**Case Study**

Elana’s first use of alcohol was at age 17. She established a pattern of drinking at age 19, getting drunk on five beers. Now, at age 35, Elana drinks three quarts of beer daily. Elana was convicted of four DUI’s in the past year. The last DUI resulted in serious injury to her son. Afterwards, her sister received custody of Elana’s three children. She was fired from her job and will soon be evicted from her home. She has tried to quit “cold turkey” several times, but fails after a short time. She despises herself and her life.

**Test Questions**

1. Presently, Elana’s drinking is due to the fact that (Pick as many as you want)
   a. she refuses to develop the willpower to stop drinking
   b. she has a disease
   c. she is pretending to be a sick person
   d. she has lost custody of her children
   e. she despises herself and her life
   f. she had a painful childhood
   g. she has not learned how to “just say no”
   h. she has poor moral character
   i. all the above

2. Elana will get and stay sober when:
   a. We cannot predict if and/or when Sandy gets sober
   b. Elana gets sick and tired of being sick and tired
   c. She kicks her habit
   d. Elana develops high self-esteem

3. In order to effectively work with chemically dependent clients, counselors must have:
   a. A sense of hope
   b. A personal history of drug/alcohol addiction and recovery
   c. An ability to strip away the client’s denial system
   d. The ability to form a close, personal friendship with the client

4. When conducting a chemical dependency assessment, which of the following is true?
   a. The counselor should assume that the client is lying about the level of their use of drugs and alcohol
   b. The counselor should treat the client with dignity and respect
   c. Due to the possibility of relapse, a CD counselor should avoid conveying hope to the client
   d. b and c
   e. all of the above

5. As the clinical person conducting the assessment and providing treatment, the best way to force a client into expanding on any areas she doesn’t want to talk about is to:
   a. Tell her that she will go to jail if she is not open with you
   b. Suggest to her that her husband revealed intentions to divorce her if she doesn’t get sober
   c. Talk to her about the shame that often goes along with addiction and tell her that once she is back with a Higher Power, she will be relieved of shame
   d. Recognize this as normal at times, and do not try to force her to talk
   e. Understand that denial is typical and then use psychoanalytical therapy to bring out her secrets
6. During the initial assessment process, which is not recommended?
   a. Discussing the details of your own addiction and recovery
   b. Exhibiting warmth and compassion while maintaining a professional presence
   c. Avoidance of confrontation about a client’s “denial”
   d. Letting the client know about confidentiality, the nature of the services and his/her rights as a client in your agency

7. During the treatment process, a client periodically minimizes the harmful effects of her use of alcohol. This indicates:
   a. She is “spiritually bankrupt”
   b. She is exhibiting typical signs of denial for a person with an addiction
   c. She doesn’t have a problem with alcohol
   d. She is trying to scam you and wants out of having to go to treatment

8. Which is true?
   a. In general, the counselor who is in long term recovery from addiction works better with a client with an addiction than a clinician who has not experienced addiction issue
   b. In general, the client who presents at an assessment as willing and eager to recover has a better chance to establish and maintain sobriety than the client who is resistant, angry and “in denial”
   c. Due to the possibility of relapse, a CD counselor should avoid discussion of the client’s drug of choice, at least early on
   d. When clients minimize the amount and frequency of their use, the power drugs have on them and the extent of problems caused by their use, it may be due to fear of life without the drugs

9. Using the therapeutic technique of self disclosure with a client is:
   a. Usually the best way for a client to know you understand them
   b. Should never be used as it is completely unethical to share about yourself
   c. Needs to be used sparingly, and only if it is in the best interest of the client
   d. Can help the client feel they are not the only one who feels the way they do
   e. All of the above are true
   f. Both C and D are true

10. Step One:
   a. States: “Came to believe that a Power greater than ourselves could restore us to sanity.”
   b. States: “We admitted we were powerless over alcohol (drugs), that our lives had become unmanageable.”
   c. Is admission that alcohol (drugs) have complete control over a person and his/her life is impaired because of it
   d. States: “God, grant me the serenity to accept the things I cannot change.”
   e. Both B and C
   f. None of the above