method is appropriate at a particular time  
B. whether they will remain in therapy or not D. All of the above
- \_\_\_ 10. In practice, groups can and usually do use more than one model of therapy.  
A. True B. False
- \_\_\_ 11. In figure 2.1, spirituality-based groups are usually found in what group model?  
A. Support Groups C. Specialized groups  
B. Inter-personal groups D. Skills development groups
- \_\_\_ 12. **Psychoeducational Groups**  
Psychoeducational groups are frequently taught using videotapes, audiotapes or lectures.  
A. True B. False
- \_\_\_ 13. The major purpose of psychoeducational groups is to create awareness.  
A. True B. False
- \_\_\_ 14. According to this manual, the psychoeducational group is particularly useful in counteracting which of the following:  
A. The clients' association with drug-using peers C. Family dysfunction  
B. The clients denial about their substance abuse D. None of the above
- \_\_\_ 15. According to Figure 2.2 of this manual, which group is best kept as heterogeneous?  
A. Cognitive-behavioral C. Interpersonal  
B. Support D. Skills
- \_\_\_ 16. **Skills Development Groups**  
Most skills development groups operate from what type of orientation?  
A. Cognitive-Behavioral C. Insight  
B. Psychoanalytic D. Behavioral management

- \_\_\_ 17. The most common type of skills development group is coping skills.  
A. True B. False
- \_\_\_ 18. An unstated and underrecognized difficulty in leading skills groups is:  
A. Group leaders are generally not properly trained C. The leader becomes bored teaching the same material week after week  
B. Lack of group cohesion D. All of the above
- \_\_\_ 19. **Cognitive-Behavioral Groups**  
The use of cognitive-behavioral groups is particularly appropriate:  
A. For groups in the early stage of recovery C. Both a and b  
B. For groups in the maintenance stage of their treatment program D. Neither a or b
- \_\_\_ 20. Cognitive-Behavioral groups conceptualize dependency as a learned behavior that is subject to modification through various interventions.  
A. True B. False
- \_\_\_ 21. Cognitive-behavioral therapy seeks to change learned behavior by changing thinking patterns, beliefs and:  
A. Feelings C. Perceptions  
B. Ideas D. None of the above
- \_\_\_ 22. Cognitive-behavioral groups are particularly useful in the treatment of this co-existing disorder:  
A. Depression C. Borderline Personality Disorder  
B. Post Traumatic Stress Disorder D. Anti-Social behavior
- \_\_\_ 23. The most common leadership style in cognitive-behavioral groups is passive engagement and a consistently directive orientation.  
A. True B. False
- \_\_\_ 24. **Support Groups**  
Support groups originated from the field of psycho-educational groups.  
A. True B. False
- \_\_\_ 25. A support group may be more attractive to someone less committed to recovery than a “therapy” group.  
A. True B. False

- \_\_\_ 26. The support group is generally group-focused rather than leader-focused, therefore the leadership style of someone running a support group will be less directive.  
A. True B. False
- \_\_\_ 27. **Interpersonal Process Group Psychotherapy**  
Process-oriented group therapy uses this as the primary change mechanism.  
A. The therapist C. Insight awareness  
B. The group D. All of the above
- \_\_\_ 28. Which of the following is used by interpersonal process-oriented groups to promote change and healing.  
A. Insight awareness C. Behavioral modification  
B. Psychodynamics D. Cognitive awareness
- \_\_\_ 29. Which one of the following is a basic tenet of the psychodynamic approach?  
A. Early experience affects later experience C. Psychological and cognitive processes outside awareness influence behavior  
B. Sometimes perceptions distort reality D. All of the above
- \_\_\_ 30. Within the interpersonal process model, the objects of interest are the here-and-now interactions among members.  
A. True B. False
- \_\_\_ 31. Interpersonal process-oriented group psychotherapy is easy to understand and adapt because it is pragmatic, applicable and synergistic.  
A. True B. False
- \_\_\_ 32. In interpersonal process groups, content is of primary concern.  
A. True B. False
- \_\_\_ 33. Treatment programs need to consider which of the following when deciding on a model for a substance abuse treatment group?  
A. The training and theoretical orientation of group leaders C. The needs and desires of the clients  
B. Resources D. All of the above
- \_\_\_ 34. This group model is considered generally inappropriate as a sole approach to treatment for clients with substance use disorders.  
A. Support C. Group-as-a-whole  
B. Psychodynamic D. None of the above

- \_\_\_ 35. **Relapse Prevention**  
A relapse prevention group aims to improve the client's ability to manage risky situations and to stabilize the client's lifestyle through behavior change.  
A. True B. False
- \_\_\_ 36. Research has demonstrated that relapse is common and to be expected during the process of recovery.  
A. True B. False
- \_\_\_ 37. Research suggests that relapse prevention should be conducted only in groups, as one-on-one formats show little measurable improvement.  
A. True B. False
- \_\_\_ 38. **Communal and Culturally Specific Groups**  
Cultural patterns of permissible use define, in part, what is reasonable use and what is abuse of substances.  
A. True B. False
- \_\_\_ 39. Hispanics/Latinos generally share a value of group comadre, thus a preference for group therapy is best in this situation.  
A. True B. False
- \_\_\_ 40. In working with a culturally specific group, the clinician should be aware of which of the following:  
A. Demographics in the program area C. Cultural attitudes and resistances  
B. Self-identification issues D. All of the above
- \_\_\_ 41. Placement of a client in a group should begin with an assessment of:  
A. Severity of substance abuse C. Financial ability to pay  
B. Readiness to participate D. Mental health
- \_\_\_ 42. An eco-map is sometimes used to:  
A. Depict interpersonal relationships C. Both a and b  
B. Depict history of drug use D. Neither a nor b
- \_\_\_ 43. The primary reason same-sex groups are more effective for women is that women have distinct treatment needs that are different from those of men.  
A. True B. False

- \_\_\_ 44. Clients with low levels of motivation to abstain should be placed in which type of group?  
A. Support  
B. Insight-oriented  
C. Psychoeducational  
D. None of the above
- \_\_\_ 45. According to Figure 3.2 - Client Placement by Stage of Recovery- what group is indicated as 'necessary and most important' during the late and maintenance stage of recovery?  
A. Relapse Prevention  
B. Interpersonal Process  
C. Support  
D. Expressive
- \_\_\_ 46. Recent research suggests that an ethnic match between a therapist and client consistently improves outcomes.  
A. True  
B. False
- \_\_\_ 47. **Characteristics of Fixed and Revolving Membership Groups**  
According to Figure 4-1, this is a feature of group development in a revolving membership that is ongoing:  
A. Learning built on what has happened in prior meetings  
B. Dynamics of group process as the primary source of learning  
C. Structuring the group with more active leadership  
D. Learning at each session is independent of previous group sessions
- \_\_\_ 48. **Increasing Retention**  
Which of the following is a technique used to reduce the incidence of dropping out?  
A. Role induction  
B. Experiential pretraining  
C. Motivational interviews  
D. All of the above
- \_\_\_ 49. **Chapter 5 Stages of Treatment**  
In this stage of treatment, clients can be emotionally fragile, ambivalent, and resistant to treatment:  
A. Early stage  
B. Middle stage  
C. Late stage  
D. None of the above
- \_\_\_ 50. Another name for the middle stage is 'action stage'.  
A. True  
B. False
- \_\_\_ 51. Cognitive impairment is most severe in this stage of treatment:  
A. Early stage  
B. Middle stage  
C. Late stage  
D. None of the above
- \_\_\_ 52. The art of treating addiction in the early stages is in the defeat of denial and resistance.  
A. True  
B. False

- \_\_\_ 53. Attachment theory is seen as a complementary model to integrate in substance abuse treatment. Attachment theory was developed by:  
A. Bowlby  
B. Kohut  
C. Freud  
D. Ellis
- \_\_\_ 54. Cognitive capacity begins to return to normal in this stage of treatment:  
A. Early  
B. Middle  
C. Late  
D. None of the above
- \_\_\_ 55. The therapeutic factors of altruism and self-knowledge can be used in the middle stages of treatment.  
A. True  
B. False
- \_\_\_ 56. What type of group model is appropriate for the middle stage of treatment, where clients begin to experience and integrate a wide range of emotions in a safe environment.  
A. Support group model  
B. Cognitive-behavioral model  
C. Interpersonal process model  
D. None of the above
- \_\_\_ 57. **Late Stage of Treatment**  
In the early stage of treatment clients work to avoid tempting situations and triggers.  
A. True  
B. False
- \_\_\_ 58. What has to be resolved in order for the client to experience healthy mutuality and begin resolving conflicts without the maladaptive influence of alcohol or drugs?  
A. Client resistance  
B. Client denial  
C. Internalized pain  
D. Recurrent relapses
- \_\_\_ 59. In late stage treatment clients learn to engage more fully in life as they begin to manage their emotional states and cognitive processes more effectively.  
A. True  
B. False
- \_\_\_ 60. **Chapter 6: Group Leadership, Concepts, and Techniques**  
According to Flores (1997), many therapists do not fully appreciate the impact of their personalities or values on addicts or alcoholics.  
A. True  
B. False
- \_\_\_ 61. Excellent listening skills are the cornerstone of any effective therapy.  
A. True  
B. False

- \_\_\_ 62. In a cotherapy situation it is recommended that the therapists be of the same gender to offer some constancy to the group.  
A. True B. False
- \_\_\_ 63. It is considered unethical to 'bend the rules' of a group agreement in order to meet the needs of an individual group member.  
A. True B. False
- \_\_\_ 64. Motivation techniques have been shown to boost client participation and treatment outcomes. Which of the following are considered motivating factors?  
A. Clients receive support for change efforts C. Clients are engaged at the appropriate stage of change  
B. The therapist points out the clients' competencies D. All of the above
- \_\_\_ 65. When physical boundaries are breached in the group, and no one in the group raises the issue, the leader should not call the behavior to the group's attention.  
A. True B. False
- \_\_\_ 66. A more useful way to think of confrontation is:  
A. Confronting denial in a client C. Helping the client to overcome resistance  
B. Forcing the client to see the therapist's way of thinking D. Pointing out inconsistencies between client behavior and stated goals
- \_\_\_ 67. The therapist's emotional response to a group member's transference is referred to as counter-transference.  
A. True B. False
- \_\_\_ 68. Federal law that guarantees strict confidentiality of information about all people receiving substance abuse treatment services is known as:  
A. 42 C.F.R. C. 41 C.F.R.  
B. 21 C.F.R. D. None of the above
- \_\_\_ 69. 12-Step philosophy is known to oppose therapy and medication.  
A. True B. False
- \_\_\_ 70. **Chapter 7: Training and Supervision**  
Which of the following skills are necessary to perform supervisory tasks?  
A. Administrative, Supportive, Clinical and C. Administrative, Legal, Ethical and

Evaluative  
B. Supportive, Leadership, Clinical, and  
Legal

Supportive  
D. Evaluative, Clinical, Administrative and  
Ethical