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# Forensic Counselor Ed Course

## Exam Questions Packet

### Part 1

- Course No:** FC-1951P1
- Course Title:** Forensic Counselor Education Course  
Part 1
- Course Objective:** Includes the correlation between substance abuse and crime, financial cost of addictive disorders, the mental health industry's treatment of addictive disorders, introduction to the central nervous system, and research related to whether there may be genetic predisposition to addictive disorders.
- CE Credit / Hours:** This segment of the Forensic Counselor Education Course also qualifies for 10.0 hours Continuing Education (CE) credit.
- Course Material:** Chapters 1 through 5  
***The Forensic Counselor: Training Manual for Addiction Counselor Competency in a Forensic Treatment Setting***  
Published: 2011  
Publisher: Breining Institute (Sacramento, California)  
188 pp.
- Exam Questions:** Fifty (50) multiple-choice questions.
- Answer Sheet:** The on-line Answer Sheet will automatically grade your exam, and a Certificate of Completion will be automatically generated and sent to you by e-mail upon your successfully answering 70% of the questions correctly and completing your payment for the course.
- Recommendation:** Review the exam questions before you read the Course Material. The Exam Questions are based upon the information presented in the Course Material. You should choose the best answer based upon the information contained within the Course Material.

GOOD LUCK!



These Exam Questions are based upon the information presented in the Course Material. You should choose the best answer based upon the information contained within the Course Material. Answers which are not consistent with the information provided within the Course Material will be marked incorrect. A score of at least 70% correct answers is required to receive Course credit. GOOD LUCK!

The following questions are based upon the material contained in  
**The Forensic Counselor: Chapters 1 – 5**

1. In 1997, a bureau of justice survey indicated that 50% of all federal and state inmates had used drugs within the month prior to their offense. What percent reported drug use in their lifetime?
  - a. more than 75%
  - b. more than 50%
  - c. more than 25%
  - d. more than 10%
  
2. According to the National Institute on Drug Abuse publication Principles of Drug Abuse Treatment for Criminal Justice Populations: A Research-Based Guide (2006) drug abuse is implicated in which type of drug-related offenses?
  - a. offenses defined by drug possession or sales
  - b. offenses directly related to drug abuse (e.g., stealing to get money for drugs)
  - c. offenses related to a lifestyle that predisposes the drug abuser to engage in illegal activity
  - d. all of the above
  
3. According to NIDA (2008) meta-analyses in 2005 and 2006 shows that drug courts reduce re-arrest rates by how much?
  - a. 10%
  - b. 31%
  - c. 8-24%
  - d. 10-31%
  
4. According to NIDA, what offers the best alternative for interrupting the drug abuse/criminal justice cycle for offenders with drug abuse problems?
  - a. probation
  - b. treatment
  - c. incarceration
  - d. judicial monitoring



5. According to statistics (National Institute of Justice, 2003; U.S. Department of Health and Human Services, 2006), what are the substance abuse or dependence rates of offenders as compared to the general population?
  - a. more than 4 times
  - b. more than 3 times
  - c. more than twice
  - d. about equal to
  
6. What includes fetal alcohol syndrome, tuberculosis, HIV/AIDS, Hepatitis, violence, drug exposed infants etc.?
  - a. treatment costs
  - b. medical consequences caused by addiction
  - c. diseases that cost a total of 18 billion dollars
  - d. all of the above
  
7. According to Jackson (2010) in the *Financial Cost of Addictive Disorders* how many US adolescents have consumed alcohol by the young age of twelve?
  - a. as many as 72%
  - b. as many as 52%
  - c. as many as 40%
  - d. as many as 23%
  
8. What are the indirect costs of substance abuse?
  - a. violent crime
  - b. premature death
  - c. automobile accidents
  - d. all of the above
  
9. How much is the net economic cost of substance abuse estimated to exceed in the United States?
  - a. \$400,000,000
  - b. \$4,000,000,000
  - c. \$40,000,000,000
  - d. \$400,000,000,000
  
10. The prevalence of criminal behavior and violence is high in addicted individuals and often leads to what?
  - a. unemployment
  - b. homelessness
  - c. financial destitution
  - d. all of the above



11. According to a study by the National Institute of Drug Abuse what percentage of income-generating crime is attributed to drug abuse?
  - a. 10 to 20%
  - b. 25 to 30%
  - c. 30 to 45%
  - d. 40 to 50%
  
12. What two main aspects can be evaluated when considering the benefits of treatment?
  - a. objective treatment vs. subjective treatment
  - b. purpose of treatment vs. the opinions about treatment
  - c. the topics in treatment and the rationality of treatment
  - d. effectiveness of treatment and cost effectiveness of treatment
  
13. According to a study by the National Institute of Drug Abuse what percentage of violent crime is attributed to alcohol abuse?
  - a. 10 to 20%
  - b. 25 to 30%
  - c. 30 to 45%
  - d. 40 to 50%
  
14. Individuals of drug and alcohol addiction and related crimes account for the highest percentage of inmates in state and federal prisons. What is the amount of tax money spent in the United States to incarcerate non-violent victims of addiction disorders?
  - a. more than 19 billion dollars each year
  - b. more than 22 billion dollars each year
  - c. more than 24 billion dollars each year
  - d. more than 29 billion dollars each year
  
15. How much did a 1997 study published in the Journal of Quantitative Criminology find that drug treatment saves in crime-related costs in the year following treatment?
  - a. \$7,000 per patient
  - b. \$9,000 per patient
  - c. \$10,000 per patient
  - d. \$19,000 per patient
  
16. The number of adults in the criminal justice system has increased from 1.8 million in 1980 to how many in 2007?
  - a. 3.7 million
  - b. 5.8 million
  - c. 6.4 million
  - d. 7.3 million



17. For people with a dual diagnosis both problems should be treated simultaneously, however, what is usually the first step in the treatment process?
  - a. diagnosis and medication
  - b. diagnosis and referral
  - c. detoxification
  - d. none of the above
  
18. What has become the most common fatal two-drug combination (Cocaine and related disorders, 2007)?
  - a. heroin and cocaine
  - b. cocaine and alcohol
  - c. barbiturates and alcohol
  - d. benzodiazepines and barbiturates
  
19. What is the use of alcohol or drugs to alleviate symptoms of a mood disorder or to alleviate pain or distress and usually associated with bipolar or mood disorders?
  - a. craving
  - b. self-soothing
  - c. self-medication
  - d. none of the above
  
20. People with this disorder may have rigid attitudes, are not flexible, and may lack the ability to show proper responses to people and situations. Their outlook of the world is very narrow and social life is very difficult for them, even though they feel that their behavior may be normal.
  - a. anxiety
  - b. depression
  - c. schizophrenia
  - d. personality disorder
  
21. When treating individuals with a dual-diagnosis what needs to be extended between the chemical substances experts and mental healthcare physicians, as well as others who are actively involved in the treatment and intervention methods of patients?
  - a. acknowledgment
  - b. treatment alternatives
  - c. comprehensive collaboration
  - d. co-ordination and cooperation
  
22. Support groups for people with co-occurring disorders can provide assistance to strengthen significant issues such as what?
  - a. opportunities to mix with people
  - b. have access to recreational activities
  - c. developing peer relationships
  - d. all of the above



23. What is defined as strange and pathological fears and nervousness?
- social phobia
  - anxiety disorder
  - obsessive disorder
  - depressive disorder
24. What disorder affects a person's body, thoughts and mood?
- social phobia
  - anxiety disorder
  - obsessive disorder
  - depressive disorder
25. What percent of those with psychiatric disorders are addicted to drugs or alcohol?
- 19%
  - 29%
  - 39%
  - 49%
26. The limbic system is an area of the brain that promotes survival through evaluation of and action on emotional stimuli, creating a pleasurable reaction when stimulated and an adverse reaction when the stimulant diminishes. What do scientists refer to the limbic system as?
- the reward system
  - the pleasure spot
  - the balance bar
  - the happy place
27. What neurotransmitter that is produced by less than 0.5% of the neurons in the brain and plays a significant role in many of our behaviors by initiating an anticipated reward for the functions essential for survival, such as attentiveness, motor skills, learning, memorization, and motivation?
- enkaphlin
  - dopamine
  - endorphin
  - all of the above
28. Science has shown that drug abuse changes what?
- the way the brain works
  - leads to long-term changes in the brain
  - the ability for an addict to control their drug use
  - all of the above



29. What is an example of a prescribed antagonist medication that is effective in blocking the effects of opioids and preventing relapse?
- naltrexone
  - naloxone
  - buprenorphine
  - all of the above
30. Nearly all substances that produce dependencies in human beings increase the release of what in the nucleus accumbens creating sensations of pleasure?
- antagonist
  - protagonist
  - dopamine
  - neurotransmitter
31. What system is responsible for drug addictions, most mental illnesses, and the “fight or flight” reactions of a human being?
- limbic system
  - system of neurotransmitters
  - dopaminergic nervous system
  - all of the above
32. What is used as a safer alternative to barbiturates and is effective at relieving the symptoms associated with anxiety?
- opiates
  - alcohol
  - barbiturates
  - benzodiazepines
33. What is a central nervous system depressant and alters the membranes of the neurons in the brain resulting in a sedative effect and reduced inhibitions at low doses and loss of judgment, mood swings, and confusion at higher doses?
- opiates
  - alcohol
  - barbiturates
  - benzodiazepines
34. What has withdrawal symptoms are not life threatening and are directly related to the length of use and amount of the drug taken and cause intense pain, anxiety, and extreme flu-like symptoms?
- opiates
  - alcohol
  - barbiturates
  - benzodiazepines



35. What can cause drug dependency even in a short course of treatment at what is considered therapeutic dose?
- opiates
  - alcohol
  - barbiturates
  - benzodiazepines
36. What may happen with the chronic use of stimulants as the brain begins to depend on the pleasure associated with elevated dopamine levels in the reward circuit?
- the brain may create new receptors
  - the brain may decrease the use of certain receptors
  - the brain responds by “shutting down” the reward circuit
  - the brain responds by returning dopamine levels to normal
37. Hypothermia, a dangerous response to the excitability and overexertion produced by the ingestion of ecstasy can be described as what?
- a dangerous swelling of the brain
  - a dangerous rise in body temperature
  - a dangerous drop in body temperature
  - a gradual fading into unconsciousness
38. Nicotine is what type of drug?
- stimulant
  - depressant
  - sedative-hypnotic
  - none of the above
39. What is true of marijuana?
- it causes a sedative effect, visual trailing and impairs the ability of the eye to effectively follow objects, depletes depth perception, and inhibits eye-hand coordination
  - it can produce stimulation, giddiness, intensified alertness and distortions of sound, color, and time at a strong dose
  - it can cause illusions, hallucinations and sensations of movement under the feet at very high doses
  - all of the above
40. What is true of genetic factors as related to addiction?
- may cause an adverse reaction to a substance
  - may make it difficult to quit using once started
  - may prohibit a person from becoming addicted
  - all of the above





41. The popular diagnosis of what model of addiction treatment is intended to consider genetics (heredity), environment and social settings to determine the appropriate treatment plan for those with addictive disorders?
  - a. heredity
  - b. bio-psychosocial
  - c. addictive behavior
  - d. genetic predisposition
  
42. An individual's susceptibility to addiction is the result of what?
  - a. the interaction of many genes
  - b. a certain gene tree within the brain
  - c. a certain gene in a tight gene bundle
  - d. a single pair of genes that correlates directly to addiction
  
43. What influences does research evidence associate with addictive behavior?
  - a. genetic
  - b. environmental
  - c. both a. and b.
  - d. none of the above
  
44. Based on evidence, Laakso et al (2002) articulate that "the susceptibility to develop addiction is influenced by sources of \_\_\_\_\_, variable neuroadaptive mechanisms, and neurochemical changes that together lead to altered homeostasis of the brain reward system." (fill in the blank)
  - a. serotonin
  - b. dopamine
  - c. reinforcement
  - d. all of the above
  
45. Since many neurotransmitter pathways of central nervous system critical for compulsive behavior is involved in the manifestation of addiction, what genes contribute to the addictive state?
  - a. euphoric genes
  - b. compulsive genes
  - c. sensitization genes
  - d. many individual genes
  
46. White (1996) identified what primary brain system(s) that influence substance use and abuse?
  - a. approach behavior
  - b. reward and pleasure
  - c. contextual cues relating approach and reward with drug stimuli in the environment
  - d. all of the above



47. Over time, drug and alcohol abuse deregulates an addicts system. The physiological consequence of this prolonged abusive behavior leads to what misperception?
- paranoia
  - cerebral-adaptive
  - mild stressors as severe stressors
  - severe stressors as mild stressors
48. What does an individual with deficient dopamine receptors (which denies the normal pleasures in life) do when their dopamine receptors are stimulated through the use of drugs and alcohol?
- continue seeking pleasure
  - continue seeking that reward
  - continue drug and alcohol use until they become addicted
  - all of the above
49. Winnick (1962) defined three components of what model of addiction as: social, biological and psychological?
- behavioral model
  - bio-psychosocial model
  - cognitive-behavioral model
  - reinforcement, reward model
50. Knowledge generated from where contributed to the development of modern genetic research?
- biochemical approaches
  - behavioral approaches
  - biological approaches
  - all of the above

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Course No. FC-1951P1: Answer Sheet

SECTION 1. Please use this sheet only if you have not already submitted your answers on-line.

Grid for First Name

First Name

Grid for Middle Name

Middle Name

Grid for Last Name

Last Name

Grid for Address (Number, Street, Apt or Suite No.)

Address (Number, Street, Apt or Suite No.)

Grid for City

City

Grid for State (or Province)

State (or Province)

Grid for USA Zip Code

USA Zip Code

Grid for Country (other than USA)

Country (other than USA)

Grid for Country Code

Country Code

Grid for Primary Telephone Number (including Area Code)

Primary Telephone Number (including Area Code)

Grid for Facsimile Number (including Area Code)

Facsimile Number (including Area Code)

Grid for E-mail Address

E-mail Address

SECTION 2. Credit Card Payment information if paying by credit card: Circle which card used - VISA or MasterCard

Grid for Credit card number and Expiration date

Credit card number

Expiration date

Grid for Full name on credit card

Full name on credit card.

Grid for Billing Address where you receive the credit card bill, if different than address above (Number, Street, Apt or Suite No.)

Billing Address where you receive the credit card bill, if different than address above (Number, Street, Apt or Suite No.)

Grid for City

City

Grid for State (or Province)

State (or Province)

Grid for USA Zip Code

USA Zip Code

Breining Institute is authorized to charge thirty-nine dollars (\$39.00) to this card.

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**SECTION 3. Course Title: FC-1951P1 / Forensic Counselor Education Course – Circle correct answer**

1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
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56	A	B	C	D
57	A	B	C	D
58	A	B	C	D
59	A	B	C	D
60	A	B	C	D

THE UNDERSIGNED ATTESTS that he / she is the person who completed this exam.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

IF YOU HAVE NOT ALREADY COMPLETED THE ON-LINE ANSWER SHEET,  
return both pages of this Answer Sheet, with Course examination fee, by mail or facsimile to:

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