



Women's Treatment Ed Course

Exam Questions Packet

Part 2

- Course No: WS-1971P2
- Course Title: Women's Treatment Counselor (WTC) Education Course
Part 2
- Course Objective: Includes gender-specific needs of women; women's physiological differences and addiction; trauma, abuse, domestic violence and post-traumatic stress disorder (PTSD); and ethical considerations when working with women.
- CE Credit / Hours: This segment of the Women's Treatment Counselor (WTC) Education Course also qualifies for 10.0 hours Continuing Education (CE) credit.
- Course Material: Chapters 5 through 8
Women in Treatment:
Substance Abuse Counselor Specialty Training Manual
Published: 2012
Publisher: Breining Institute (Sacramento, California)
134 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
Women in Treatment: Chapters 5 – 8

1. What are barriers to treatment for women?
 - a. Financial resources
 - b. A lack of emotional support to enter or remain in treatment
 - c. A need for childcare or transportation
 - d. All of the above

2. What is true about the physiological response to substances of abuse?
 - a. Women and men respond the same
 - b. Women and men respond differently
 - c. Women and men respond similarly until age 50
 - d. Women and men respond differently until age 25

3. Women are likely to be introduced to alcohol and drug use by whom?
 - a. Friends
 - b. Parents
 - c. Siblings
 - d. Spouse or significant other

4. Why might the need for intervention and treatment be ignored or go unrecognized by substance abusing women?
 - a. repercussions from cultural beliefs
 - b. real and perceived stigma from social systems
 - c. real and perceived stigma from family systems
 - d. all of the above

5. Trauma is a common experience of women, sometimes beginning early in life. Who is often the abuser?
 - a. Their friend
 - b. Their children
 - c. Their neighbor
 - d. Their significant other



6. What is true with regard to normal physiological functioning, symptoms, co-morbidities, symptoms, disease progression and outcomes between women and men?
 - a. Gender differences are evident
 - b. There are no differences between the genders
 - c. There are age differences but no gender differences
 - d. Gender differences are slight and unimportant to the treatment of disease

7. What factor is attributed to the higher rate of alcohol related organ damage in women?
 - a. Faster alcohol metabolism
 - b. Slower alcohol metabolism
 - c. Renal failure rates are higher in women
 - d. Women do not have a higher rate of alcohol related organ damage

8. What symptoms of heart attack do women experience?
 - a. shortness of breath, nausea, and vomiting
 - b. sleeplessness, back or jaw pain
 - c. a feeling of fatigue or weakness
 - d. all of the above

9. What is true about the development of alcohol induced cardiac damage?
 - a. It is greater in men than women
 - b. It is greater in women than men
 - c. Alcohol rarely causes cardiac damage
 - d. The rates are the same in both women and men

10. Heavy alcohol consumption causes significant hormonal changes in post-menopausal women. What can this cause?
 - a. osteoporosis
 - b. coronary heart disease
 - c. potentially higher risks for breast cancer
 - d. all of the above

11. What effect do physical health, mental health and substance abuse problems have on each other?
 - a. a synergistic effect
 - b. can cause the symptoms and severity of one another
 - c. can increase the symptoms and severity of one another
 - d. all of the above



12. What contributes to the development of mental illnesses significantly in girls, women and female veterans?
 - a. Abuse
 - b. Trauma
 - c. Violence
 - d. All of the above

13. What percent of women military veterans are estimated to have experienced rape during their military service?
 - a. 3% to 7%
 - b. 7% to 13%
 - c. 13% to 30%
 - d. 9% to 37%

14. There is evidence that compared with other women or male veterans, women veterans are at an increased risk for what?
 - a. Sexual abuse
 - b. PTSD
 - c. All of the above
 - d. None of the above

15. What is defined by the Domestic Abuse Project (2011) as “the systematic pattern of behaviors in a relationship that are used to gain and/or maintain power and control over another. When one defines domestic violence in terms of physical abuse only they do not fully understand the dynamics that keep these relationships together“?
 - a. Abuse
 - b. Trauma
 - c. Harassment
 - d. Domestic Violence

16. What includes assault, rape, harassment or other sexual or violent acts performed against her will such as unwanted grabbing or touching?
 - a. PTSD
 - b. Violence
 - c. Sexual trauma
 - d. Generalized trauma

17. Why may women with mental illness isolate?
 - a. Humiliation
 - b. Stigmatization
 - c. Discrimination
 - d. All of the above



18. What have studies connected the higher rate of alcoholic liver disease in women to?
- Estrogen
 - Progestins
 - Testosterone
 - None of the above
19. What poses an increased risk of miscarriage and is connected to irregular and painful menstruation?
- Tobacco use
 - Heavy alcohol use
 - Methamphetamine use
 - All of the above
20. What is tied to lower birth weight, spontaneous abortion, ectopic pregnancy, preeclampsia, abruption placentae, premature rupture of membranes, and pre-term delivery?
- Opioid use
 - Tobacco use
 - Heavy alcohol use
 - Methamphetamine use
21. Which drugs can cause periods to cease for up to a year after stops, leading to misinterpretation of the early signs of pregnancy, women do not know they are pregnant, believing these signs are withdrawal symptoms?
- Alcohol
 - Tobacco
 - Methamphetamine
 - Heroin and methadone
22. What may be indicated for pregnant women using opioids because abrupt withdrawal can have fatal consequences for the fetus?
- Referral to drug-free detoxification facilities
 - Referral to methadone maintenance programs
 - Referral to criminal justice for legal intervention
 - All of the above
23. Insults, criticism and put downs; intimidation; taking or withholding money; isolation from friends and relatives; preventing a partner from getting a job or interfering with their work; stalking; assault and sexual assault are all examples of what?
- Abuse
 - Trauma
 - Harassment
 - Domestic Violence



24. What is a safe amount of alcohol during pregnancy?
- 1-2 drinks a week
 - 2-3 drinks a week
 - No more than 1 drink a day
 - No amount of alcohol is safe for the fetus during pregnancy
25. What yields better outcomes when gender is a factored in?
- medical diagnosis
 - mental health diagnosis
 - intervention and treatment
 - all of the above
26. Interpersonal violence affects women from all socioeconomic and cultural backgrounds and one analysis showed a lifetime history of trauma was present in what percentage of substance abusing women.
- 7% to 12%
 - 30% to 40%
 - 35% to 75%
 - 55% to 99%
27. What types of violence may be non-criminal and yet cause trauma?
- domestic violence
 - sexual and interpersonal
 - psychological, financial and emotional
 - all of the above
28. Research shows that among women, experiencing violence is linked to substance abuse, attempted suicide, and what else?
- Anxiety
 - Depression
 - Gastrointestinal disorders
 - All of the above
29. Trauma is linked to depression and is 3 times higher in women who have suffered interpersonal violence than in women who have not. What percentage of abused women report depression?
- 10%
 - 25%
 - 50%
 - 75%



30. What is defined by the TIP 25 as “the use of intentional verbal, psychological, or physical force by one family member (including an intimate partner) to control another”?
- Abuse
 - Trauma
 - Harassment
 - Domestic violence
31. According to the Domestic Abuse Project (2011), there are four (4) categories of abuse. What are they?
- Physical, mental, financial and sexual
 - Physical, emotional, financial and sexual
 - Physical, psychological, financial and sexual
 - Physical, emotional, psychological and sexual
32. The American Psychiatric Association (1994) describes the first diagnostic criteria for this as being: "exposed to a traumatic event in which (1) the person experienced, witnessed, or was confronted with an event or events that included actual or threatened death or serious injury, or a threat to the physical integrity of self or others, [and] (2) the person's response involved intense fear, helplessness, or horror."
- PTSD
 - Anxiety
 - Depression
 - All of the above
33. What, according to Medicine Net (2002) is “painful, distressful, or shocking, which often results in lasting mental and physical effects.”
- PTSD
 - Abuse
 - Trauma
 - Domestic violence
34. What is often misinterpreted by outside observers as lack of protective action by a woman when in fact she is protecting her children and herself to the best of her ability?
- Low self-esteem
 - Survival attempts
 - Emotional dependence
 - Problems trusting others



35. Who is at an increased risk for addictive disorders, depression and post-traumatic stress disorder (PTSD) and frequently engage in behaviors that threaten their health and safety, such as substance abuse, self-injury, suicidal thoughts or actions, bulimia, or anorexia?
- Women with PTSD
 - Women who comply with men
 - Women with a history of trauma
 - Women who do not reach out for help
36. According to Stephanie Covington, what do women in abusive relationships experience that is a breeding ground for addiction?
- Confusion
 - Disempowerment
 - Reduced energy and poorer self-worth
 - All of the above
37. Why is it that some women do not admit to being abused?
- They believe it is their fault
 - They do not think of what is happening to them as “abuse”
 - To protect the perpetrator who is often someone they know or trust
 - All of the above
38. Physical, emotional, environmental and situational cues linked with prior abuse experiences often lead to what?
- Relapse
 - Serenity
 - Recovery
 - Goals and objectives
39. What trauma related client behaviors do counselors often view as resistance to treatment?
- The creation of crisis and drama
 - Lack of participation and social isolation
 - Emotional suffering and mental health symptoms
 - None of the above
40. Chronic exposure to this is tied scientifically to irreversible changes in brain circuits and interconnected hormonal systems that regulate it.
- Alcohol and other drugs
 - The stress connected to trauma and abuse
 - Panic attacks, flashbacks, and sleeping problems
 - None of the above



41. According to the World Health Organization, coerced sex, solicited sexual favors in return for employment or school grades, rape by strangers, forced prostitution, and systematic rape during war are included in what terminology?
 - a. Abuse
 - b. Trauma
 - c. Sexual violence
 - d. All of the above

42. The provision of gender-responsive treatment, with trauma informed staff, in an environment of safety is crucial when providing services to who?
 - a. Women
 - b. Persons with PTSD
 - c. Persons with Mental Illness
 - d. All of the above

43. Programs serving women must create a safe environment, free from abuse and sexual harassment and use what type of treatment methods?
 - a. confrontational, moralizing
 - b. non-confrontational, moralizing
 - c. confrontational, non-moralizing
 - d. non-confrontational, non-moralizing

44. What type of staffing is recommended to prevent the re-traumatization of women and to promote disclosure of abuse and trauma?
 - a. Serene staff
 - b. Authorized staff
 - c. All woman staff
 - d. Accomplished staff

45. Male counselors are not recommended in women's treatment groups specifically designed to address abuse and trauma and it is not recommended that male counselors perform in-depth assessments of domestic violence, abuse or violence against women. Why?
 - a. To avoid harassment
 - b. To avoid retraumatization
 - c. To guard against misunderstandings
 - d. To guard against lawsuits against the program

46. What ethical principle common to substance abuse professionals includes treatment matching, using best practices and assisting women to access all available resources to meet her identified needs?
 - a. Justice
 - b. Fidelity
 - c. Beneficence
 - d. Non-maleficence



47. When women with similar needs are provided with equal opportunities to access limited resources, what ethical principle is being practiced?
- Justice
 - Fidelity
 - Autonomy
 - Beneficence
48. Meeting with a woman on time, as scheduled, starting and finishing group on-time and providing services and referrals as stated is what ethical principle common to substance abuse professionals?
- Justice
 - Fidelity
 - Autonomy
 - Beneficence
49. What ethical principle is commonly referred to by substance abuse professionals as “do no harm”?
- Justice
 - Fidelity
 - Beneficence
 - Non-malfeasance
50. A counselor who respects the individual’s choice, though they disagree with it, is practicing the ethical principle of what?
- Fidelity
 - Autonomy
 - Beneficence
 - Non-malfeasance

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Course No. WS-1971P2: 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

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

Grid for City

City

Grid for State

State (or Province)

Grid for USA Zip Code

USA Zip Code

Grid for Country

Country (other than USA)

Grid for Country Code

Country Code

Grid for Primary Telephone Number

Primary Telephone Number (including Area Code)

Grid for Facsimile Number

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

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

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.

Authorized signature

Date



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SECTION 3. Course Title: WS-1971P2 / Women's Treatment Counselor (WTC) Education Course – Circle correct answer

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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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