

Brief Interventions/Brief Therapies for Substance Abuse

Multiple Choice

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

- _____ 1. **Chapter 1**
Brief interventions and therapies can be thought of as elements on a continuum of care, but they are distinguished from one another by:
- A. Method of delivery
 - B. Outcome goals
 - C. Leadership style
 - D. None of the above
- _____ 2. Brief Therapy differs from Brief Intervention in that it involves a series of steps taken to treat a substance abuse problem.
- A. True
 - B. False
- _____ 3. In recent literature, Brief Interventions have been referred to as:
- A. Short-term Counseling
 - B. Simple Advice
 - C. Minimal Interventions
 - D. All of the above
- _____ 4. The Brief Intervention itself is structured and focused on substance abuse. Its primary goals are to raise awareness of problems and to recommend a specific change or activity.
- A. True
 - B. False
- _____ 5. Brief therapies are driven by the clinician due to the limited length of treatment.
- A. True
 - B. False
- _____ 6. Brief therapies and interventions have arisen due to which of the following factors:
- A. Lack of good long term treatment programs and reduced funding
 - B. Decreased public funding and identification of more at-risk consumers
 - C. Resistance by consumers to enter residential treatment programs and the need to expand treatment options
 - D. None of the above
- _____ 7. Project MATCH assessed the benefits of matching alcohol dependent clients to what three types of treatment?
- A. Psychoeducational, Support and Cognitive-Behavioral
 - B. 12-step, Motivational Enhancement and cognitive-behavioral
 - C. 12-step, Cognitive-Behavioral and Psychodynamic
 - D. Support groups, Cognitive-Behavioral and Motivational Enhancement

- ___ 8. There is a long-standing attitude among clinicians and other care providers in community agencies that clients are generally resistant to change, unmotivated and in denial.
A. True B. False
- ___ 9. **Chapter 2 Brief Interventions in Substance Abuse Treatment**
Brief interventions are research-based procedures shown to work with those individuals who are at-risk and have less severe substance abuse problems.
A. True B. False
- ___ 10. The basic goal for any client in a substance abuse treatment setting is to reduce the risk of harm from continued use of substances. The greatest degree of harm reduction would obviously result from abstinence.
A. True B. False
- ___ 11. There are six components critical to a brief intervention to change substance abuse behavior. These elements are known by the acronym:
A. DRIVES C. BEEDIE
B. FRAMES D. None of the above
- ___ 12. How many basic steps incorporate the six critical elements of the brief intervention?
A. 2 C. 4
B. 3 D. 5
- ___ 13. One of the most important skills for brief interventionists is:
A. Exploring ambivalence C. Active listening
B. Confrontation D. Acceptance
- ___ 14. **Chapter 3 - Brief Therapy in Substance Abuse Treatment**
What percentage of clients drop out of treatment before completing 20 sessions?
A. 45% C. 80%
B. 75% D. 90%
- ___ 15. The most widely used model for understanding client's readiness for change is:
A. Cognitive-behavioral model C. Stages of change
B. Stages of motivation D. MET
- ___ 16. The treatment goals of brief therapy should focus on the client's central problem of substance abuse.
A. True B. False

- ___ 17. Due to the few number of sessions involved in Brief Therapies, goals should largely be therapist driven.
A. True B. False
- ___ 18. **Chapter 4 - Brief Cognitive-Behavioral Therapy**
Behavioral therapies have been primarily influenced by Pavlovian conditioning and Skinnerian operant learning.
A. True B. False
- ___ 19. Due to its design, most behavioral therapy is brief.
A. True B. False
- ___ 20. Covert sensitization is a technique used in cognitive therapy.
A. True B. False
- ___ 21. Cognitive theory assumes that most problems derive from faulty thinking processes.
A. True B. False
- ___ 22. Cognitive therapy was originally developed by A.T.Beck as a way of understanding and treating this mental disorder:
A. Generalized Anxiety C. Post Traumatic Stress Disorder
B. Depression D. Panic Disorder
- ___ 23. **Cognitive restructuring** is the general term given to what process?
A. Changing habitual, automatic thinking C. Changing distorted addictive thoughts
B. Changing negative thought patterns D. All of the above
- ___ 24. How is Rational-emotive therapy different from cognitive therapy?
A. RET uses empathy and active listening to a greater degree C. RET believes in allowing the client to discover for themselves their own faulty thinking
B. RET is more confrontive D. RET is more supportive
- ___ 25. What is known as the third core element in cognitive behavioral therapy?
A. Relapse prevention C. Functional analysis
B. Skills training D. None of the above
- ___ 26. **Chapter 5 - Brief Strategic/Interactional Therapies**
Strategic therapy stems from the work of:

- A. Jay Haley
- B. Milton Eriksson
- C. John Weakley
- D. Tucker Savage

- ___ 27. Ericksonian approaches have been shown to be highly effective with clients that have severe personality disorders.
- A. True
 - B. False
- ___ 28. The primary strength of strategic approaches is that they shift the focus from client's weaknesses to client's strengths.
- A. True
 - B. False
- ___ 29. In Solution-Focused Brief therapy, emphasis is placed on building exceptions to the presenting problem.
- A. True
 - B. False
- ___ 30. **Chapter 6 - Brief Humanistic and Existential Therapies**
Which of the following reflect best the key words of humanistic therapy?
- A. Tolerance and acceptance
 - B. Responsibility and freedom
 - C. Acceptance and growth
 - D. All of the above
- ___ 31. Which of the following reflect best the key words of Existential Therapy?
- A. Freedom and responsibility
 - B. Acceptance and growth
 - C. Tolerance and acceptance
 - D. All of the above
- ___ 32. Transpersonal therapy has been a model used to enhance a client's spiritual development.
- A. True
 - B. False
- ___ 33. Humanistic and Existential therapies have been known to be in conflict with many tenets of 12-step programs.
- A. True
 - B. False
- ___ 34. **Chapter 7 - Brief Psychodynamic Therapy**
Psychodynamic brief therapies focus on what process that is manifested in the client's present behavior?
- A. Conscious processes
 - B. Unconscious processes
 - C. Cognitive processes
 - D. Emotional processes
- ___ 35. The theory upon which psychodynamic therapy is formed is:
- A. Cognitive
 - B. Behavioral
 - C. Motivational
 - D. Psychoanalytic

- ___ 44. Research suggests that client improvement, as a result of group therapy, occurs within this time frame:
A. 4-6 weeks
B. 2-3 months
C. 6 months - 1 year
D. 1- 2 years
- ___ 45. Almost any psychotherapeutic model can be successfully applied as a group therapy model.
A. True
B. False
- ___ 46. In his classic work, *Theory and Practice of Group Psychotherapy*, Yalom identified how many primary “therapeutic factors” in group therapy?
A. 6
B. 8
C. 10
D. 11
- ___ 47. This therapeutic factor pertains to the importance of relationships within the client’s family of origin, which finds expression within the group experience.
A. Recapitulation
B. Universality
C. Imitative behaviors
D. Catharsis
- ___ 48. There is a growing consensus among therapists that women need to have their own groups, particularly during early recovery.
A. True
B. False