



Women's Treatment Ed Course

Exam Questions Packet

Part 3

- Course No: WS-1971P3
- Course Title: Women's Treatment Counselor (WTC) Education Course
Part 3
- Course Objective: Includes gender-responsive, trauma-informed treatment; women's nutrition in treatment and recovery; successful parenting for families affected by addiction; and psychodrama in the treatment of addiction and trauma for 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 9 through 14, and Appendices A and B
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 9 – 14, Appendices A and B

1. Why are relational issues such as using drugs or alcohol with a partner addressed during treatment for women?
 - a. The identity of most women is tied to their role in social and family relationships
 - b. Separation from relationships while in treatment can cause women to experience trauma
 - c. Separation from relationships causes stress, which interferes with progress in treatment
 - d. All of the above
2. What is a recommendation for women's treatment?
 - a. A holistic model
 - b. A relational model
 - c. The respect and dignity (R&D) model
 - d. All of the above
3. What are the three themes of the relational model?
 - a. Safety, dignity and respect
 - b. Relationships, empowerment and healing
 - c. Cultural-context, relationships and pathways to growth
 - d. All of the above
4. Staff in programs serving women are professional, have realistic expectations, are patient and possess an attitude supportive of what?
 - a. Change
 - b. Individualism
 - c. Women's empowerment
 - d. All of the above
5. When is the first opportunity for the counselor to establish the rapport necessary for a therapeutic alliance?
 - a. Screening
 - b. Assessment
 - c. While introducing yourself
 - d. The first individual counseling session



6. What might physical injuries, untreated injuries to the face, neck and throat and inconsistent accounts of injuries indicate?
 - a. Aggression
 - b. Anger issues
 - c. Domestic violence
 - d. Mental health related issues

7. What focuses on identifying and stabilizing the crisis, ensuring that the woman has no life threatening disorders, evaluating the risk of danger to themselves or others, and ensures placement in the proper treatment modality?
 - a. Screening
 - b. Assessment
 - c. Detoxification
 - d. Treatment planning

8. Why is it that some women do not admit to being abused?
 - a. To protect the perpetrator
 - b. They believe it is their fault
 - c. They believe abuse is “normal”
 - d. All of the above

9. A screening for domestic violence, trauma and abuse can trigger what?
 - a. Relapse, depression or suicidal ideation
 - b. Changes in behavior and attitude of the client
 - c. Both A. and B.
 - d. None of the above

10. What can guard against further violence when domestic violence is discovered during screening?
 - a. A safety plan
 - b. Referral to other agencies
 - c. The woman’s behavior and attitude
 - d. Acknowledgment and documentation of the abuse

11. In gender-specific treatment for women counseling is solutions oriented and focuses on what?
 - a. Problems of the past
 - b. Co-occurring disorders
 - c. Referral and follow-up
 - d. The discovery and elimination of barriers to success

12. What is important when addressing the physical and mental health of women?
 - a. Pregnancy testing and follow-up for women of child bearing age
 - b. HIV, HCV and STD testing and follow-up
 - c. Health and mental healthcare referrals and follow-up
 - d. All of the above



13. Which of the following is suggested when initiating safety planning?
 - a. The woman is mandated to contact the authorities
 - b. The counselor should convince the woman make a police report
 - c. The woman is empowered and supported in making her own decision
 - d. The counselor should immediately intervene and contact the authorities

14. Dr. Covington (2002) recommends recovery support continue throughout trauma treatment and outlined what three stages of treatment for trauma?
 - a. Safety, planning, and action
 - b. Safety, planning the action, and reconnection
 - c. Safety; remembrance and mourning; and reconnection
 - d. Safety, remembrance, and reconnection through action

15. In what type of setting can family-centered treatment be provided?
 - a. Residential
 - b. Outpatient settings
 - c. Day treatment combined with sober, drug-free transitional housing
 - d. All of the above

16. Why does substance use by one member of the family affect all other members of the family?
 - a. Because of denial
 - b. Because families are co-dependent
 - c. Because families are interdependent
 - d. Substance abuse by one member does not affect the other members of the family

17. What assists in building cohesion, bonding, and trust focusing on relationship building, resolution of past problems and assisting the family in assuming appropriate roles?
 - a. Women's treatment
 - b. Gender-specific treatment
 - c. Family and relationship counseling
 - d. All of the above

18. Why is a mother entering treatment at the center of family-centered treatment and the co-clients include her children and other family members?
 - a. Because treatment assists family functioning
 - b. Because substance abuse is a chronic disease
 - c. Because the focus of treatment is on healthy relationships
 - d. Because she is likely to be the primary caretaker of dependent children



19. Relational elements of treatment include communication, conflict resolution, anger management, nurturing, and what responsibilities?
 - a. The responsibilities of womanhood
 - b. The responsibilities for treatment attendance
 - c. The responsibilities of healthy family functioning
 - d. The responsibility of the mother for relationship development within the family

20. What is included in a family service plan?
 - a. Support for family unity and decision making
 - b. Provision for recovery, support, and access to necessary community support services
 - c. The needs of each of the individual members of the family and the family unit as a whole
 - d. All of the above

21. Family-centered treatment is delivered in an environment of mutual respect by a broad spectrum of professionals utilizing what?
 - a. A team approach and cross-system consultation and coordination
 - b. Behavioral therapies, case management and motivational and pharmacological interventions
 - c. Interventions that address dependence, lessen adverse consequences and assist women in improved biopsychosocial functioning
 - d. All of the above

22. Family-centered treatment addresses and supports the motivational levels of each family member as healthy relationships evolve recognizing what about conflict?
 - a. It is avoidable
 - b. It may not be resolvable
 - c. It is unavoidable, but resolvable
 - d. If it cannot be resolved, it can be ignored

23. What type of counseling does research indicate is most appropriate for survivors of domestic violence?
 - a. Group
 - b. Family
 - c. Individual
 - d. All of the above

24. What can programs do to assist with family unification or reunification for women and families who have current involvement in child-welfare cases?
 - a. Offer a range of services
 - b. Provide parenting education
 - c. Emphasize conflict resolution and creation of a support system
 - d. All of the above



25. What lowers the risk of chronic diseases, improves a woman's health while pregnant and the health of her baby at birth?
- Prenatal vitamins
 - Proper diet and nutrition
 - Regular prenatal healthcare
 - Substance abuse treatment alone
26. What can pregnant and lactating women do to reduce heartburn and ease the symptoms of morning sickness?
- Eat crackers
 - Eat more, less frequently
 - Eat a balanced diet and eat frequent, small meals
 - Take an over the counter medication for these symptoms
27. Calcium is important for women and calcium only works when taken with magnesium. What food contains both calcium and magnesium?
- Cucumber
 - Leafy green vegetables
 - Cabbage and green beans
 - Sunflower, pumpkin, flax and sesame seeds
28. What vitamin is available in foods, supplements and from approximately half an hour of exposure to direct sunlight and shown to reduce the risk of bone fractures?
- Calcium
 - Vitamin C
 - Vitamin D
 - B complex
29. According to Armond Urbano, when a male counselor is working with women, what physical gestures could be misunderstood?
- Touching or hugs
 - Verbal communication
 - Emotions, feelings, and insight
 - Being too much "in touch with my feminine side"
30. According to Gomberg (1999), who does clinical observation indicate is more concerned about the effect of their drinking on the children?
- Men alcoholics
 - Women alcoholics
 - Women and men alcoholics equally
 - Neither men nor women were observed being concerned about their children



31. Which of the following is a key concept of successful parenting for families affected by addiction?
- Parents and children have family issues.
 - Parenting is a continuous process with few contributing variables.
 - Parents play an important role in their child's sense of identity, security, and belonging that will affect them throughout their lives.
 - How a child communicates with their parent will have a direct influence on the child will cope with their parents substance-abuse issues.
32. What can assist substance-abusing parents in understanding what part they play in developing their child's sense of identity, security, and belonging?
- Setting realistic expectations of their children
 - Development of appropriate reactions and interaction skills
 - An understanding of their child's physical and mental limitations
 - All of the above
33. What is an important step to developing and maintaining a healthy family?
- Focusing first on behaviors that are not healthy
 - Recognizing the characteristics of healthy families
 - Assisting the children in making a commitment to change
 - All of the above
34. What should be addressed in the Stress and Anger Management Module of parenting?
- Parents' recognition of their stressors
 - Recognition of the early warning signs of stress
 - Development of appropriate responses to stressors
 - All of the above
35. What strengthens existing relationships and helps to establish positive bonds in future interactions?
- Gaining personal control
 - Effective communication skills
 - Resourceful parenting of children
 - Elimination of anger and stress from life
36. What do parenting goals need to be?
- Realistic
 - Obtainable
 - Specific and not General
 - All of the above



37. What, along with the effects of drug use itself, contributes to death rates among women caught in the grip of alcohol and drug use?
- Violence
 - Dangerous sexual liaisons
 - Dirty needles and unsanitary conditions
 - All of the above
38. According to Tian Dayton, what is the reason that women addicts have long been a hidden population in addiction treatment?
- Due to the medical community's long standing tendency to treat both sexes as men
 - Because of the particular expectation that women/mothers should never let themselves fall apart
 - Both a. and b.
 - None of the above
39. What has been a basic building block for treatment programs for fifty years and is based only on the experiences of men, leaving women with addictions invisible?
- The Social Atom
 - The Jellinek Curve
 - Role Diagramming
 - The Trauma Time Line
40. What is the psychic numbing response that accompanies trauma known as?
- Fight, flight and freeze
 - Trust, faith, helpfulness
 - Trauma, helplessness, numbing
 - Drama, trauma, substance abuse
41. Because it is stored in the body as well as the mind, it may return in the form of disturbing visual images or flashbacks, nightmares or disquieting feeling flashes. What is it?
- Rage
 - Trauma
 - Psychodrama
 - Drug "flash backs"
42. Children make meaning out of a situation based on their level of development and maturation at the time trauma occurred and often live well into adulthood using the conclusions they have drawn as foundations for what?
- Truth and justice
 - The meaning of life
 - Life and relationships
 - Affection and friendship



43. What, according to Tian Dayton, is central to the healing of trauma?
 - a. Learning to manage all of her feelings
 - b. Telling the story and having it witnessed
 - c. Development of a defensive position in life
 - d. Coming to understand what happened and why

44. What is occurring when the thinking, feeling and behavior from an early role relationship get projected onto a role relationship in the present?
 - a. Transference
 - b. Over-stimulation
 - c. Counter-transference
 - d. None of the above

45. What offers a responsible, clinical method through which women whose lives and personalities have been affected by addiction and trauma can heal?
 - a. Psychodrama
 - b. Modality of Moments (MoM)
 - c. Moments of Action Method (MAM)
 - d. Heroines Exploring Recovery (HER)

46. The HITS tool for assessing domestic violence is included in your manual. What does HITS stand for?
 - a. His Insults, Threatening and Sarcasm
 - b. Help Instead of Threats and Screaming
 - c. Hurt, Insulted, Threatened and Screamed
 - d. None of the above

47. What is the vast structure of behaviors, ideas, attitudes, values, habits, beliefs, customs, language, rituals, ceremonies, histories, and practices distinctive to a particular group of people?
 - a. Race
 - b. Values
 - c. Culture
 - d. Diversity

48. What is a planned and coordinated program of care involving two or more health professions for the purpose of improving health care as a result of their joint contributions?
 - a. Joint effort
 - b. Collaboration
 - c. Team approach
 - d. Multi-disciplinary



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49. What is the consumption of low and/or infrequent doses of alcohol and other drugs, sometimes called "experimental," "casual," or "social" use, such that damaging consequences may be rare or minor?

- a. Addiction
- b. Substance use
- c. Addictive usage
- d. Substance dependence

50. What is defined as knowledge, skills, and attitudes across academic disciplines related to substance abuse?

- a. Transdisciplinary
- b. Clinical supervision
- c. Counselor competency
- d. The twelve core functions

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

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SECTION 3. Course Title: WS-1971P3 / Women's Treatment Counselor (WTC) Education Course – Circle correct answer

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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,

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