

**Institute of Addiction Awareness
Relapse Concepts Post Test
Text: PASSAGES THROUGH RECOVERY by Terrance T. Gorski**

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A. OVERVIEW

1. Recovery is:
 - a. Abstinence from alcohol and drugs
 - b. a developmental process
 - c. both a. and b. above
 - d. none of the above
2. The Developmental Model of Recovery states that proper recovery is an easy process.
 - a. True
 - b. False
3. The Developmental Model of Recovery states that the goal of recovery is abstinence.
 - a. True
 - b. False
4. The Developmental Model of Recovery states that underlying principles govern the recovery process.
 - a. True
 - b. False
5. The Developmental Model of Recovery states recovery will be easier if it's principles are understood.
 - a. True
 - b. False
6. The Developmental Model of Recovery states that understanding will promote recovery.
 - a. True
 - b. False
7. The Developmental Model of Recovery states that action must be taken to ensure proper recovery.
 - a. True
 - b. False

B. TRANSITION

15. Recognition of lost control is an important element of the transition phase.

- a. True
- b. False

16. Recognition of addiction is an important element of the transition phase.

- a. True
- b. False

17. Commitment to a program of recovery is an important element of the transition phase.

- a. True
- b. False

18. When the A.A. first step is completed, the addict is ready to progress to the stabilization phase.

- a. True
- b. False

C. STABILIZATION

19. Physical recovery is an important element of the stabilization phase.

- a. True
- b. False

20. Problem solving without alcohol and drugs is an important element of the stabilization phase.

- a. True
- b. False

21. The development of hope and motivation is an important element of the stabilization stage.

- a. True
- b. False

22. Preoccupation with chemicals cease during the stabilization phase.

- a. True
- b. False

D. EARLY RECOVERY

23. Developing a thorough understanding of addiction is an important tasks in the early recovery stage.

- a. True
- b. False

34. Improvement in work and business relationships is a task of middle recovery.

- a. True
- b. False

35. Learning to manage without chemicals is a task of middle recovery.

- a. True
- b. False

36. With completion of the A.A. 10th step, the recovering addict is ready to move into late recovery.

- a. True
- b. False

F. LATE RECOVERY

37. The theme of late recovery is resolution of family of origin issues.

- a. True
- b. False

38. A major theme in later recovery is learning functional family dynamics.

- a. True
- b. False

39. Family of origin issues should be addressed in the first year of recovery.

- a. True
- b. False

40. An important late recovery task is learning proper problem solving strategies.

- a. True
- b. False

41. An important late recovery task is lifestyle change.

- a. True
- b. False

G. MAINTENANCE

42. In maintenance, the twelve steps are continuously repeated in order, beginning with step one.

- a. True
- b. False

43. Post-acute withdrawal is not a late recovery issue.

- a. True
- b. False

53. The relapse process internal dysfunction includes all of the following EXCEPT:

- a. Difficulty in thinking clearly.
- b. Difficulty in managing feelings and emotions.
- c. Difficulty remembering things
- d. Difficulty with social conflict

54. The loss of control phase of the relapse process begins with poor judgement.

- a. True
- b. False

55. The lapse/relapse phase begins with severe shame, guilt and remorse.

- a. True
- b. False

RELAPSE CONCEPTS - 15 hours

DESCRIPTION: This advanced course provides up to date information about relapse prevention. Learn to assess progress in recovery with the Developmental Model of Recovery. Course covers early identification of relapse factors and includes practical information for use with clients.

OBJECTIVES: Upon completion of this course, the participant will be able to: 1) define the relapse process, 2) recall the stages of the Developmental Model of Recovery, 3) identify high relapse factors, 4) list characteristics of the relapse prone coping style, 5) discuss techniques for stress management and 6) describe the recovery stuck points concept.

Text: *Passages Through Recovery* by Terence T. Gorski, M.A., C.A.C.