



Continuing Education Quiz for Counselors

You can earn two nationally certified continuing education (CE) hours by reading the indicated articles and completing the multiple-choice quiz below. This is an open-book exam. Complete the quiz by circling **one or more** of the multiple-choice answers. Be sure to answer all questions, since unanswered questions will be scored as incorrect. You must score at least 70 percent to earn CE hours. Please note that we must receive your quiz by February 28, 2005.

Practical Considerations for the Clinical Use of Buprenorphine—page 4

1. Buprenorphine therapy may be expected to:

- a. Block the effects of illicit opioids.
- b. Decrease an individual's craving for opioids.
- c. Cure opioid dependence.
- d. Reduce the severity of opioid withdrawal symptoms.

2. The optimal maintenance dose of buprenorphine is one that will:

- a. Suppress withdrawal symptoms
- b. Enable the patient to cease illicit opioid use.
- c. Encourage the patient to stay in treatment.
- d. All of the above.

3. Patients beginning treatment with buprenorphine should be advised that:

- a. Using illicit drugs may make it difficult to become stabilized on buprenorphine.
- b. They need to tell other health care providers that they take buprenorphine before undergoing any medical procedure or treatment.
- c. They should not drive or operate machinery until they are sure that buprenorphine won't impair their ability to do so.
- d. All of the above.

Behavioral Couples Therapy (BCT) for Substance Abuse—page 30

1. BCT can be described as:

- a. An approach to drug abuse therapy that works to turn the destructive cycle of drug abuse and marital discord into a constructive cycle of abstinence and marital harmony.
- b. A highly researched methodology, tested in diverse populations over many years.
- c. An approach that focuses on each individual's disease process.
- d. All of the above.

2. BCT is not recommended when:

- a. One or both partners have ceased to be committed to their relationship.
- b. One partner has a severe cognitive impairment.
- c. Both partners have a drug or alcohol problem.
- d. All of the above.

3. Partners in BCT undertake the following activities:

- a. Signing a recovery contract.
- b. An exercise called "Catch Your Partner Doing Something Nice."
- c. Discussing the drug problem during the course of the week.
- d. All of the above.

Residential Treatment for Women With Children—page 44

1. The Families in Transition treatment model includes the following features:

- a. It offers gender-specific services that take into account the different antecedents and consequences of women's drug abuse patterns.
- b. It takes a family systems approach to therapy, seeking to alter the family structure so that substance abuse is no longer supported by that structure.
- c. It works with diverse family members to help them develop their personal strengths.
- d. All of the above.

2. Which of the following statements about mothers in the FIT program is not valid?

- a. Most of them are married, or have been married in the past.
- b. Poverty is a key factor in most of their lives.
- c. Many are at imminent risk of losing custody of their children.
- d. Most of the mothers who complete treatment retain custody of their children.

3. Which of the following statements is not generally true of FIT mothers' relationships to their children?

- a. The mothers still need nurturing, and so tend to lose track of their children's needs.
- b. The mothers do not place a high value on uniting their families.
- c. The mothers commonly expect their children to learn through trial-and-error.
- d. The mothers probably apply in good faith the child-rearing practices that their own parents used with them.

This issue of Science & Practice Perspectives has the following objectives for drug abuse treatment providers and researchers:

- To provide an overview of new developments in the use of buprenorphine for the treatment of opioid dependence;
- To describe the theory, methods, and research findings on the use of BCT in the context of drug abuse treatment; and
- To inform treatment providers about the challenges of drug abuse treatment for women with children and about the benefits of a family systems approach.

Please rate the following on a 1 to 5 scale, by circling the appropriate number:

1. To what extent did these articles accomplish these learning objectives?

Completely	Adequately	Not at All
1	2	3 4 5

2. To what extent did you learn something useful to your profession?

Completely	Adequately	Not at All
1	2	3 4 5

3. Was the information well presented?

Completely	Adequately	Not at All
1	2	3 4 5

Please print legibly, copy page, and mail with your \$25 payment to: Perspectives CE Quiz, MasiMax Resources, Ste. 175, 1375 Piccard Drive, Rockville, MD 20850. Quiz and payment must be received by February 28, 2005.

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I certify that I have answered the test questions without any help.

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Make checks payable to MasiMax Resources, Inc. In about 6 weeks you will receive notification of the results and, if you score 70 percent or higher, a certificate of completion. The National Institute on Drug Abuse, publisher of *Science & Practice Perspectives*, is a NAADAC-approved provider of continuing education home study.