

Pre/Post-Assessment Form (Updated: 25 January 2007)

**Treatnet Training Volume B:
Elements of Psychosocial Treatment**

Please take 30 minutes to complete the following pre/post-assessment form. Your responses are completely confidential. The goal of these assessments is to evaluate the effectiveness of the capacity building program and the training activities, not to evaluate you personally. Your responses are very important to us. Please do not hesitate to ask the assigned person if you have any questions.

Name: _____

Name of your Centre: _____

Volume B, Module 1: Drug Addiction and Basic Counselling Skills

1. Psychosis is associated with which category of drugs:
 - a. ☐ Opiates
 - b. ☐ Alcohol
 - c. ☐ Amphetamine
 - d. ☐ All of the above
2. Withdrawal symptoms may include:
 - a. ☐ Cognitive and attention improvement
 - b. ☐ Tremors, chills
 - c. ☐ Emotional problems
 - d. ☐ b and c are correct
3. Some of the principles of effective treatment are:
 - a. ☐ No single treatment is appropriate for all people
 - b. ☐ Detoxification is effective and no other treatments are necessary
 - c. ☐ Use of urine testing to monitor drug use
 - d. ☐ a and c are correct
4. Some of the basic clinical skills used in counselling are:
(select only one option)
 - a. ☐ Listening (attending, paraphrasing, reflecting feelings, etc.)
 - b. ☐ Processing (mentally catalogue data)
 - c. ☐ Responding (providing empathy, probing, interpreting, silence)
 - d. ☐ Teaching (repetition, practice, explore resistance, etc.)
 - e. ☐ All of the above

5. When working with a client's family members, a clinician should:
- a. ☐ Disclose details of the client's treatment to family members
 - b. ☐ Request permission of the client to disclose any details of the treatment with the family
 - c. ☐ Have a "release of information" form from the client before disclosing any information to family members
 - d. ☐ b and c are correct

Volume B, Module 2: Motivating Clients for Treatment and Addressing Resistance

6. People change their drug use behaviour only if:
- a. ☐ They experience the negative consequences of their drug use
 - b. ☐ They feel internal motivation to change
 - c. ☐ They get help from others
 - d. ☐ None of the above is completely true; drug use is complex and change is different for each person
7. The Stages of Change include the following:
- a. ☐ Relapse
 - b. ☐ Pre-contemplation, contemplation, and preparation
 - c. ☐ Action and maintenance
 - d. ☐ All of the above
8. Arguing with a client about his/her drug use is a technique that:
- a. ☐ Is a useful way to help clients
 - b. ☐ Is always motivational
 - c. ☐ Is not a motivational interviewing strategy
 - d. ☐ All of the above are true
9. The following techniques are considered to be motivational:
- a. ☐ Exploring the pros and cons of drug use
 - b. ☐ Referring the client to another place
 - c. ☐ Developing discrepancy in a client
 - d. ☐ responses a and c are correct
10. A solid treatment plan:
- a. ☐ Provides the client with an opportunity to consider what they did in the past
 - b. ☐ Provides the client with an opportunity to plan their recovery activities
 - c. ☐ Is unnecessary for most clients
 - d. ☐ Responses b and c are both correct

Volume B, Module 3: Cognitive Behavioural and Relapse Prevention Strategies

11. Cognitive behavioural therapy attempts to reduce the following:
- a. ☐ Excessive emotional reactions
 - b. ☐ Drug use
 - c. ☐ Erroneous thinking and maladaptative beliefs
 - d. ☐ All of the above
12. Within a CBT framework, addiction is:
- a. ☐ A hereditary disease
 - b. ☐ A social problem
 - c. ☐ A learned behaviour
 - d. ☐ A motivational problem
13. According to the principles of reinforcement, the faster the positive and negative reinforcements follow the behaviour:
- a. ☐ The weaker the behaviour becomes
 - b. ☐ The stronger the behaviour becomes
 - c. ☐ It may be weaker or stronger, we never know
 - d. ☐ All of the above are correct
14. Indicate 2 internal and 2 external triggers for drug use:
- a. (internal):
 - b. (internal):
 - c. (external):
 - d. (external):
15. Indicate some strategies that people who use drugs can employ to cope with craving:
- a.
 - b.
 - c.