

Post Test – Brief Addictions Counseling  
Text: Brief Strategic Problem-Solving Group Therapy  
by Terence T. Gorski  
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01. Sophisticated and demanding consumers:
- have little to do with psychiatric care today.
  - are a driving force for change in care delivery.
  - are seen more in substance abuse treatment than in psychiatric group settings.
  - none of the above.
02. Targeted treatment defines the core issue that will be the focus of the current treatment episode.
- TRUE
  - FALSE
03. Strategic treatment eliminates the need for specific interventions directly related to a target goal.
- TRUE
  - FALSE
04. Which of the following techniques, if any, are used in time efficient treatment?
- therapeutic assignments
  - self help group assignments
  - directive therapy techniques
- CHOOSE ONE:
- 1,2,3
  - 1 and 3 only
  - 2 and 3 only
  - none of the above
05. Cognitive behavioral principles identify and change the thoughts, feelings behaviors and relationship styles that drive the target symptom.
- TRUE
  - FALSE
06. The techniques of problem solving group psychotherapy are based on the work of:
- Sigmund Freud.
  - Carl Rogers.
  - Adlerian therapy.
  - AA.
07. Problem solving group format is:

- a. variable according to the group leaders ideas.
- b. requires flexibility during the course of the group by the group leader and the group members.
- c. not specified to increase the group leader's autonomy.
- d. is always standardized to promote solution of the target problem.

08. In problem solving group psychotherapy, the members assume \_\_\_\_\_ degree of responsibility for solving their own problems in conjunction with the group leader.

- a. an equal
- b. a low
- c. a high
- d. no

09. The group leader guides the members through a systematic problem solving process based on cognitive therapeutic techniques.

- a. TRUE
- b. FALSE

10. The primary goal of problem solving group psychotherapy is to change how members think, feel, act, and relate to others.

- a. TRUE
- b. FALSE

Match the following definitions with the correct goal of Problem Solving Group Therapy (see list below).

- a. Change in thinking
- b. Change in feeling
- c. Change in actions
- d. Change in relating

MATCHING QUESTIONS (see above for responses)

- 11. Teaching group member to do something different to try and solve their problems.
- 12. Teaching group members new ways to define their problems and figure out solutions.
- 13. Teaching group members new ways to involve other people in personal problem solving.
- 14. Teaching group members how to identify and change the emotions they experience about their problems.

15. The therapeutic term for changing how people process information and ideas in their minds is:

- a. insight
- b. emotional relearning
- c. cognitive restructuring
- d. rational emotive therapy

16. Systematic problem solving, internal dialogues and directive questioning are:
- a. never used in goal directed group psychotherapy.
  - b. the three cognitive restructuring techniques upon which brief problem solving group psychotherapy is based.
  - c. sometimes used in problem solving group psychotherapy with low functioning clients.
  - d. are best used in individual therapy situations.
17. Good judgment is the ability to accurately and consistently predict the outcomes of behavior.
- a. TRUE
  - b. FALSE
18. Mental rehearsal uses \_\_\_\_\_ to review and learn from past experiences and to develop and practice potential solutions to current problems.
- a. guided imagery
  - b. spontaneous imagery
  - c. a and b
  - d. neither a nor b

Which characteristics listed below are associated with effective use of the cognitive restructuring techniques listed below?

- a. Allowing others to ask us questions that will force us to identify the steps in the private logic we use to solve our problems.
- b. Identifying alternatives and projecting logical consequences
- c. Identifying and resolving the internal arguments between the rational and irrational sides of our personalities
- d. Guided imagery

MATCHING QUESTIONS (see above for responses)

19. Systematic Problem Solving

20. Inner Dialogue Techniques

21. Directive Questioning

22. Mental Rehearsal

23. Affective restructuring is best defined as:
- a. an effective emotional management technique.

- b. an incidental consequence of insight therapy.
  - c. a behavioral technique used primarily in individual therapy.
  - d. a necessary precursor to systematic problem solving.
24. The sequence of steps in effective emotional management is:
- a. Communicating, labeling, identification and differentiation
  - b. Identification, differentiation, labeling and communicating
  - c. Recognition, communication, differentiation, labeling
  - d. Recognition, differentiation, labeling, communication
25. Differentiation:
- a. teaches a person to distinguish one emotion from another.
  - b. teaches a person to distinguish thoughts from feelings.
  - c. teaches a person the vocabulary to accurately define feelings.
  - d. teaches a person to notice internal experiences.
26. Recognition:
- a. teaches a person to distinguish one emotion from another.
  - b. teaches a person to distinguish thoughts from feelings.
  - c. teaches a person the vocabulary to accurately define feelings.
  - d. teaches a person to notice internal experiences.
27. Communicating:
- a. teaches a person to distinguish one emotion from another.
  - b. teaches a person to tell others what he/she is feeling.
  - c. teaches a person the vocabulary to accurately define feelings.
  - d. teaches a person to notice internal experiences.
28. Labeling:
- a. teaches a person to distinguish one emotion from another.
  - b. teaches a person to distinguish thoughts from feelings.
  - c. teaches a person the vocabulary to accurately define feelings.
  - d. teaches a person to notice internal experiences.
29. Behavioral restructuring is:
- a. never used in problem solving group psychotherapy.
  - b. reserved for high functioning group members.
  - c. used after a target problem is resolved.
  - d. an effective therapeutic tool in a group setting.
30. Immediate good feeling is an indication that a behavior is self enhancing.
- a. TRUE
  - b. FALSE
31. Many self enhancing behaviors require us to do things that make us feel uncomfortable now to feel better later.

- a. TRUE
- b. FALSE

32. The first step in behavioral restructuring is to:

- a. resist the urge to act out self destructive behavior.
- b. recognize self defeating behaviors
- c. distinguish between enabling and supportive behavior in others.
- d. overcome resistance to using self enhancing behaviors.

33. The last step in behavioral restructuring is practicing self enhancing behaviors until they become habitual.

- a. TRUE
- b. FALSE

34. Social restructuring teaches people to:

- a. relate to others in a more positive and proactive manner.
- b. recognize those individuals who enable self defeating behaviors
- c. distinguish between enabling and supportive behavior in others
- d. a, b, and c

35. In order to avoid confronting self defeating behaviors an individual may attempt to manipulate the person confronting him into silence.

- a. TRUE
- b. FALSE

36. The goal of a \_\_\_\_\_ is to present new information and guide members through exercises or group processes that allow them to personalize the information.

- a. problem solving group
- b. experiential group
- c. psychoeducational group
- d. discussion group

37. \_\_\_\_\_ are designed to share information and opinions.

- a. problem solving group
- b. experiential group
- c. psychoeducational group
- d. discussion group

38. The primary focus of a(n) \_\_\_\_\_ is the immediate here and now interactions of group members.

- a. problem solving group
- b. experiential group
- c. psychoeducational group
- d. discussion group

39. \_\_\_\_\_ are designed to identify and solve the individual problems of group members.

- a. problem solving group
- b. experiential group
- c. psychoeducational group
- d. discussion group

40. Which of the following is not a characteristic of effective problem solving groups?

- a. unstructured
- b. directive
- c. consistent
- d. disorder specific

41. The primary goal of a problem solving group is to:

- a. teach people to change their target behaviors.
- b. reduce the cost of treatment to meet managed care requirements.
- c. create an environment of safety and honesty in which problems can be identified and resolved.
- d. a and b.

42. For group therapy to be truly effective it must be integrated with a structured recovery program.

- a. TRUE
- b. FALSE

43. Group therapy does not have to be integrated with a long term therapeutic relationship to be effective.

- a. TRUE
- b. FALSE

44. Which of the following, if any, are integral parts of effective group therapy?

- a. consistent peer support
- b. insight therapy
- c. holistic health program
- d. a and c

45. A structured recovery program does not provide group members with a basic life structure.

- a. TRUE

b. FALSE

46. A typical recovery program includes:

- a. group therapy, individual therapy and family therapy
- b. group therapy, family therapy but not individual therapy
- c. family therapy, individual therapy, but not group therapy
- d. self help groups and recovery education only

47. The purpose of individual therapy in a recovery program is to:

- a. provide insight for the person in treatment.
- b. augment family therapy sessions.
- c. support involvement in the problem solving group.
- d. replace recovery education sessions.

48. Recovery education sessions:

- a. provide practical information and skills needed for recovery.
- b. may or may not be a part of an integrated recovery program
- c. are best presented in a self help setting
- d. have no specific structure or format.

49. Research indicates that appropriate family involvement in the group members' recovery program:

- a. is irrelevant to relapse rates.
- b. may raise relapse rates.
- c. is less important than peer involvement.
- d. can lower relapse rates.

50. Group members begin to expand their recovery program into voluntary and loosely monitored activities through:

- a. family therapy
- b. self help groups
- c. recovery education groups
- d. none of the above

51. Self help groups:

- a. should be a voluntary part of a recovery program.
- b. are a critical part of recovery
- c. should be introduced as a transition from supervised to unsupervised recovery programs.
- d. can interfere with a structured recovery program.

52. How many self help groups per week are recommended for group members throughout their supervised recovery period?

- a. a minimum of three
- b. a maximum of three
- c. two to four
- d. one a day

53. A long term therapeutic relationship can occur in a twelve step program by encouraging the recovering person to find a sponsor.

- a. TRUE
- b. FALSE

54. The role(s) of a sponsor in a twelve step program is(are) to provide the recovering person with:

- a. education about the program.
- b. private conversations on a regular basis throughout the rough times of recovery.
- c. a and b.
- d. neither a nor b.

55. Group members can receive consistent positive and negative feedback from a socially responsible adult within the context of \_\_\_\_\_.

- a. self help groups
- b. discussion groups
- c. individual therapy
- d. family sessions

56. Recovering group members need to:

- a. maintain relationships based on their target behaviors.
- b. develop relationships based on their recovery.
- c. a and b
- d. preserve family relationship as they were before treatment.

57. In early recovery it is best to assign people to groups:

- a. whose members have differing diagnoses.
- b. with others who are at different stages of recovery
- c. with others who do not use the problem solving approach
- d. with others who share the same diagnosis

58. People in the stabilization stage of recovery benefit from symptom management groups.

- a. TRUE
- b. FALSE

59. People in the transition stage of recovery:

- a. are in the initial stage of recovery



- b. are in one of the final stages of recovery
- c. have a high degree of resistance and denial
- d. a and c.

60. People in late recovery do best in mixed groups so they can act as role models for people in early or middle recovery.

- a. TRUE
- b. FALSE

61. \_\_\_\_\_ people will relapse as they progress through the stages of recovery.

- a. Few
- b. Chronic abusers
- c. Many
- d. Some

62. Effective group therapy is:

- a. unstructured, directive and supportive
- b. structured, open ended and supportive
- c. structured, directive and supportive
- d. none of the above combinations.

63. Why is it preferable to have two professionals in the group?

- a. to avoid manipulation by group members
- b. to prevent abuse of power by the group leader
- c. to protect the group leader from charges of ethical misconduct
- d. b and c

64. Effective problem solving groups usually have \_\_\_\_\_:

- a. between twelve and fifteen members
- b. no more than eight members
- c. between six and ten group members
- d. no fewer than ten members

65. Problem solving groups usually:

- a. last a minimum of two hours
- b. vary in length depending on who wants to work in the group
- c. last a maximum of forty five minutes to give the leader time to chart
- d. last between ninety minutes and three hours

66. Effective individual therapy should include \_\_\_\_\_ as part of the agenda for each session.

- a. recovery check
- b. assignment review
- c. group preparation
- d. a, b, and c.

67. When should the therapist be prepared with topic oriented conversation with a resistant client?

- a. Never, the client will discuss his/her issues when ready.
- b. Always, resistant clients may not wish to review assignments or prepare for group.
- c. Only when the client has agreed to such conversation before therapy begins
- d. Topic oriented conversation should be reserved for psychoeducation groups.

68. The therapist should have an individual session with a group member:

- a. before the first group therapy session
- b. if the individual has problems relating to other group members
- c. if the client requests such a session.
- d. after the last group session for closure.

69. A(n) \_\_\_\_\_ is a series of interventions that lead logically to the solution of the problem.

- a. target problem
- b. brief strategic assessment
- c. action plan
- d. outcome goal

70. \_\_\_\_\_ is the central focus of the group therapy effort.

- a. target problem
- b. brief strategic assessment
- c. action plan
- d. outcome goal

71. A \_\_\_\_\_ shows when the person first noticed the problem, what he/she has done to solve the problem, and what has and has not been helpful.

- a. target problem
- b. brief strategic assessment
- c. action plan
- d. outcome goal

72. Each step of the action plan should be linked to:

- a. a group therapy activity
- b. a homework assignment
- c. an individual therapy session
- d. a, b, and c

73. When should a group member's progress toward solving the target problem be recorded?

- a. Only after the client has worked on the problem in group.

- b. As a part of each individual therapy session.
- c. at the end of each group session.
- d. a and b.

74. Standard scales and scoring systems may be used by third party payers to measure a person's progress in treatment.

- a. TRUE
- b. FALSE

75. Patients with GAF scores of \_\_\_\_\_ qualify for residential or inpatient treatment.

- a. 30 and below
- b. 35 to 50
- c. below 55
- d. between 30 and 45

76. \_\_\_\_\_ measures progressive movement in systematic problem solving.

- a. Global Assessment of Functioning
- b. Session Involvement Scale
- c. Problem Solving Stage Scale
- d. Problem Solving Motivational Response Scale

77. \_\_\_\_\_ measures the client's ability to use the standard session format effectively.

- a. Global Assessment of Functioning
- b. Session Involvement Scale
- c. Problem Solving Stage Scale
- d. Problem Solving Motivational Response Scale

78. \_\_\_\_\_ measures how actively involved the client is in the problem solving process.

- a. Global Assessment of Functioning
- b. Session Involvement Scale
- c. Problem Solving Stage Scale
- d. Problem Solving Motivational Response Scale

79. It is important to give each participant a written copy of the rules, responsibilities and standard format of the group before the first group session.

- a. TRUE
- b. FALSE

80. Dating or sexual involvement is:

- a. reserved for senior members of a group

- b. never allowed between group members
- c. allowed between any two members of the group
- d. is unethical only if the group leader is supervising the involvement.

81. When do group members have the right to force another group member to participate or answer questions?

- a. When nonparticipation hinders the group dynamics.
- b. When the group leader tells them it is okay to do so.
- c. Under no circumstances.
- d. When the participant's silence violates the basic responsibilities of the group members.

82. The final step in disciplining a member of the group who does not comply with previously agreed upon group rules, responsibilities and procedures is:

- a. verbal warning from the group leader
- b. group feedback to the noncompliant member
- c. suspension or termination from the group
- d. a, b, and c

83. Who takes attendance at the beginning of each group session?

- a. a member chosen by the group to assume this responsibility
- b. the group leader
- c. the last member to arrive for group
- d. the group member chosen by the group leader to do so

84. A brief verbal interaction with each group member at the beginning of the group session allows the group leader to:

- a. make sure all the group members are present before anything significant happens
- b. establish personal contact with each group member
- c. develop a sense of where each group member is emotionally.
- d. b and c

85. The reactions to the last session portion of a problem solving group is limited to recalling the events of the previous session.

- a. TRUE
- b. FALSE

86. Two techniques that a therapist can use to teach clients to give meaningful reactions to the last session are:

- a. instruction and imitation
- b. insight and instruction
- c. insight and imitation
- d. encouragement and modeling

87. A reaction is a two or three way communication.

- a. TRUE

b. FALSE

88. Under what circumstances the group leader share his/her reactions to the last session?

- a. When asked to do so by the group.
- b. During each session.
- c. Under no circumstances.
- d. When the group members have not given good reactions.

89. The three phases of effective group therapy sessions are:

- a. introduction, body and conclusion
- b. introduction, work phase, wrapup
- c. warmup, climax and closure
- d. warmup, climax and closure

90. Group questioning of problem presenters:

- a. helps presenters think about their problems in a systematic way
- b. assists presenters to gain perspective and insight
- c. both a and b
- d. neither a nor b

91. Most problem presenters have a clear understanding of what their problem is.

- a. TRUE
- b. FALSE

92. Conducting problem solving group therapy is a skill based activity.

- a. TRUE
- b. FALSE

93. The goal for group members is:

- a. to develop insight into their self destructive behaviors
- b. to use group sessions as adjunctive treatment to individual therapy.
- c. to learn the Adlerian explanation for their addiction.
- d. to develop new problem solving skills.

94. Group members are most likely to learn new problem solving skills if:

- a. the group leader creates a comfortable environment
- b. they are encouraged to examine their own skills
- c. the group leader creates a challenging environment
- d. a and b

95. Copies of the Session Documentation Form are given to:

- a. the group leader and the insurance company

- b. the group leader, the client and the chart
- c. the client, the chart and the billing department
- d. the group leader and the chart

96. A single problem is usually solved:

- a. during the first session in which it is presented
- b. three to six sessions
- c. two to five sessions
- d. when the client is ready to give up self defeating behaviors.

97. Approximately \_\_\_\_\_ % of the benefit of group treatment comes from learning to how to be responsibly involved in helping others solve their problems.

- a. 30
- b. 50
- c. 80
- d. 25

98. The third step in problem solving is:

- a. decision, action and evaluation
- b. identifying alternatives and consequences
- c. problem identification and clarification

99. The initial step in the problem solving process includes:

- a. decision, action and evaluation
- b. identifying alternatives and consequences
- c. problem identification and clarification

100 An adequately trained psychotherapist does not need any additional training to be a successful problem solving group leader.

- a. TRUE
- b. FALSE

#### BRIEF ADDICTION COUNSELING - 15 hours

**DESCRIPTION:** This advanced course demonstrates how to run brief strategic problem-solving therapy sessions and focuses on practical techniques rather than theory.

**OBJECTIVES:** Upon completion of this course, the participant will be able to; 1) define the therapeutic principles underlying problem solving group psychotherapy, 2) describe the therapeutic techniques used in problem solving group psychotherapy, 3) list the characteristics of a successful therapeutic group, 4) identify the traits of a successful group leader, 5) apply the CENAPS principles as a group leader or coleader, and 6) construct a problem solving treatment plan for participants.

**Text:** Brief Strategic Problem Solving Group Therapy: Making Group Therapy Work in The Managed Care Environment by Terence T. Gorski, MA, NCACII