



Continuing Education Quiz for Counselors

Substance abuse counselors 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; 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 August 31, 2007.

Imaging the Addicted Human Brain—page 4

1. Structural MRI studies show:

- a. brain volume and tissue composition;
- b. cellular activity levels in the brain;
- c. the presence of certain chemicals within the brain;
- d. all of the above.

2. Nuclear medicine imaging techniques differ from MRI techniques in that they:

- a. require the injection of radioactive molecules into the bloodstream of the person being studied;
- b. are used in research on children;
- c. can track the movement of drugs or medications through the brain;
- d. all of the above.

3. Some potential clinical applications of brain imaging studies include:

- a. developing pharmacologic interventions;
- b. assessing individual patients' risks for relapse;
- c. improving cognitive-behavioral therapies;
- d. all of the above.

One Program's Transition to Research-Based Strategies for Treating Methamphetamine Abuse—page 29

1. Prairie Ridge adopted or extended its use of which of the following treatment practices based on its reading of TIP 33?

- a. suggesting that relapsing patients seek treatment elsewhere;
- b. allowing new clients to rest before beginning treatment;
- c. addressing sexual issues with clients;
- d. all of the above.

2. Prairie Ridge adapted some TIP 33 recommendations in which of the following ways?

- a. implemented some of the recommended practices with both stimulant and nonstimulant drug abusers;

- b. arranged with the county attorney to house some individuals in prison an extra week;
- c. stressed to patients that methamphetamine's deleterious effects on the brain can be long-lasting;
- d. all of the above.

3. Prairie Ridge used TIP 33's information on methamphetamine's neurobiological effects to:

- a. ease clients' fears of brain damage;
- b. form a conceptual basis for revised policies of giving clients rest and rolling with resistance;
- c. focus on abstinence, rather than medications as the key to managing mood symptoms;
- d. all of the above.

Attending to Emotional Cues for Drug Abuse: Bridging the Gap Between Clinic and Home Behaviors—page 48

1. "Classical conditioning" implies that:

- a. a stimulus can take on a new meaning by being associated with an alternative stimulus;
- b. exposure to certain internal states or external cues can prompt cravings;
- c. specific locations, such as a bar, can provoke cravings;
- d. all of the above.

2. The rationale for exposing patients to internal cues includes the following considerations:

- a. emotions and physical sensations are common relapse triggers;
- b. men and women are equally likely to relapse when feeling depressed;
- c. exposing individuals to cues when they cannot obtain the substance weakens the cue-craving link;
- d. exposure therapy's beneficial effects retain their full strength when patients return to their home environment.

3. Clinical trials of the authors' modified CBT have shown that:

- a. modifying responses to internal cues helps patients manage benzodiazepine withdrawal;
- b. in female opiate-dependent patients, the modified CBT was associated with reductions in drug abuse;
- c. male opiate-dependent patients benefited from modified CBT;
- d. all of the above.

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

- to provide an overview of the techniques currently used to image the addicted brain, as well as illustrate how imaging can help clinicians treat clients;
- to examine how one treatment program implemented the evidence- and consensus-based recommendations in TIP 33 to improve treatment of methamphetamine clients; and
- to explore the importance of internal states and external cues and contexts that can lead to drug abuse and to examine the value of exposure therapy in helping clients develop responses to these cues.

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 August 31, 2007.

Name _____

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

Signed _____ Date _____

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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.