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# Forensic Counselor Ed Course

## Exam Questions Packet

### Part 3

- Course No: FC-1951P3
- Course Title: Forensic Counselor Education Course  
Part 3
- Course Objective: Includes treatment issues and approaches, building a therapeutic alliance, treatment planning, elements of effective treatment, recovery maintenance / relapse prevention, and discharge planning.
- CE Credit / Hours: This segment of the Forensic Counselor Education Course also qualifies for 10.0 hours Continuing Education (CE) credit.
- Course Material: Chapters 8 through 10  
***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 8 – 10**

1. What treatment approach addresses the concern for public safety (incarceration/punishment) as well as the concern of public health (treatment) and is the foundation of drug court, in-custody treatment and the therapeutic community (TC) model of substance abuse treatment?
  - a. a public safety approach
  - b. a public health approach
  - c. an integrated public health/public safety strategy
  - d. none of the above
  
2. Within in-custody settings, what has substance abuse treatment been shown to assist by providing professional crisis intervention and consistently holding clients accountable for their behavior?
  - a. public safety
  - b. cell block security
  - c. parole board hearings
  - d. all of the above
  
3. According to B.F. Skinner's theory of Operant Conditioning, what occurs when a pleasant consequence follows a behavior resulting in the behavior being repeated?
  - a. operant reinforcement
  - b. positive reinforcement
  - c. negative reinforcement
  - d. none of the above
  
4. According to B.F. Skinner's theory of Operant Conditioning, what occurs when a negative consequence is removed following a behavior resulting in the behavior being repeated?
  - a. operant reinforcement
  - b. positive reinforcement
  - c. negative reinforcement
  - d. none of the above



5. Albert Bandura showed that behavior can be changed how?
  - a. reward
  - b. reinforcement
  - c. observation
  - d. none of the above
  
6. Bandura suggested three steps to learning to control one's own behavior through what he called self-regulation. What are the three steps?
  - a. practice, observation and visualization
  - b. self-observation, judgment, and self-response
  - c. behavior charts, self-contracts, and environmental planning
  - d. past reinforcement, promised reinforcements, and observation
  
7. Malcolm Knowles' adult learning theory is that adult learning is self-directed and goal-oriented and adults, who have an accumulation of life experiences, regard practical, relevant, information that is delivered how?
  - a. in group
  - b. with respect
  - c. in a classroom
  - d. didactically (lecture)
  
8. What theory emphasizes that if an individual's perception of a stimulus is faulty or distorted their responding behavioral reaction may not be directly to the stimulus but to their cognitive assessment and emotional reaction to the stimulus?
  - a. behavioral theory
  - b. cognitive behavioral theory
  - c. observational learning theory
  - d. cognitive reinforcement theory
  
9. In which theory is the importance is placed on thinking and feeling, becoming aware of thinking errors and learning to consider alternatives results in positive changes in the behavior of clients?
  - a. active learning
  - b. adult learning theory
  - c. cognitive behavioral theory
  - d. therapeutic community theory
  
10. What involves a combination of traditional educational approaches in conjunction with skills development activities combined with observation, reflection, discussion with others, and other activities related to the learning experience?
  - a. adult learning
  - b. active learning
  - c. observational learning
  - d. reinforcement learning



11. What do effective counselors strive to do?
  - a. build a therapeutic alliance
  - b. create an environment of mutual trust
  - c. serve as role models for pro-social behavior
  - d. all of the above
  
12. What do studies show that a predictor of early termination of treatment is?
  - a. relapse
  - b. probation or parole
  - c. counseling philosophy
  - d. a poor counselor-client relationship
  
13. Working closely and collaborating with probation, parole, and corrections staff assists all staff in maintaining clearly defined what?
  - a. effort
  - b. effectiveness
  - c. roles and boundaries
  - d. environmental coordinates
  
14. What treatment approach has research shown is effective in keeping clients motivated and engaged in treatment for this population?
  - a. aggressively confrontational
  - b. clear limits and consequences
  - c. empathy combined with a collaborative approach
  - d. all of the above
  
15. What assists counselors in understanding safety and security issues and correctional staff in understanding confidentiality and the necessity of building a therapeutic alliance?
  - a. cross-training
  - b. ethics training
  - c. department of corrections training
  - d. creating a therapeutic environment training
  
16. Offenders in community residential settings, such as TC's, accountability for lack of treatment compliance or lack of progress in treatment may include reappearance in court for sentencing or a return to incarceration. Who enforces compliance?
  - a. the TC Program Director
  - b. the criminal justice system
  - c. the Forensic Addiction Counselor (FAC)
  - d. The local Correctional Compliance Division (CCD)



17. What is the intention of boundary setting to inform the client of consequences?
  - a. effect
  - b. clarity
  - c. interest
  - d. punishment
  
18. The treatment plan is made by a multidisciplinary team with input from the individual and is a framework outlining what?
  - a. the program expectations of the client
  - b. the attendance expectations of the client
  - c. the commitments of the program to provide listed services
  - d. all of the above
  
19. Where does the information that is utilized in preparing the treatment plan come from in a criminal justice setting?
  - a. the court
  - b. probation reports
  - c. various agencies within the criminal justice system
  - d. information gathered during the assessment process
  
20. Studies indicate that certain issues must be addressed during treatment to produce successful outcomes. What are these issues?
  - a. delinquency
  - b. criminality and distorted thinking
  - c. recovery maintenance and relapse prevention
  - d. all of the above
  
21. Who should be involved and is the most important factor in the treatment planning process?
  - a. the court
  - b. the client
  - c. the counselor
  - d. the parole agent
  
22. What on-going assessment and evaluation of the individual are paramount to treatment effectiveness?
  - a. criminality and criminal thinking
  - b. criminal thinking and level of motivation
  - c. readiness for change and level of motivation
  - d. readiness for change and level of criminal thinking
  
23. What is the correct sequence of the Stages of Change?
  - a. precontemplation, contemplation, preparation, action, maintenance
  - b. preparation, precontemplation, contemplation, action, maintenance
  - c. action, preparation, precontemplation, contemplation, maintenance
  - d. none of the above



24. What can the utilization of an intervention inappropriate to the client's stage of change do?
- nothing
  - assist in setting boundaries and consequences
  - assist in implementation of action by the client
  - seriously damage rapport and affect how the client responds to treatment
25. In what stage of change should the counselor encourage self-efficacy and assist in identification of additional coping strategies?
- action
  - preparation
  - maintenance
  - contemplation
26. What is the "finish line" in the stages of change?
- action
  - maintenance
  - contemplation
  - none of the above
27. What is characterized by justification, accusation, anger, and minimization of the behavior, the substance abuse, or substance abuse as it relates to the behavior?
- fear
  - denial
  - criminal thinking
  - delusional thoughts
28. When should assessments and motivational interventions be provided for maximum effectiveness?
- pre-release
  - work-release
  - post-release in the community
  - all of the above
29. According to Gorski, is denial a normal emotional defense?
- no
  - yes
  - sometimes
  - infrequently



30. Denial manifests in a certain way in the substance abusing population and in the criminal justice population there are some additional manifestations. How does denial manifest?
- denial may be conscious or unconscious
  - denial may be evidence of criminal thinking
  - denial may be related to the fear of greater consequences
  - all of the above
31. What is a non-argumentative counseling approach that can assist clients in breaking through denial?
- reinforcement
  - acknowledgement
  - motivational interviewing
  - the adult learning approach
32. In criminal justice settings the use of a strengths-based approach has met with success; wherein strengths are recognized and utilized in the treatment plan while also addressing problem areas and placing emphasis on what?
- consequences
  - outside influences
  - offensive behaviors
  - responsibility and accountability
33. What risk factors should be targeted for change during treatment?
- gang membership
  - anti-social attitudes
  - criminal associations
  - all of the above
34. What, other than a structured treatment setting, defines the modality of treatment and assists in program credibility?
- specific curriculum
  - the policy and procedure manual
  - identifying the name treatment model to the clients
  - all of the above
35. Successful programs offer comprehensive assessments, individualized treatment planning, didactic and process groups and workshops. Which of the following should be included?
- examine the validity and interference of core beliefs on their lives
  - didactic and process groups focus on social and interpersonal skills
  - comprehensive assessments and individualized treatment planning
  - all of the above



36. How are graduated privileges earned in successful programs?
  - a. respect and a positive demeanor
  - b. demonstrating expected conduct
  - c. completion of program activities
  - d. through behavioral and programmic accomplishments
  
37. How are rewards and sanctions provided in successful programs?
  - a. justice is deferred equally
  - b. fairly and in a timely manner
  - c. rewards are swift, sanctions take time
  - d. justice is swift, gratification is delayed
  
38. What does research show that 98% of women in jails have been exposed to?
  - a. rape
  - b. trauma
  - c. prostitution
  - d. domestic violence
  
39. What does research show that 71% of incarcerated women have been exposed to?
  - a. rape
  - b. trauma
  - c. prostitution
  - d. domestic violence
  
40. What is the identity of most women is tied to?
  - a. their man
  - b. their job or career
  - c. their body, clothes and how they look
  - d. their role in social and family relationships
  
41. What type of education will men will benefit from?
  - a. relationship building with friends
  - b. relationship building with partners
  - c. relationship building with family including children
  - d. all of the above
  
42. What can be promoted by stressing personal accountability through the establishment of clear boundaries, behavioral intervention, appropriate confrontation and well-defined consequences?
  - a. convict code
  - b. pro-social values
  - c. criminal thinking
  - d. resistance to authority





43. As criminal justice clients assimilate into treatment and begin learning pro-social attitudes and values, and setting and achieving goals, what might they question?
- their future
  - the program
  - their identity
  - their behavior
44. Although employment problems can lead to relapse and recidivism in what order should the following occur?
- treatment, vocational training, job search
  - treatment, job search during vocational training
  - vocational training during treatment followed by job search
  - none of the above
45. In recovery maintenance (relapse prevention) what is recommended for those with severe substance use disorders?
- lifestyle modifications precede abstinence
  - behavioral strategies precede cognitive strategies
  - simple coping strategies precede all other strategies
  - cognitive strategies precede behavioral strategies (cognitive-behavioral)
46. What do group settings provide?
- a dynamic process,
  - facilitation of peer relationships
  - present a built-in opportunity for reinforcement
  - all of the above
47. What can counselors teach so participants can plan and monitor their own compliance with their program of recovery and look for the emergence of both the signs of recovery and the relapse warning signs?
- triggers
  - willingness
  - self-knowledge
  - inventory training
48. At what stage does the recovering individual has some practice at recognizing problem areas and seeking solutions, can identify recovery activities that work for them personally, and have identified emotionally healthy peers and others who are supportive of their recovery process?
- change
  - integration
  - stabilization
  - maintenance



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49. When should discharge planning occur?
- Within a week of discharge or release from custody
  - Within 2 weeks of discharge or release from custody
  - Well in advance of discharge or release from custody
  - Within a few days of discharge or release from custody
50. What should the discharge plan address other than relational issues, a review of strategies that client learned and successfully implemented during treatment and concrete action steps for handling difficult feelings and situations?
- court, probation and parole requirements
  - maintenance of health/mental health
  - family and relational issues
  - all of the above

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Course No. FC-1951P3: 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

Credit card number

Grid for Expiration date

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-1951P3 / Forensic Counselor Education Course – Circle correct answer**

1	A	B	C	D
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3	A	B	C	D
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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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