

Counseling and Social Work ADC

International Examination for Alcohol and Drug Counselors

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Question: 1

Intersectionality is best used to understand:

- A. Economic disparities
- B. Racial and ethnic identities
- C. Additive components of privilege
- D. Complex, overlapping inequities

Answer: D

Explanation:

Originally introduced by Kimberlé Crenshaw, intersectionality is a framework for understanding the intricate and cumulative ways in which various types of discrimination mix, overlap, or intersect to create and maintain complex inequities among marginalized persons or groups. Intersectional identities include, but are not limited to, gender, sexual orientation, race, ethnicity, and socioeconomic status. Intersectionality goes beyond examining separate or additive components of social identities and examines how multidimensional aspects contribute to inequities and disparities.

Question: 2

When addiction professionals serve mandated clients, they are obligated to:

- A. Permit conscientious refusal
- B. Protect against retribution
- C. Respect client autonomy
- D. Provide procedural due process

Answer: C

Explanation:

Principle 1-8 of the NAADAC Code of Ethics (2021) obliges addiction professionals to respect the autonomy of mandated clients. Conscientious refusal is the responsibility of addiction professionals to refuse to disobey the law or to carry out unethical directives. Principle 1-3 refers to the duty for providers-in-training to allow clients to refuse services without fear of retribution. Procedural due process refers to the general rights of all citizens involved in criminal or civil matters.

Question: 3

Charles is a parent to Jack, a third-grader diagnosed with attention-deficit/hyperactivity disorder (ADHD). Charles is hesitant to consider stimulant medication for Jack due to a family history of addiction. When taken as prescribed, stimulant medication for ADHD would most likely:

- A. Increase Jack's addiction risk due to his family history
- B. Increase Jack's addiction risk by acting as a gateway drug
- C. Reduce Jack's addiction risk by reducing risky behaviors
- D. Reduce Jack's addiction risk by reducing drug cravings

Answer: C

Explanation:

When taken as prescribed, stimulant medication for attention-deficit/hyperactivity disorder (ADHD) would most likely reduce Jack's addiction risk by lowering the likelihood of risky behaviors. Unless Jack exceeds the prescribed dosage or chooses an alternative administration route (e.g., inhaled or injected), taking stimulant medication for ADHD would lower impulsivity, which is associated with risky behaviors. A family history of addiction places a person at an increased risk for substance use disorder, but appropriately monitored and administered medication decreases the risk. Medication prescribed to treat ADHD does not serve as a gateway drug and has no effect on cravings.

Question: 4

Which of the following is a necessary condition in order for an addiction professional to be ethically permitted to engage in bartering?

- A. The provider requests it.
- B. The gift is of minimal value.
- C. The provider establishes a contract.
- D. The exchange is limited to select services.

Answer: C

Explanation:

Principle 1-39 of the NAADAC Code of Ethics (2021) permits bartering for professional services if the client requests it and a written contract is developed. The contract should specify the value of the bartered item and the duration for which the agreement is valid. Cultural implications must also be considered and discussed with the client. A supervisor or consultant must approve the contract, and the recommendations must be documented.

Question: 5

Motivational interviewing uses evocation to elicit client variables conducive to change, including all of the following EXCEPT:

- A. Accessible resources
- B. External motivation

- C. Personal values
- D. Internal strengths

Answer: B

Explanation:

Motivational interviewing (MI) uses evocation to elicit client variables conducive to change, including accessible resources, internal motivation, personal values, and internal strengths. MI is a person-centered, strengths-based approach used to reduce ambivalence and create lasting change. Internal motivation and client autonomy are emphasized over external motivation and confrontation. MI differs from behavioral modification and contingency management, which rely on external motivation to create change.

Question: 6

High school counselors using screening, brief intervention, and referral to treatment do all of the following EXCEPT:

- A. Identify appropriate level of treatment.
- B. Ask questions that encourage elaboration.
- C. Provide parents with required treatment options.
- D. Assess the student's readiness to change.

Answer: C

Explanation:

The screening, brief intervention, and referral to treatment strategy emphasizes early intervention to prevent more severe substance use disorders. There are four phases of this strategy (1) join with students by establishing rapport. (2) use motivational interviewing to encourage elaboration, (3) assess the students readiness to change, and (4) establish an agreed-upon plan.

Question: 7

Which one of the following increases the risk of substance use disorder and leads to poorer treatment outcomes for people of color?

Drew (he/him) is a 37-year-old gay man who works with children and families as an addiction professional. Today, he is conducting an assessment on Skye, a 15-year-old Hispanic queer female (she/her) accompanied by her father. Skye participated in a school-wide screening. Brief intervention, and referral to treatment and was referred to Drew for further assessment. Drew has Skye complete a self-assessment that indicates risky marijuana and alcohol use. Skye answers "yes" to using drugs and alcohol while driving a car, to relax. and when alone. She also affirms forgetting things while using, having friends who have told her she needs to stop, and getting into trouble while using drugs. Skye explains that her father has never accepted her and that being queer has only made things worse. She explains that her father is a "born again Catholic" and is intolerant of her "entire existence." Skye feels like she doesn't belong at home or at school. Her father explains that he works hard to keep her in a predominantly white Catholic high school, and she has "no respect or appreciation" for it. Skye snaps back. "Yeah, well maybe I'd appreciate it if everyone there wasn't so racist and closed-minded!" Though Drew is

white, he knows firsthand the pain of being rejected by a father—Drew's own father became estranged from him after Drew came out. He resists the urge to comfort Skye and changes the focus to Skye's risky use. Drew determines that Skye is in the contemplation stage, and he affirms her willingness to begin thinking about a change.

- A. High levels of acculturation
- B. Highly developed racial identities
- C. Treatment providers who engage in colorblindness
- D. Treatment providers who engage in counter transference

Answer: A

Explanation:

People of color (POC) include but are not limited to black Asian, Latino, and Native American individuals. POC with high levels of acculturation are at an increased risk for substance use disorder (SUD), have poorer access to treatment, and tend to have poorer outcomes compared to white individuals. POC with highly developed racial identities, characterized by pride and belonging, are at a lower risk for SUD. Culturally responsive therapists engaging in colorblindness contribute to poorer outcomes: "not seeing color" disregards, minimizes, or devalues the experiences of POC. Counter transference is a counselor's conscious or unconscious internal reaction to a client's clinical presentation based on the counselor's psychological experiences, and it does not increase risk or contribute to poorer treatment.

Question: 8

Which screening instrument would Drew have administered to Skye?

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- A. The Alcohol Use Disorders Identification Test-Consumption (AUDIT-C)
- B. CRAFFT 2.1 questionnaire
- C. Tobacco, Alcohol, Prescription medication, and other Substance use (TAPS) tool
- D. opioid Tool (ORT)

Answer: B

Explanation:

The CP4FFT 2.1 can be administered by a counselor, or it may be used as a self-assessment for drugs and alcohol. Questions in Part B are represented using an acrostic, including driving a car when drinking or using, using drugs to relax. or using while alone. Additionally, tending to forget things while using alcohol or drugs, having family or friends tell you to cut down, and getting into trouble when using. The Alcohol Use Disorders Identification Test (AUDIT) only measures the frequency of alcohol use and alcohol-related issues, which is not applicable because Skye's assessment yielded risky use of marijuana and alcohol. The Tobacco, Alcohol, Prescription medication, and other Substance use (TAPS) tool targets adult substance use. The Opioid Risk Tool (ORT) is a screening tool for adults to assess opioid use disorder risk.

Question: 9

Drew's internal response to Skye's feelings of rejection is an example of:

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- A. Implicit bias
- B. Countertransference
- C. Therapeutic impasse
- D. Cultural humility

Answer: B

Explanation:

Countertransference is a counselor's internal reaction to a client's clinical presentation based on the counselor's psychological experiences. In the scenario, Drew engaged in countertransference when he remembered the pain of his father's rejection, but he managed this countertransference by resisting the urge to comfort her. Implicit bias is a negative attitude against a select social group. A therapeutic impasse occurs when a counselor and client are unable to make progress. Cultural humility is the intentional focus, reflection, and awareness of a counselor's own cultural biases, values, and assumptions, with an honest

desire to learn from and respect individuals from differing cultures. Components of cultural humility are openness, self-critique, remaining teachable, and lacking in superiority.

Question: 10

For the next session, Drew plans to use broaching to engage Skye in a culturally responsive conversation. Which one of the following best reflects this approach?

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- A. "Tell me more about the kids at your school and how you feel different from them."
- B. "I want you to know that I don't see color; I value all people equally."
- C. "I understand firsthand how painful it can be to feel rejected by a parent."
- D. "Would you like to know about my cultural identities, and how they might impact our work?"

Answer: D

Explanation:

Cultural humility involves counselors engaging in intentional focus, reflection, and awareness of their own cultural biases, values, and assumptions to better understand someone from a different culture. A counselor's cultural humility is the recognition of his or her own mistakes, assumptions, and limitations. Broaching is a strategy used to engage clients in intercultural dialogues regarding sociocultural factors between the counselor and client, which is reflected by the "you like to know about my cultural identities, and how they might impact our work?" Discussing cultural differences between classmates, reflecting colorblindness, and engaging in self-disclosure do not reflect broaching through cultural humility.

Question: 11

Which group development stage is marked by early signs of cohesion as members resolve disagreements and begin to work toward a common goal?

- A. Forming
- B. Performing
- C. Norming
- D. Adjourning

Answer: C

Explanation:

Bruce Tuckman's stages of group development include forming, storming, norming, performing, and adjourning. The norming stage follows the conflictual storming stage. Groups in the norming stage show early signs of cohesion as members resolve disagreements and start working toward a common goal. In the forming stage, members become familiar with one another and the group's purpose. In the performing stage, performance on task goals reaches its peak as cohesive groups continue to work together and adhere to previously established norms. In the final stage, adjourning, members prepare for termination and move toward disbanding.

Question: 11

A woman who was passed over for a promotion states, "I didn't want the position anyway." This is an example of:

- A. Projection
- B. Repression
- C. Compensation
- D. Rationalization

Answer: D

Explanation:

Individuals who engage in rationalization attempt to use logic as a means to explain away undesirable feelings or circumstances. Projection is when a person ascribes their thoughts, feelings, or ideas to another person. Repression is the act of eliminating material from conscious awareness, often as a means of protection from painful memories or unacceptable impulses. Compensation involves protecting oneself against feelings of inadequacy by excelling in other areas.

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