

IC&RC 10 Item Sampler

Following are **sample** questions that are similar to those you will find on the international exam.

1. Client education on HIV and other sexually transmitted diseases:

- A. is only done at the request of the client.
- B. should be given in specialty groups to those clients that are considered "high risk" to protect confidentiality.
- C. should be contracted out to a physician or professional medical personnel who have expertise in this area.
- D. is important information to incorporate in the treatment process of every client.

2. At the beginning of the initial counseling session with the child of an alcoholic, the child stubbornly refuses to leave the waiting room, even with parental coaxing. The counselor says to the child:

“You are not sure that you want to be here today. You don't know me and you're not sure that you like me. I'll leave my office door open, and your mother and I will be in there. When you are ready, you can come in.”

The counselor's response is an example of:

- A. Paradoxical Intervention.
- B. Ignoring.
- C. Synthesizing.
- D. Empathic reflection.

3. In group therapy, Sara consistently perceives Gary as an angry critical man (like her father) who cares little for other group members' feelings although other group members perceive Gary as kind, caring, and gentle. This interpretation may be described as:

- A. Confrontation.
- B. Transference.
- C. Blaming.
- D. Stinking-Thinking.

4. Which statement regarding the relationship between alcohol and other drug dependence and personality disorders is **MOST** accurate?

- A. The presence of personality disorder increases the chances of alcohol and/or other drug abuse.
- B. Alcoholism would more often be associated with a dependent personality disorder than an antisocial personality disorder.
- C. Alcoholism would more often be associated with a schizoid rather than a borderline personality disorder.
- D. Alcohol and/or drug dependence are not related to the personality disorders.

5. When an actively-using, alcohol-dependent client presents with depressive symptoms:

- A. cognitive approaches to treating depression should be the focus of treatment.
- B. the presence of a primary depressive disorder should be assessed as soon as possible.
- C. he/she frequently responds quickly to the use of antidepressant medication.

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- D. depressive symptoms in the majority of cases will be significantly diminished after detoxification and abstinence.
6. When a client reports experiencing an instant euphoric flash when using his/her drug, the **MOST** probable drug classification is a:
- A. Barbiturate.
 - B. Narcotic.
 - C. CNS Stimulant.
 - D. Depressant.
7. While counseling a client in a methadone maintenance program, the client reports an increase in anxiety and “drug hunger.” What is **MOST** indicated for the client?
- A. Use of anxiolytic medication
 - B. Distinguishing between normal anxiety and the onset of anxiety associated with withdrawal
 - C. Deep relaxation training to learn more autonomous control of the anxiety response
 - D. Referral to a hypnotist who specializes in anxiety reduction procedures
8. After several months in marital and family therapy, the alcoholic spouse suffers a relapse. The **MOST** useful approach to the couple is to:
- A. frame the relapse as a sign that marital therapy was moving too quickly, and it would be good to get back to the basics of early recovery.
 - B. inquire what the non-addicted spouse might be doing to enable the return to drinking.
 - C. frame the relapse as a sign of resistance to the marital therapy and consider with the couple what aspects of treatment are not working.
 - D. consider that family therapy may be needed since the basis of the relapse may be rooted in dynamics that involve other members of the family.
9. An alcoholic patient recovering in your treatment center admits to sexually abusing and beating his child. State law requires that the abuse be reported to a state agency, even if known via a confidential relationship. It is your professional responsibility to:
- A. ask your client to sign a contract stating he will never again abuse the child and report the incident only if the contract is broken.
 - B. work with your client to get his life straightened out and then decide whether or not to report the abuse.
 - C. report the child abuse to authorities according to State guidelines.
 - D. inform your supervisor and let the agency deal with the issue.
10. A client presents with nonhealing ulcers, abscesses, brittle fingernails, and bruxism (teeth grinding). Abuse of which classification of drugs is **MOST** likely?
- A. Amphetamines
 - B. Steroids
 - C. Inhalants
 - D. Narcotics

Answer Key

IC&RC 10 Item Sampler

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|------|-------|
| 1. D | 6. C |
| 2. D | 7. B |
| 3. B | 8. A |
| 4. A | 9. C |
| 5. D | 10. A |