



CONTINUING EDUCATION (CE) COURSE MATERIAL
Course No. CE1501 – Personal Growth for the Counselor

COURSE OBJECTIVE

An investigation of the methods for assessing one's own strengths, weaknesses, limitations and spiritual condition while remaining effective as a helping professional.

COURSE MATERIAL

As you make this journey - your career of counseling - it is good to examine what led you to this calling. Although altruism and idealism play a part, so do more personal motivations involving control in relationships. Jeffrey Kottler states that there are many reasons (deliberately or unconsciously) that we choose this field: "to relive our imperfect childhoods, to fix families that resemble our own, to rectify our historical mistakes by teaching clients what we have learned, to experience a control over others' lives that we never felt as a child, to work through inherited guilt by giving back to the world whatever we feel we have already taken, to become immortal by having our wisdom and influence live forever in the spirits of those we have helped."¹

Whatever our personal motivation is for becoming a counselor, we usually have high expectations and standards for ourselves. Now is a good time for you to reexamine what constitutes success and failure in working with clients.

PROGRESS NOT PERFECTION

The training of a counselor begins not in graduate school, but from infancy. We are by nature, compassionate, nurturing, and are instilled with a drive for success. What is success today? An excellent grade on your next assignment, your professor's approving nod, a supervisor's compliment, a client's gratitude? As we strive to help our clients, our intuition tells us when we are successful and when we are not. The problem for counselors, and an excellent opportunity for personal growth, is when we experience failure. It is the premise of *The Imperfect Therapist*, by Jeffrey A. Kottler and Diane S. Blau, that embracing failure is essential to the counselor's well-being.

Failure - Definitions of:

Webster's definition of failure is: "1. The condition or fact of not achieving the desired end or ends; 2. One who fails; 3. Insufficiency or inadequacy."²

To look at failure within the context of therapy, we look at Strupp and Hadley's 1985 survey of 75 prominent therapists.³ Their definition of failure in therapy is "a worsening or exacerbation of suffering and symptoms characterized by any of the following: depressive breakdown, confusion, lowered self-esteem, increased guilt and inhibition, diminished impulse control, erosion of interpersonal relationships, acting out, excessive dependency on the therapist, or disillusionment with the therapy process." In the field of alcohol and other drug abuse counseling this definition of failure encompasses much of what we deal with on a daily basis. Failure in therapy is going to occur. It is imperative that we accept this fact, and that we strive

¹ J Kottler and DS Blau, *The Imperfect Therapist* (1989), Jossey-Bass Publishers.

² *Webster's II New Riverside University Dictionary* (1988), Riverside Publishing.

³ HH Strupp and SW Hadley, "Negative Effects and Their Determinants" in DT Mays and CM Franks (eds) *Negative Outcome in Psychotherapy and What to Do About It* (1985), Springer.



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for progress not perfection. We need not be perfect counselors with brilliant case histories in order to be effective in our role.

As counselors, we utilize unproductive defenses against failure. Failure stimulates further failure when a person stubbornly refuses to acknowledge negative outcomes. Those counselors who do not acknowledge their mistakes are doomed to repeat them.

Basic Mistakes of the Beginner

Some of the basic mistakes made by the beginning counselor are:⁴

1) Lapses in skill, 2) Timing, 3) Fears of confrontation, 4) Not listening to one's intuition, 4) Lack of confidence, 5) Impatience, 6) Mistaking the label for the person.

Learning from Failure

Failure promotes reflection.

Failure stimulates change.

Failure provides useful information.

Failure encourages flexibility.

Failure teaches humility.

Failure increases resolve.

Failure improves one's tolerance for frustration.

Failure fosters experimentation.

Stages of Confronting Failure⁵

Kottler and Blau describe five stages inherent in the process of failure:

- 1) Illusion- a phase of denial in which therapists look for a source to blame other than themselves.
- 2) Self-confrontation - here the therapist assumes total responsibility for what went wrong.
- 3) Search - a time to find out what really went on.
- 4) Resolution - the therapist has gained new insights and identifies new perspectives.
- 5) Application - the therapist can now apply new learning in future work.

EMBRACING FAILURE

The first deadly sin, PRIDE, often prevents us from us from admitting and examining our failures. As you move forward in your careers, remember that effective counselors accept the imperfections of their clients as well as those in themselves. Examine your errors and misjudgments, acknowledge your limitations, and, most of all, work hard to avoid repeating them. Embracing failure is essential to the effective counselor.

Personal Growth for the Counselor

from "*Personal Growth for the Counselor*," BG Breining, ***Chemical Dependency and other Addictive Disorders*** (1999).

Goals of Personal Growth Examination:

- A) TO MOVE OUT OF OUR FIXED, SAFE, SURVIVAL DIMENSION THAT KEEPS US IN FEAR OF OUR LIMITATIONS AND FROM KNOWING OUR STRENGTHS

⁴ Kottler and Blau, *ibid*.

⁵ Kottler and Blau, *ibid*.



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B) TO EXPAND OUR PERSPECTIVE; TO GROW AND MOVE BEYOND THE LEASH THAT WAS ATTACHED TO US A LONG TIME AGO

C) TO ARRIVE AT A PLACE WHERE WE WILL TRUST OUR INNER POWER

ASK YOURSELF ABOUT THE WORLD AROUND YOU:

- WHAT IS THE HIGHEST MOUNTAIN IN THE WORLD?
THE STATE OF CALIFORNIA? HOW DO YOU KNOW?
- WHAT IS A DROUGHT?
HOW LONG WAS THE DROUGHT? HOW DO YOU KNOW?

ASK YOURSELF ABOUT WHO YOU ARE:

- AM I WHO MY PARENTS SAID I WOULD BE?
MY NEIGHBORS? MY SIBLINGS? MY SPOUSE?
- AM I STUCK IN A SAFE PLACE THAT DOESN'T CHALLENGE ME?
DOESN'T THREATEN ME?
DOESN'T CAUSE ME UNFAMILIAR PAIN?
DOESN'T BRING ME CRITICISM OR UNWANTED ATTENTION?

QUESTION EVERYTHING THAT MATTERS!!
RENOUNCE NEGATIVISM, BUT QUESTION ALWAYS!!

Read your daily paper, but realize that fallible human beings write it, lay it out in the order that they think is important, and emphasize those items the editors consider vital.

Watch the news on TV, but remember that you will only see that which the producers and directors think will interest you or titillate your senses, and they usually repeat as fact, information that is provided to them by government agencies, often failing to check it out or even verify its credibility or reasonableness.

A couple of examples:

a) When the postal service raised the cost of a 1st class stamp from 29 to 32 cents, this was an increase of 10.3%. The USPS told the media it was a 7.9% increase, and without checking it out or even questioning it, the local TV news reported "an almost 8% increase in postage for 1st class mail".

b) It rained for a day and a half in our town recently, and our neighbor down stream was flooded out of their home. My other neighbor has a rain gauge, and he measured almost three inches in that time period. The newspaper the next day reported that we had just a little over an inch of rain for the period. When I called them about the discrepancy, they admitted that: " we really had a gulley-washer, but the rainfall is measured on the roof of the federal building downtown, and that's what they got, so that's what we all got".

FINDING OUR OWN TRUTH

Government bureaucrats mislead us on a regular basis, for their own purposes of self-perpetuation, due to incompetency, or from their own process-oriented approach, independent of observed facts (e.g. - the census figures, the unemployment rate, the viability of our public education system, the funding of social security, the effectiveness of the welfare system). The



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media, for the most part, are not as responsible an entity as they used to be, but are rather in a race with one another to “get the story first”, before the competition, and worry about the facts of the story later, if at all.

They too often regurgitate whatever is given them by governmental press sources, failing to verify, confirm, or question the authenticity or reality of information provided by “reliable sources.”

A few responsible newspapers (the New York Times, the Wall Street Journal, The Christian Science Monitor) have been able to maintain their honor in these hectic times, and are generally quite reliable.

A couple of weekly newsmagazines have the funds, and take the time to confirm stories and information given them, and for the most part are also fairly reliable. (TIME, NEWSWEEK, US NEWS, The Economist, for example.)

Information provided by local television news programs are about as trustworthy and reliable as that obtained at your neighborhood saloon, and except for C-Span, CNN and ABC’s “Nightline”, network news should be taken with a grain of salt, absent the sensationalism.

We can no longer, in other words, rely on either government or the media to provide us with accurate information, unless it serves their own purpose, so we must make every effort to make our own judgments, based on our own experiences and observations.

Crime is a problem in our society, to be sure, but is not near as bad as we are led to believe. Welfare fraud is also a problem, but is minuscule to what we are told. Illegal immigration poses a challenge, but in reality is a blip on the radar screen of our state and national budget. Alcohol abuse would be a national disaster were accurate figures provided by government and reported by the media, but the alcohol beverage industry and the Wine Institute have been able to purchase sufficient power to influence politicians, government agencies and the media from speaking the truth that is obvious to us all.

WHAT TO DO?

If we don’t look around, question, and see for ourselves what’s happening, we will not know the truth about the world around us, about ourselves, about our opportunities, about our freedom, or lack of it, or about our real chances to grow personally and spiritually.

“ IF WE STAY IN THE SAME PERSPECTIVE / DIMENSION / FORCE THAT PRODUCED OUR PAIN AND SUFFERING, WE SHALL REMAIN STAGNANT AND OUR POTENTIAL FOR PERSONAL GROWTH IS SHORT CIRCUITED.

“WE ARE NOT HELPLESS VICTIMS AT THE MERCY OF OUTSIDE FORCES OR WHOLLY OF THE LEFT BRAIN.

“ALL OUR SYMPTOMS OF PAIN AND DISCOMFORT COME FROM WITHIN ... THEY ARE THE RESULT OF OUR INNATE SELVES BEING AWARE OF OUR PHYSICAL OR SPIRITUAL DISCONTENT...

“SICKNESS IS LIFE’S VOICE SCREAMING TO BE SET FREE...



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“PAIN IS A PROFOUND LESSON THAT LIFE PRESENTS TO US SO THAT WE CAN RECOGNIZE OUR TRUE IDENTITY ”⁶

THE THOUGHT PROCESS THAT FREES US:

THINK ABOUT THE FORCES, THE ENERGIES IN YOUR LIFE: CONSIDER THE “STAR WARS” MOVIE TRILOGY, A STORY OF THE FORCE AND THE DARK SIDE

In “The Empire Strikes Back”, Luke asks Yoda: “Is the Dark Side more powerful than the Force?”

“No”, replies Yoda, “It is quicker, easier, more seductive, but not more powerful.”

“How does one know when he’s with the Force?” asked Luke,

“When you are calm, and at peace. You use the Force only to defend, never attack.”

“I don’t believe, I can’t believe!!” cried Luke.

“That is why you fail. If you choose the quick, easy way like Vader, you will become an agent of evil. Don’t give in to hate, that leads to the Dark Side”, exclaimed Yoda.

“They don’t have a cemetery, Luke. We are their cemetery.” ⁷

We each have a FORCE and a DARK SIDE that makes up our being, our humanness

We are free to utilize whichever of these powers we choose to, and any time we wish.

Some might refer to these forces as our HIGHER POWER and our LOWER POWER, and which one we go with is totally our own choice.

CONSIDER THE ELECTRICAL CURRENT IN THE ROOM ...

IS THE ROOM WIRED FOR POWER? CAN YOU SEE IT?

IS IT THERE EVEN IF THE SWITCH IS “OFF”?

ARE YOU “WIRED” FOR POWER, EVEN THOUGH YOU MIGHT DENY IT OR FAIL TO UNDERSTAND IT?

IS THE “FORCE”/ “POWER” IN YOUR LIFE DEPENDENT ON HOW OTHERS VIEW YOU, OR IS IT THERE WHETHER YOU RECOGNIZE IT OR NOT?

PRIDE

Is it false pride that keeps us from growing beyond the boundaries that have been set for us by family, society, and government?

The wonderful mystery/detective storywriter, Laurence Saunders, eloquently states, in his book, “The First Deadly Sin”:

“Of the seven deadly sins, pride was surely the most deadly; compared to pride, the other six seem little more than physical excesses. But pride is a spiritual corruption, and worse, it has no boundaries, no limits, and can consume a man utterly”. ⁸

⁶ Above quotes are paraphrased from comments by J. Small and D. Epstein, D.C.

⁷ From “The Empire Strikes Back”, one of the “Star Wars” movies.

⁸ L Saunders, *The First Deadly Sin* (1975), Bantam Books, New York.



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Pride can keep us from realizing the power within us, because we are hesitant to move beyond our leash, to risk the unknown wrath of those we might pass by. Our scared, prideful selves will too often not question an untruth of another so as to gain acceptance from that other.

THE LEVELS OF THE POWER WITHIN EACH OF US

from “Chart of Human Nature,” J Small, *The Transformers: The Therapists of the Future* (1982), DeVross Co.

FORCE	QUALITY	LEVEL	BASIC URGE	MASTERY
1 st – to live	self preservation	order	fear	right action
2 nd – to feel	self-gratification	pleasure	passion	right feeling
3 rd – to know	self definition	analyze	compare identity	right thought
<i>Most do not go beyond this point.</i>				
4 th – to awaken	harmony of higher & lower nature	harmony thru conflict	self acceptance	self creation
5 th – to love truth	comprehend authentic self	work with higher mind	understanding	illumination
6 th – to love life	intuitive altruism	love higher state	compassion	revelation
7 th – to love self	self-mastery	love being	unity	transformation

THE LOWER POWER OF THE FIRST THREE FORCES - DIMENSIONS

“If this (1st) level cannot be transcended, for whatever reason, we become stuck in a fundamental, totally instinctive view of life that functions on a subhuman plane of consciousness, incapable of moving to a more integrated level. Stagnation sets in, and death becomes a secret wish, realized through alcoholism, druggism or a self-defeating co-dependency pattern ... or mere existence, passive, bitter, and without a zest for life. “

“If the third level is where we settle, we eventually lose our sense of identity ... become encased in the Lower Self ... our passions and desires ... self-repeating energy ... turning to the outside world to find our identity is how we LOSE ourselves, not FIND ourselves ... “⁹

Summary:¹⁰

THE FIRST 3 LEVELS ARE OUR LOWER POWER - THEY PROVIDE THE ENERGY OF SURVIVAL AND IDENTITY. MOST OF US DO NOT GO BEYOND THIS PLACE.

THE NEXT ONE - THE 4 TH - IS OUR AWAKENING TO OUR SELF-CREATION, OUR PLACE IN THE UNIVERSE - THE HARMONIZING OF OUR LOWER WITH OUR HIGHER NATURE.

⁹ J. Small, *ibid*.

¹⁰ This summary of J. Small’s theory of personal transformation was prepared by Bernard G. Breining, Dr.AD.



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IN THE FIFTH DIMENSION OR LEVEL, WE COME TO KNOW OUR REAL AND AUTHENTIC SELVES BY ANSWERING ONLY TO OUR HIGHEST CALLING BY RESPONDING TO THE TRUTH WE HAVE COME TO KNOW AND LOVE.

ON REACHING THE SIXTH AND SEVENTH DIMENSION, WE COME TO KNOW, APPRECIATE, AND LOVE ALL LIFE, OURSELVES, AND OTHERS THROUGH INTUITIVE WISDOM. OUR COMPASSIONATE UNDERSTANDING TRANSFORMS US, AND WE ARE AT ONE WITH OUR POWER AND THE UNIVERSE. WE HAVE MOVED FROM THE OUTER WORLD OF EXPERIENCE TO THE INNER WORLD OF WISDOM.

ACTION TO TAKE:
RE-DIRECT YOUR ENERGIES
TRANSFORM YOURSELVES

from : THE LIMITATIONS OF THE OUTER WORLD OF EXPERIENCE
(your LOWER nature - your STRIFE consciousness)

to: THE INNER WORLD OF WISDOM AND HARMONY
(your HIGHER nature - your HARMONY consciousness)

THE CHILD WITHIN

You do not have a child within, you are the child within, just as you are the adult within. You are the sum of all that you have been taught, all that you have learned, all that you have experienced, all that you have hoped for and realized, and all that you have hoped for and not realized.

You are only an ADULT CHILD if you stay in the lower, strife dimension of your true potential.

You do not require nor need to be EMPOWERED by anyone or anything outside of your own higher self. The self confidence that will come by moving to the next dimension is all the EMPOWERMENT you will ever need to become what you already are, in spite of all that has been done to keep you in that safe lower place where you don't make waves or rock the boat.

ABANDON THE EGO OF THE 3RD FORCE - AWAKEN AND SURRENDER TO THE HIGHER SELF - THE SELF YOU REALLY ARE - MOVE AND GROW TO THE TRUTH OF SELF.

MEDITATION EXERCISE

by Jacquelyn Small

USING YOUR IMAGING - THE POWER OF THE IMAGINATION
LET IT GO, LISTEN TO YOUR BREATHING, THE MUSIC

CLOSE YOUR EYES, GET EVERYTHING OFF YOUR LAP
GET INTO A RELAXED STATE, NOT HYPNOTIC

BREATH QUIETLY, EVEN BREATHS
BREATHING IN YOUR SPIRIT,
BREATHING OUT TENSION



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YOU HAVE A BODY, BUT YOU ARE NOT YOUR BODY,
YOU ARE GREATER THAN YOUR BODY

YOU HAVE EMOTIONS
GO TO THAT PLACE IN YOUR BODY WHERE YOU EXPERIENCE
EMOTIONS
YOU HAVE EMOTIONS, BUT YOU ARE NOT YOUR EMOTIONS

LET YOUR AWARENESS GO UP INTO YOUR MIND
YOU HAVE THOUGHTS, BUT YOU ARE NOT YOUR THOUGHTS

WE'RE GOING ON A JOURNEY

from J. Small, Exercise No. 15. 11

IMAGINE WALKING ALONG ON A SUNNY DAY,
NOTICE A GORGEOUS BUILDING ON YOUR RIGHT, IT'S A MUSEUM,
I HAVE LOTS OF TIME, I THINK I'LL GO IN;
PICTURE YOURSELF GOING UP THE STEPS OF THE MARBLE BUILDING;
NOTICE THE WORKS OF ART;
SENSE THE GENIUS THAT CREATED IT ALL;

YOU ARE A PART OF THAT BEAUTY, THAT GENIUS;
YOU ARE PART OF THAT CREATION, YOU TOO ARE A CREATOR;
YOU DO CREATE WELL, MAYBE NOT ART, BUT SOMETHING;

WHAT IS IT YOU DO CREATE; THINK ABOUT IT ...

WALKING ALONG, YOU NOTICE A STATUE, SILHOUETTED IN THE SUNLIGHT, YOU
WALK TOWARD IT, IT SEEMS TO BE DRAWING YOU TOWARD IT,

AS YOU GET CLOSER, YOU NOTICE IT IS A STATUE OF YOUR VERY HIGHEST, MOST
BEAUTIFUL SELF, THIS IS YOUR PERFECTION

YOU STAND THERE IN AWE, LOOKING AT THIS PERFECT BEING;

NOTICE IT'S STANCE, HOW ITS DRESSED, THE LOOK ON ITS FACE,

REALIZE IT'S STEPPING OFF THE PEDESTAL, AND WALKING TOWARD YOU, BECOMING
HUMAN, SPEAKING TO YOU AND GIVING YOU A MESSAGE ABOUT YOURSELF,

LISTEN CAREFULLY TO WHAT IT SAYS TO YOU .. IT SAYS IT HAS A GIFT FOR YOU
THAT WILL ALLOW YOU TO LIVE THIS LIFE IN A MORE PERFECTED WAY.

IT HANDS YOU SOMETHING
AND YOU INSTINCTIVELY KNOW WHAT IT'S FOR;
IMAGINE YOURSELF WITH THIS OTHER SELF, IMAGINE WHAT YOU ARE TALKING
ABOUT;



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FEEL THE TRUTH;

NOW VERY GRADUALLY, IT STEPS BACK AND RETURNS TO THE PEDESTAL, TAKES THE FORM OF THE STATUE AGAIN, AND YOU LOOK AT IT,

AND YOU REALIZE THAT IT IS YOU;
YOUR PERFECT SELF, THE REAL YOU

YOU AFFIRM THAT YOU WILL COMMIT TO BECOMING MORE LIKE WHAT YOU REALLY ARE,

THAT YOU HAVE WITHIN YOU WHAT IT WILL TAKE TO BECOME THE REAL YOU,

BE FILLED WITH THAT SPIRIT, BE WILLING TO KNOW WHAT YOU TRULY ARE;

WITH A GREAT SENSE OF WELL-BEING,

FOCUS AGAIN ON YOUR BODY,

COME BACK INTO YOUR BODY HERE IN THIS ROOM,

FOCUS ON YOUR BREATHING,

WHEN YOU ARE READY, OPEN YOUR EYES AND

TAKE YOUR PAPER AND WRITE DOWN WHAT YOU FEEL;

THAT WHICH YOU DON'T WANT TO LOSE,

THIS IS A JUST A NOTE TO YOURSELF,
YOU DON'T HAVE TO SHARE WITH ANYONE IF YOU DON'T WANT TO,

NOW RELAX AGAIN,

FACE THE PERSON CLOSEST TO YOU, AND SHARE WITH ONE ANOTHER, LISTEN TO ONE ANOTHER, SHARE IF YOU WISH.

Did you get into a different level of consciousness; did you feel you left your body; another time frame; became cellular; any planetary visions; what were you given? Do you want to share that? What does it mean?

“THE JOURNEY BEYOND ADDICTION; BEYOND ABSTINENCE”

from Chapter 10 in *THE TRANSFORMERS* by Jacqueline Small

" Many abstinent alcoholics show signs of stagnation, resentment, and a general unhappiness that may be related to the cessation of personal growth. "



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" Each and every one of us is perfectly designed to be one-of-a-kind... a fact many of us forget as we continually search for people to copy and to please. Realizing this one-of-a-kind potential IS the journey; it is the meaning and purpose of our lives." ¹²

Journey toward the TRUE SELF

from identifying with our little ego to identifying with our
HIGHER SELF that is connected to the SOURCE of ALL THAT IS :

PERSONAL DIMENSION:

Selfishness of self-understanding and the pursuit of personal goals that enables us to form a well-integrated, creative personality that can enter into relationships with others in a loving manner.

We MUST develop this SELF in order to give this SELF to others ... we can then forgive ourselves and each other, and move on, away from the past.

INTERPERSONAL DIMENSION:

We learn to know and trust ourselves; we begin to be able to love and become conscious of our responsibility within a family or group; we become INTERDEPENDENT; issues of ISOLATION and INTIMACY are dealt with.

TRANSPERSONAL DIMENSION:

Our consciousness is no longer captivated by the pains and pleasures of ego; we begin to identify with our HUMANKIND;

Our needs become secondary to a desire to serve; this condition creates an energy level from the SUPERCONSCIOUSNESS of the HIGHER SELF

That seeks completion and achievement of the TRUE SELF, the SPIRITUAL SELF, the CREATIVE, SELF-EXPRESSIVE ME that is uplifted by an overwhelming sense of meaning, purpose and gratitude ... we really are CONNECTED to ALL THAT IS.

We seek clarity of vision and a sense of freedom and harmony which comes from transcending our ego's limited point of view.

Attachments to addictions become painful, boring and distracting

SUGGESTED ADDITIONAL READING

-
- ❑ L Bissell and JE Royce, *Ethics for Addiction Professionals* (1987), Hazelden
 - ❑ J Kottler and DS Blau, *The Imperfect Therapist* (1989), Jossey-Bass Publishers.
 - ❑ GW Lawson, DC Ellis and PC Rivers, *Essentials of Chemical Dependency Counseling* (1984), Aspen Publishers, Inc.
 - ❑ MS Peck, *The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth* (1978), Simon and Schuster

¹² J. Small, Ibid



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- J Small, *The Transformers: The Therapists of the Future* (1982), DeVross Co.
- HH Strupp and SW Hadley, "Negative Effects and Their Determinants" in DT Mays and CM Franks (eds) *Negative Outcome in Psychotherapy and What to Do About It* (1985), Springer.

ACKNOWLEDGEMENTS

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CONTINUING EDUCATION (CE) EXAMINATION QUESTIONS
Course No. CE1501 – Personal Growth for the Counselor

You are encouraged to refer to the Course Material when answering these questions. 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 70% correct answers is required to receive Continuing Education credit. GOOD LUCK!

QUESTIONS

1. The training of a counselor begins:
 - a. In infancy.
 - b. In high school.
 - c. In college.
 - d. In graduate school.

2. A survey of prominent therapists resulted in a definition of “failure in therapy” which did not include the following:
 - a. Lowered self-esteem.
 - b. Increased guilt.
 - c. Disregard of financial obligations.
 - d. Excessive dependency on the therapist.

3. Failure can accomplish which of the following:
 - a. Promotes reflection.
 - b. Stimulates change.
 - c. Teaches humility.
 - d. All of the above.

4. Which of the following is not a stage of confronting failure identified by Kottler and Blau:
 - a. Illusion.
 - b. Search.
 - c. Rescue.
 - d. Application.

5. Which of the following is not a goal of personal growth examination identified by BG Breining:
 - a. Move out of our fixed, safe, survival dimension.
 - b. Identify the cause(s) of our current state of being.
 - c. Expand our perspective.
 - d. Arrive at a place where we will trust our inner power.

6. The postal stamp price increase story was provided to illustrate:
 - a. That we shouldn’t believe anything that is reported by the media.
 - b. That we shouldn’t believe anything that the postal service tells us.
 - c. That we should be careful in relying on “factual statements,” even when those statements come from recognized sources of information.
 - d. That a 10% increase in the price of mailing a first class letter is too much.



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7. In order to grow personally, it is suggested that we:
 - a. Rely on others to provide us with accurate information.
 - b. Examine things ourselves.
 - c. Both A and B.
 - d. Neither A nor B.

8. Within the “Chart of Human Nature” suggested by J. Small, which are the first three forces:
 - a. To live, to feel, to know.
 - b. To know, to awaken, to love truth.
 - c. To love life, to love self, to live.
 - d. None of the above.

9. Regarding our “Levels of Power,” J. Small:
 - a. Suggests that we stay at the Level 3 to make sure that we survive.
 - b. Suggests that we stay at the Level 4 so that we don’t lose our sense of identity.
 - c. Suggests that we stay at the Level 1, and just visit the Levels 2 through 7 from time to time.
 - d. None of the above.

10. Which of the following is not a sign of cessation of personal growth demonstrated by many abstinent alcoholics:
 - a. Stagnation.
 - b. Resentment.
 - c. Anger.
 - d. General unhappiness.

This is a ten-question examination. Answer Questions 1 through 10 for full CE credit in this course. Questions 11 through 21 have been omitted.



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CONTINUING EDUCATION (CE) ANSWER SHEET

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Answers (circle correct answer):

- | | | |
|------------|-------------|-------------|
| 1. A B C D | 8. A B C D | 15. A B C D |
| 2. A B C D | 9. A B C D | 16. A B C D |
| 3. A B C D | 10. A B C D | 17. A B C D |
| 4. A B C D | 11. A B C D | 18. A B C D |
| 5. A B C D | 12. A B C D | 19. A B C D |
| 6. A B C D | 13. A B C D | 20. A B C D |
| 7. A B C D | 14. A B C D | 21. A B C D |

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