

Addiction Counseling Using REBT - Post Test
Text: Hazelden REBT Series - Revised (9 booklets)
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Section 1- Text: UNDERSTANDING THOUGHTS FEELINGS ACTIONS by Art Perlman

01. Feelings can be:

- a. good.
- b. bad.
- c. both a. and b. above.
- d. none of the above.

02. One goal of REBT is feeling good all the time.

- a. True
- b. False

03. REBT was developed by:

- a. Sigmund Freud.
- b. Albert Ellis.
- c. Art Perlman.
- d. Hazelden.

04. REBT shows:

- a. how to cope with unpleasant feelings.
- b. how to avoid self-defeating alcohol/drug use.
- c. both a. and b. above.
- d. none of the above.

05. Unpleasant feelings usually fall into one of which four types?

- a. bad, mad, hurt, sacred
- b. bad, mad, sad, scared
- c. bad, mad, sad, resentful
- d. none of the above

06. When people are upset:

- a. their feelings control their behavior.
- b. they can choose to stay calm.
- c. both a. and b. above.
- d. none of the above.

07. The cycle of negative consequences from alcohol/drug use causing unpleasant feelings leading to more alcohol/drug use is referred to as:

- a. the REBT cycle.
- b. the cycle of addiction.
- c. both a. and b. above.
- d. none of the above.

08. Learning how to prevent or cope with upset feelings:

- a. is the goal of recovery.
- b. can be critical in reducing the risk of relapse.
- c. both a. and b. above.
- d. none of the above.

09. Most relapses happen:

- a. within the first 90 days.
- b. in response to unpleasant feelings.
- c. both a. and b. above.
- d. none of the above.

10. Feelings are caused by:

- a. activating events.
- b. individual beliefs.
- c. consequences of behavior.
- d. none of the above.

11. The use of the word "should":

- a. is used to direct the behavior.
- b. assigns blame in relationships.
- c. both a. and b. above.
- d. none of the above.

12. "Awfulizing":

- a. makes an unpleasant situation appear worse than it is.
- b. may occur when events have not yet happened.
- c. both a. and b. above.
- d. none of the above.

13. Which of the following statements IS NOT a self- devaluation?

- a. I am a bad person.
- b. I am a worthless person.
- c. I am a stupid person.
- d. I am a fallible person.

14. Feelings in treatment:

- a. may be intense.
- b. may include urges to use alcohol or other drugs.
- c. both a. and b. above.
- d. none of the above.

15. The thinking that accompanies dysfunctional emotions is described in this REBT section:

- a. Event (A.)
- b. Thoughts (B.)
- c. Feelings (C.)
- d. Challenge thoughts (D.)

16. The emotional reaction to events is described in this REBT section:

- a. Event (A.)
- b. Thoughts (B.)
- c. Feelings (C.)
- d. Challenge thoughts (D.)

17. Dysfunctional thinking is changed in this REBT section:

- a. Event (A.)
- b. Thoughts (B.)
- c. Feelings (C.)
- d. Challenge thoughts (D.)

Section 2 - Text: ANXIETY & WORRY by Eileen Drilling

18. Feelings numbed by the use of chemicals:

- a. may be unmanageable during treatment.
- b. may be intensified during treatment.
- c. both a. and b. above.
- d. none of the above.

19. Demanding to control others produces tension and anxiety because it:

- a. doesn't acknowledge the other persons right to be who they are or to make their own decisions.
- b. communicates demands and expectations instead of care and compassion.
- c. both a. and b. above.
- d. none of the above.

20. REBT emphasizes responsibility for:

- a. Thoughts.
- b. Feelings.
- c. Actions.
- d. all of the above.

21. If thoughts are changed:
- feelings will change.
 - other people will change.
 - both a. and b. above.
 - none of the above.
22. In the REBT model, anxiety is recorded at:
- Event or Situation (A.)
 - Beliefs and Thoughts (B.)
 - Feelings (C.)
 - Dispute (D.)
23. REBT is concerned with:
- facts.
 - assumptions.
 - both a. and b. above.
 - none of the above.
24. The use of negative self-talk such as "should", "awful" and "terrible":
- increase upset feelings.
 - decrease upset feelings.
 - none of the above.
25. Reducing upset feelings:
- reduces urges to use drugs.
 - reduces the risk of relapse.
 - both a. and b. above.
 - none of the above.
26. Self-defeating thinking:
- is learned through practice.
 - is necessary to recovery.
 - none of the above.
27. Self-affirming thinking:
- is a magic solution.
 - will take practice.
 - none of the above.

Section 3 - Text: DEPRESSION by Tim Sheehan

28. Depression:

- a. involves Self-defeating thoughts, feelings and behaviors.
- b. impairs the ability to be responsible.
- c. both a. and b. above.
- d. none of the above.

29. This type of depression often requires anti-depressant medications and stems from:

- a. loss or change.
- b. changes or imbalances in brain chemistry.
- c. self-defeating belief systems.
- d. none of the above

30. This type of depression can be eased with self-help:

- a. loss or change.
- b. changes or imbalances in brain chemistry.
- c. self-defeating belief systems.
- d. none of the above

31. Mild, moderate and severe depression are all associated with deeply held negative beliefs about self, therefore a change of thinking is a key to recovery.

- a. True
- b. False

32. One tip to break the self-defeating cycle of depression is:

- a. to focus on the situation or event.
- b. to stop focusing on the situation or event.
- c. both a. and b. above.
- d. none of the above.

33. Another tip to break the self-defeating cycle of depression is:

- a. to accept your logic.
- b. to question your logic.
- c. both a. and b. above.
- d. none of the above.

34. The question "What is the evidence?" is part of the logic questioning process.

- a. True
- b. False

35. The question "Is any proof necessary?" is part of the logic questioning process.

- a. True
- b. False

36. The question "Is it fact or opinion?" is part of the logic questioning process.

- a. True
- b. False

37. Goal setting is not part of the REBT process.

- a. True
- b. False

38. REBT is not compatible with Twelve Step programs.

- a. True
- b. False

39. REBT is helpful in coping with depression because it can reduce feelings of despair and hopelessness that may trigger relapse.

- a. True
- b. False

Section 4 - Text: ANGER by Jack Hafner

40. Anger:

- a. is a human feeling.
- b. is a problem if it is self-defeating.
- c. both a. and b. above.
- d. none of the above.

41. Anger:

- a. may result in chemical usage.
- b. may be an excuse for using drugs.
- c. both a. and b. above.
- d. none of the above.

42. Repression of anger can result in physical violence.

- a. True
- b. False

43. Failure to cope with anger puts recovering people at risk for relapse.

- a. True
- b. False

44. Anger control is the primary emphasis of relapse prevention.

- a. True
- b. False

45. Upset feelings can't be changed:

- a. until the causes are changed.
- b. until the thinking is changed.
- c. both a. and b. above.
- d. none of the above.

46. Anger is caused by:

- a. external events.
- b. what people tell themselves.
- c. both a. and b. above.
- d. none of the above.

47. Anger can be controlled by:

- a. modifying demands.
- b. sharing the source of frustration.
- c. both a. and b. above.
- d. none of the above.

48. An Anger Log:

- a. records events that evoke anger.
- b. uses the ABC format.
- c. both a. and b. above.
- d. none of the above.

49. The ABC process:

- a. "turns down the heat".
- b. "blows off steam".
- c. both a. and b. above.
- d. none of the above.

50. Asking: "Who said so? Why? Where is my evidence? Is there a more HELPFUL way of looking at the situation?" is the process of:

- a. REBT.
- b. ABC's.
- c. DISPUTING.
- d. none of the above.

51. The PUT OPTION INTO PRACTICE REBT step is:

- a. Step E.
- b. Step F.
- c. Step G.
- d. none of the above.

52. The CONSTRUCTIVE OPTIONS REBT step is:

- a. Step E.
- b. Step F.
- c. Step G.
- d. none of the above.

53. Self Help Messages:

- a. help reduce angry feelings.
- b. are part of the REBT process.
- c. both a. and b. above.
- d. none of the above.

54. Identification of upset feelings are which step in the Anger Control process?

- a. Step #1
- b. Step #2
- c. Step #3
- d. Step #4

55. Clarification is which step in the Anger Control process?

- a. Step #1
- b. Step #2
- c. Step #3
- d. Step #4

56. Identification of upsetting thoughts is which step in the Anger Control process?

- a. Step #1
- b. Step #2
- c. Step #3
- d. Step #4

Section 5 - Text: SHAME by Tim Sheehan

57. The origin of shame is:

- a. childhood.
- b. parents.
- c. both a. and b. above.
- d. none of the above.

58. Feelings of worthlessness are:

- a. rational.
- b. irrational.
- c. both a. and b. above.
- d. none of the above.

59. Shame is learned:
- a. in childhood.
 - b. throughout life.
 - c. both a. and b. above.
 - d. none of the above.
60. _____ is a reactive feeling to misbehavior.
- a. Shame
 - b. Guilt
 - c. both a. and b. above.
 - d. none of the above.
61. _____ is a learned emotional response that lingers.
- a. Shame
 - b. Guilt
 - c. both a. and b. above.
 - d. none of the above.
62. Beliefs about our self:
- a. persist for a lifetime.
 - b. may be changed with REBT.
 - c. both a. and b. above.
 - d. none of the above.
63. The premise of REBT is that:
- a. events trigger feelings.
 - b. thoughts trigger feelings.
 - c. both a. and b. above.
 - d. none of the above.
64. Feelings:
- a. are automatic.
 - b. vary from individual to individual.
 - c. both a. and b. above.
 - d. none of the above.
65. REBT will help Ellen recover by:
- a. helping to change her thinking.
 - b. helping her formulate a positive self- affirmation.
 - c. both a. and b. above.
 - d. none of the above.

Section 6 - Text: PERFECTIONISM by Eileen Drilling

66. Perfectionism:

- a. is living without flaws.
- b. is living without making mistakes.
- c. is not always clear-cut.
- d. none of the above.

67. Perfectionism is:

- a. common in chemically dependent persons.
- b. rare in chemically dependent persons.
- c. unheard of in chemically dependent persons.
- d. none of the above.

68. A chemically dependent woman may believe:

- a. women are inferior.
- b. women are superior.
- c. both a. and b. above.
- d. none of the above.

69. Perfectionism:

- a. is related to control.
- b. is not related to control.
- c. none of the above.

70. Anxiety:

- a. is related to drinking behavior.
- b. is not related to drinking behavior.
- c. none of the above.

71. Procrastination is related to:

- a. risk of failure.
- b. perfectionism.
- c. both a. and b. above.
- d. none of the above.

Section 7 - Text: GUILT by Eileen Drilling

72. Tom's guilt is:

- a. appropriate.
- b. inappropriate.
- c. rational .
- d. irrational

73. Feeling bad about wrong behavior results in:

- a. guilt.
- b. shame.
- c. family dysfunction.
- d. none of the above.

74. Behavior that creates feeling of worthlessness results in:

- a. guilt.
- b. shame.
- c. family dysfunction.
- d. none of the above.

75. Responsibility can result from:

- a. guilt.
- b. shame.
- c. dysfunction.
- d. none of the above.

76. Choose the irrational belief:

- a. I enjoy learning from my experiences.
- b. I feel good when I say what I feel and what I want.
- c. I should never make a mistake.
- d. none of the above.

77. Choose the positive affirmation:

- a. I should never make a mistake.
- b. I should please people or they won't like me.
- c. I am responsible for my own feelings, and my wife is responsible for her feelings.
- d. none of the above.

78. Perfectionism is:

- a. feeling satisfaction for a job well done.
- b. feeling uneasy when less than perfect.
- c. both a. and b. above.
- a. none of the above.

79. Blaming of other persons:

- a. may result from guilt.
- b. may be a defense.
- c. both a. and b. above.
- d. none of the above.

80. Feelings of guilt:
- a. may be helpful.
 - b. may be harmful.
 - c. both a. and b. above.
 - d. none of the above.

Section 8 - Text: SELF-ESTEEM by Art Perlman, PhD

81. External events or situations create:
- a. feelings.
 - b. behaviors.
 - c. low self esteem.
 - d. none of the above.

82. Self-esteem is:
- a. a judgment about personal value.
 - b. the degree to which people believe themselves to be worthwhile.
 - c. both a. and b. above.
 - d. none of the above.

83. Levels of self-esteem are based on:
- a. past learning.
 - b. past experience.
 - c. both a. and b. above.
 - d. none of the above.

84. Significant events:
- a. can have a dramatic impact on self-esteem.
 - b. may have a long lasting impact on self-esteem.
 - c. both a. and b. above.
 - d. none of the above.

85. Self-esteem can be diminished:
- a. when behavior is in conflict with values.
 - b. when identity is threatened by a change in circumstances.
 - c. both a. and b. above.
 - d. none of the above.

86. Self-esteem can be increased by:
- a. accomplishing goals.
 - b. learning new ways of thinking.
 - c. both a. and b. above.
 - d. none of the above.

87. High self-esteem leads to:

- a. self-affirming behaviors.
- b. constructive behaviors.
- c. both a. and b. above.
- d. none of the above.

88. Self-esteem is controlled by:

- a. internal factors.
- b. external factors.
- c. both a. and b. above.
- d. none of the above.

89. Low self-esteem can result in:

- a. negative outcomes.
- b. more low self-esteem.
- c. both a. and b. above.
- d. none of the above.

90. Self-esteem can be changed by:

- a. changing the way people think about themselves.
- b. taking actions which change self-esteem.
- c. both a. and b. above.
- d. none of the above.

91. Low self-esteem is based upon:

- a. negative self talk.
- b. negative generalizations.
- c. both a. and b. above.
- d. none of the above.

Section 9 - Text: GRIEF by Art Perlman, PhD.

92. The grief group counselor explained that:

- a. grief is caused by loss.
- b. grief is the emotional reaction to loss.
- c. both a. and b. above.
- d. none of the above.

93. The grief group counselor explained that relationship losses may result from:

- a. moving.
- b. death.
- c. both a. and b. above
- d. none of the above

94. The grief group counselor explained that the cause of loss:

- a. was the result of external forces.
- b. may be the result of bad judgment.
- c. both a. and b above.
- d. none of the above.

95. Losses may result from:

- a. life change.
- b. biological change.
- c. both a. and b. above.
- d. none of the above.

96. The grief group counselor explained that:

- a. identity means the beliefs about who people are.
- b. identify means the beliefs about what people do.
- c. both a. and b. above.
- d. none of the above.

97. When an important personal goal is met, a sense of loss may be felt:

- a. at the time the goal is completed.
- b. after the goal is completed.
- c. both a. and b. above.
- d. none of the above.

98. Challenging or disputing thinking occurs in what REBT step?

- a. A
- b. B
- c. C
- d. D

99. The REBT process of changing thinking is called:

- a. challenging.
- b. disputing.
- c. both a. and b. above.
- d. none of the above.

100 When 'stuck' in the grief process, _____ self talk may be helpful.

- a. writing out
- b. discussing
- c. both a. and b. above
- d. none of the above

ADDICTION COUNSELING USING R.E.B.T. - 30 hours

DESCRIPTION: This advanced course covers the use of R.E.B.T. (Rational Emotive Behavioral Therapy) in addiction counseling. Includes theory and practical application of R.E.B.T. with the addicted client. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) describe the use of R.E.B.T. in addiction counseling, 2) recall the application of R.E.B.T. in perfectionism, 3) list techniques used to treat anxiety with R.E.B.T., 4) identify appropriate use of R.E.B.T. in anger, 5) discuss application of R.E.B.T. with the shame based client, and 6) explain how R.E.B.T. may be helpful to the depressed client, 7) discuss how R.E.B.T. can be utilized to help resolve grief, 8) identify R.E.T. applications to enhance self-esteem and 9) recall counseling methods utilizing R.E.B.T. for grief.

Text: Hazelden R.E.B.T. Series REVISED (9 booklet set)