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Counselor Exam

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Question: 1

In certain circumstances, APs may engage in the ethical practice of conscientious refusal. This is best exemplified by an AP's refusal to follow an employer's directive to:

- A.treat an openly racist client
- B.treat an LGBT client.
- C.deny youth gender-affirming client care.
- D.diversify the client caseload.

Answer: C

Explanation:

The best example of conscientious refusal is an AP who refuses to follow an employer's directive to deny gender-affirming client care for youth. Conscientious refusal occurs when counselors refuse to carry out illegal or unethical directives. Research indicates that withholding gender-affirming care is harmful to youth. Gender- affirming care encompasses various interventions used to support an individual's gender identity. Examples include using pronouns to match an individual's gender identity, offering gender-neutral bathrooms, providing developmentally appropriate psychoeducation, and enlisting family support. Refusing to work with any client based on personally held convictions, regardless of whether one has deeply held convictions for or against an individual who is racist or individuals identifying as LGBT, is unethical (see Principle IV-4 of the NAADAC Code of Ethics [2021]). The request to "increase and diversify" client caseloads is vague and is therefore not the best answer.

Question: 2

The DSM-5-TR outlines 11 criteria for substance use disorder (SUD) that are grouped in all of the following categories EXCEPT:

- A.risky use.
- B.legal problems.
- C.social problems.
- D.impaired control.

Answer: B

Explanation:

There are four primary categories used to group the 11 criteria for SUD: impaired control, social impairment, risky use, and pharmacologic symptoms. Legal issues were included in the DSM-IV criterion for SUD but were removed in the DSM-5. Examples of impaired control include the persistent desire to regulate substance use, cravings, and using the substance longer than intended. Social impairment refers to functional impairments at work, school, or home, including impaired interpersonal relationships, discontinuation of pleasurable activities (e.g., hobbies), and continued use despite social consequences. Risky use involves continued substance use in physically unsafe environments, despite knowledge of the potential for adverse physical and psychological consequences. Lastly, pharmacologic refers to symptoms of tolerance and withdrawal.

Question: 3

Motivating an addict to enter treatment is often difficult. Which treatment entry method uses the intervention network as part of its motivational process?

- A.The Johnson Method
- B.Community reinforcement training (CRT)
- C.The ARISE Method
- D.The community reinforcement approach (CRA)

Answer: C

Explanation:

The ARISE method uses a three-level approach to motivate an addict to enter treatment. Level 1 (The First Call) begins with a telephone consultation, followed by a first meeting of an intervention network (IN). The IN consists of immediately involved significant others (spouse, family, and close friends) who then meet with the addict to encourage treatment. Faced with the collective encouragement of the IN, approximately 56 percent of addicts will then enter treatment. Level 2 (Strength in Numbers) expands the IN to include more family, friends, potentially even employers, and a therapist, citing specific examples of concerns and the need for treatment. The IN acts in concert to avoid no-win one-on-one contacts. Within two to five meetings 80 percent will enter treatment. Level 3 (Formal Intervention) is more confrontational, as significant consequences of avoiding treatment are spelled out (all enabling behaviors to stop with more serious consequences to follow). Another 3 percent (i.e., 83 percent in total) will then accept treatment, and 61 percent of all will still be sober by the end of the first year.

Question: 4

What is the key feature that differentiates a substance abuse counselor who merely practices in the field from one who succeeds in changing clients' lives?

- A.The knowledge of addiction issues
- B.The ability to be empathetic

- C.The skill to set clear boundaries
- D.The capacity to firmly confront

Answer: B

Explanation:

The ability to work with genuine compassion for clients is the first essential feature of successful counseling, provided appropriate boundaries are also maintained. Skills, knowledge, and information specific to the clients situation and needs are essential but are substantially ineffective if not managed with compassion and care. The renowned psychologist Carl Rogers taught that every individual has a positive, trustworthy center if this psychological core can be accessed. Connecting with this center taps into an individual's resourcefulness and capability for self-understanding and positive self-direction. To this end, he promoted three keys: (1) congruence (genuineness); (2) unconditional positive regard (caring concern and compassion); and (3) accurate, empathetic understanding (the ability to meaningfully assume the clients subjective perspective). Using these tools, clients can be reached and motivated toward positive change.

Question: 5

What is the main purpose of Title 42 of the Code of Federal Regulations (CFR) Part 2?

- A.To allow clients with OUD to receive medication-assisted treatment without employment penalties.
- B.To protect clients in treatment for substance use against adverse consequences in domestic or criminal proceedings.
- C.To permit disclosures of protected health information with written consent for continuity of care purposes.
- D.To provide privacy and confidentiality protection for a client's educational records.

Answer: B

Explanation:

The main purpose of Title 42 of the Code of Federal Regulations (CFR) Part 2 is to protect clients in treatment for substance use against adverse consequences in domestic or criminal proceedings. CFR Part 2 offers privacy protections for treatment information for clients with SUD in federally funded programs. Although CFR Part 2 protects treatment records for individuals receiving medication-assisted treatment for OUD, its main purpose is to provide privacy protection for all individuals with SUD to prevent ramifications such as loss of employment, criminal charges, housing loss, and loss of child custody. The Health Insurance Portability and Accountability Act of 1986 protects personal health information. Whereas CFR Part 2 applies to substance use information for students in educational settings, the Family Educational Rights and Privacy Act protects educational records.

Question: 6

If a person is dependent on amphetamines, there is an increased likelihood of cross-tolerance with which one of the following?

- A.MDMA.
- B.Opioids.
- C.Sedative-hypnotic drugs.
- D.Peyote (mescaline).

Answer: A

Explanation:

Amphetamine cross-tolerance is likely to occur with MDMA. Cross-tolerance happens when tolerance to one substance causes tolerance to a pharmacologically similar substance. MDMA acts as both a stimulant and a hallucinogen, making cross-tolerance probable with central nervous system (CNS) stimulants (i.e., amphetamines) because they share similar chemical structures. Cross-tolerance can occur with prescribed medications (e.g., antidepressants) and illicit drugs and is common with amphetamines, hallucinogens, and opioids.

Question: 7

A client states, "I'm really hurting today. It's hard to face everything I destroyed when I was using." Which counselor response best reflects appropriate empathy?

- A."You are really hurting today, and it's hard to face everything you destroyed when you were using drugs."
- B."If I understand correctly, you are in tremendous pain over all that was lost when you were using drugs."
- C."I understand; when I was active in my addiction, the guilt and shame seemed insurmountable."
- D."You are heartbroken over relationships and opportunities that were lost as the result of your drug use."

Answer: D

Explanation:

The counselor response that best reflects empathy being used appropriately is, "You are heartbroken over relationships and opportunities that were lost as the result of your drug use." Counselors express appropriate empathy by reflecting an understanding of the client's thoughts and underlying feelings. The statement "You are really hurting today, and it's hard to face everything you destroyed when you were using drugs" is an example of parroting or mimicking, which should be avoided. The phrase "If I understand correctly" is an example of clarification. Lastly, stating, "I understand; when I was active in my addiction, the guilt and shame seemed insurmountable" is a poor example of empathy because the focus is on the counselor rather than on the client.

Question: 8

Which one of the following only detects recent drug use (i.e., within a few hours or days)?

- A.Urine test

- B.Hair test
- C.Saliva test.
- D.Blood test.

Answer: C

Explanation:

Saliva tests are limited because they can only detect recent drug use (i.e., within a few minutes or up to 48 hours). In general, the detection windows for each type of drug test vary based on factors including the substance used, when it was last used, and how long it was used. An individual's characteristics can also affect detection, including but not limited to ethnicity, hydration, body fat, and metabolic rate. Urine tests detect the presence of a drug's metabolites and are the most common method used in preemployment checks and random drug screens. A hair test can detect the presence of drugs in hair follicles months after use, giving them the widest detection window, with repeat drug use detected for up to 90 days. Hair tests can detect opioids, marijuana, cocaine, PCP, and amphetamines. Blood tests are the most effective for detecting alcohol concentration levels, showing levels of intoxication 24 hours after use.

Question: 9

Drugs controlled by the federal government are placed into five distinct schedules or classifications, taking into account all of the following EXCEPT:

- A.the substance's potential for abuse.
- B.the substance's potential for dependency.
- C.whether the FDA regulates the substance.
- D.whether the substance has acceptable medical uses.

Answer: C

Explanation:

The drug enforcement administration (DEA) rather than the Food and Drug Administration. (FDA) uses schedules to classify substances based on their potential for abuse, potential for psychological or physical dependency, and the drug's acceptable medical use. The Controlled Substances Act enables the DEA to categorize and oversee drug classifications (i.e., scheduling).

Question: 10

Dronabinol contains which one of the following?

- A.Opioids.
- B.Stimulants.
- C.Cannabinoids.
- D.Antiviral agents.

Answer: C

Explanation:

Dronabinol, an FDA-approved Schedule II medication for HIV-related weight loss, contains cannabinoids. Individuals taking dronabinol would have a positive urine drug screen suggesting the presence of cannabinoids. The FDA has not allowed other cannabis, cannabis-derived, or cannabidiol products to be made available to the general public.

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