

- ___ 18. This type of response from the client is usually indicated by a sigh, a frown, a slow shaking head, a whistle, a snort or sometimes tears.
- A. Anger
 - B. Avoidance
 - C. Nonverbal
 - D. None of the above
- ___ 19. The therapist should seek opportunities to affirm, compliment and reinforce the client sincerely.
- A. True
 - B. False
- ___ 20. All of the following behaviors have been found to be predictive of poor treatment outcome except:
- A. Interrupting
 - B. Compliance
 - C. Sidetracking
 - D. Defensiveness
- ___ 21. An important goal in MET is to avoid evoking client resistance.
- A. True
 - B. False
- ___ 22. A good first rule of thumb with MET is to always meet resistance head-on.
- A. True
 - B. False
- ___ 23. 'Rolling with it' is one MET strategy for defusing resistance in a client.
- A. True
 - B. False
- ___ 24. Which technique is used by the therapist to invite the client to examine perceptions in a new light.
- A. Double-sided reflection
 - B. Shifting focus
 - C. Reframing
 - D. All of the above
- ___ 25. One objective of MET is to have all clients choose as their goal total abstinence from psychotropic drugs.
- A. True
 - B. False
- ___ 26. The overall goal in MET counseling is to help the user accomplish what goal?
- A. Move away from harmful drug use
 - B. Discontinue all use of illicit drugs
 - C. Encourage moderate/healthy use of drugs
 - D. None of the above
- ___ 27. The purpose of the Change Plan worksheet used during Phase 2 is to:
- A. Specify the client's action plan
 - B. Diffuse eventual client resistance
 - C. Summarize client sessions
 - D. None of the above

- ___ 28. In asking for commitment the client commits verbally to take concrete, planned steps to bring about needed change.
A. True B. False
- ___ 29. In cases of client ambivalence or hesitation about making a commitment, the therapist should apply pressure.
A. True B. False

Involving the Significant Other in MET

- ___ 30. Research has shown that alcoholics seen in outpatient treatment settings were more likely to remain in a spouse-involved treatment program than in an individual program.
A. True B. False
- ___ 31. MET includes intensive family and marital therapy.
A. True B. False
- ___ 32. Feedback by the Significant Other can be more meaningful to the client than information presented by the counselor.
A. True B. False
- ___ 33. Eliciting self-motivational statements from the Significant Other should be employed during what SO-involved session?
A. 1st C. 3rd
B. 2nd D. 4th
- ___ 34. Three processes are involved in follow through: 1) reviewing progress 2) renewing motivation and 3) maintaining abstinence.
A. True B. False

The Structure of MET Sessions

- ___ 35. In order to ensure sobriety, all MET sessions are preceded by:
A. Urine test C. Blood test
B. Breath alcohol test D. All of the above
- ___ 36. During the early phases of treatment the therapist will use reflection as his/her primary response to the client.
A. True B. False

- ___ 37. The therapist should always end the first phase accomplishing this goal:
- A. Summarizing the session
 - B. Eliciting self-motivational statements from the client
 - C. Eliciting a commitment to change from the client
 - D. None of the above
- ___ 38. When a client misses a scheduled appointment, the therapist should respond in this manner:
- A. Immediately address the issue
 - B. Cool off and call the client the next day
 - C. Leave it up to the client to contact you for the next appointment
 - D. None of the above

Follow-Through MET Sessions

- ___ 39. MET sessions should not be presented as progressive consultations.
- A. True
 - B. False
- ___ 40. How many emergency sessions is permissible within the 12 week treatment period?
- A. 1
 - B. 2
 - C. 3
 - D. 4

