Learning the Language of Addiction Counseling 5th edition Miller Test Bank

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Chapter 1 Test Bank Questions

Short Answer

1. Give one reason mental health workers may not like to work with alcoholics and addicts.

   ANSWER: Mental health workers, both historically and currently, have not always liked working with alcoholics and addicts for at least two reasons: (1) the difficulty in treating them due to factors such as relapses, poor impulse control, emotional reactivity, and/or lying to protect their addiction; and (2) the lack of knowledge (techniques) on how best to treat them.

2. Name two ways (routes) someone can enter the field of addictions.

   ANSWER: One may enter the field through research, a grassroots network, or a certification/licensure process.

3. Explain the reason for disagreements in the addictions field based on the numerous entry routes.

   ANSWER: Because one can enter the field through research, grassroots experiences, or a certification/licensure process, the route of entry can bias one's view of addiction in terms of theory and treatment, resulting in disagreements about addiction among different professions.

4. List two of the five influences in the addiction counseling field.

   ANSWER:

   a. The traditional addiction counseling approach of the *disease model* that asks: Is this approach healing for the addict within the scope of the disease model of addiction?

   b. The *addiction research approach* that presents counselors with the question:

      Which addiction counseling approaches are supported in research findings?

   c. A final, and more recent, influence stems from *managed care*

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organizations that confront counselors with the question: What counseling approaches provide the greatest benefit for the least cost?

5. Name one way in which AA's definition of alcoholism as an allergic reaction impacted addiction treatment.

   ANSWER:

   a. Allowing the addicted individual to feel less like a bad person and more like a sick person, which preserved or restored self-esteem and self-respect

   b. Providing a simple, straightforward definition of their struggle that most people can readily grasp

   c. Encouraging the use of self-help groups, thereby helping addicts develop a sense of community

6. State two areas of focus for managed care organizations.

   ANSWER: Three common areas of focus in managed care are accessing care, containing costs, and ensuring quality.

7. Name and describe the three basic models of managed care.

   ANSWER:

   a. *Staff model:* Comprehensive medical services are provided by individuals (employees or contractors) who work out of a central location and receive a salary.

   b. *Group model:* Group of practitioners who have a contract with an HMO to provide services (central location or private office).

   c. *Independent practice model:* Practitioner provides specific services (private office).

8. Choose two of the four theories (moral, psychological, sociocultural, medical, biopsychosocial) and explain for each the view of the alcoholic/addict, cause of addiction, and treatment approach.

   ANSWER: See Table 1.1 in text.

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Multiple Choice

1. Historically, mental health workers have disliked working with alcoholics and addicts because

   a. it is difficult to treat them due to various factors

   b. they lack knowledge readily available on how best to treat them

   c. they lack techniques readily available on how best to treat them

   d. they lack knowledge and techniques readily available on how best to treat them

   ANSWER: d

2. Insurance companies began reimbursing agencies for addiction treatment in the

   a. 1960s

   b. 1970s

   c. 1980s

   d. 1990s

   ANSWER: b

3. Someone may begin working in the addictions field through

   a. research

   b. a grassroots network

   c. a certification/licensure process

   d. all of the above

   ANSWER: d

4. Which of the following is **not** currently a main influence in the addiction counseling field?

   a. moral model

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b. disease model

c. managed care organizations

d. **addiction research approach**

ANSWER: a

5-7. Match the main influence with a description of its focus.

__5. healing for the addict a. *disease model*

__ 6. supported by research b. *managed care organizations*

__ 7. greatest benefit for least cost c. *addiction research approach*

ANSWERS: 5=a; 6=c; 7=b

8. Layperson therapy in the addictions counseling field began in

a. the early 1900s

b. the 1940s

c. the 1960s

d. the 1980s

ANSWER: a

9. AA's view of alcoholism as an allergic reaction impacted addiction treatment by

a. making the addicted individual feel less like a sick person and more like a bad person, which preserved or restored self-esteem and self-respect

b. providing a complicated, multifaceted definition of the addicted person's struggle that most people can readily grasp

c. encouraging the use of self-help groups, thereby helping addicts develop a sense of community

d. discouraging family involvement

ANSWER: c

10. The disease model of alcoholism was developed by

a. Freud

b. Jellinek

c. Marlatt

d. William Miller

ANSWER: b

11. A common area of focus in managed care is

a. accessing care

b. containing costs

c. ensuring quality

d. all of the above

ANSWER: d

12-14. Match the managed care model with the appropriate description of the model.

12. Comprehensive medical services are provided by individuals who work out of a central location and receive a salary	___a. Staff model
13. A group of practitioners contract with an HMO to provide model services	___b. Group model
14. A practitioner provides specific service	___c. Independent practice

ANSWERS: 12=a; 13=b; 14=c

True/False

1. Mental health workers like to work with addicts and alcoholics because it is easy to treat them.

ANSWER: False

2. Mental health workers may struggle in working with addicts and alcoholics because they may lack knowledge and/or techniques on how to best treat them.

   ANSWER: True

3. Insurance companies began reimbursing agencies for addiction treatment in the 1990s.

   ANSWER: False

4. There are few disagreements among addiction professionals regarding treatment.

   ANSWER: False

5. The disease model is a main influence in the addictions counseling field.

   ANSWER: True

6. One conflict in the addictions field is the use of the term *codependency*.

   ANSWER: True

7. AA's view of alcoholism as an allergic reaction helped shift alcoholism from a moral problem to a physical or medical problem.

   ANSWER: True

8. Marlatt developed the disease model of alcoholism.

   ANSWER: False

9. Managed care is not concerned about quality of care.

   ANSWER: False

10. There are three basic managed care models.

    ANSWER: True

11. Cognitive-behavioral therapies are at the core of **evidence-based practices.**

    ANSWER: True