

# **PRACTICE EXAM 14: ALCOHOL AND DRUG COUNSELOR SIMULATION (150 QUESTIONS)**

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*This 150-question practice examination is modeled on the IC&RC ADC blueprint: Scientific Principles (25%), Screening and Assessment (20%), Treatment, Counseling, and Referral (30%), and Professional, Ethical, and Legal Responsibilities (25%). Allow three hours. Select the single best answer for each question. This is an original study aid, not an official examination.*

1. A counselor is reviewing a new client scenario. A client needs increasing amounts of a substance to obtain the same effect. This most directly describes
  - A. tolerance
  - B. remission
  - C. intoxication
  - D. withdrawal
  
2. In planning evidence-based support, consider this question. The substance-use process most closely associated with reinforcement and craving involves the brain's
  - A. visual pathways
  - B. reward pathways
  - C. motor reflexes
  - D. language centers
  
3. When considering client safety and recovery needs, review the following. Which presentation is most consistent with opioid overdose?
  - A. Dilated pupils with agitation
  - B. High fever with pressured speech

- C. Rapid breathing with tremor
- D. Slow breathing with markedly reduced responsiveness

4. Within an ethically responsive counseling session, consider the case. A client who stops heavy alcohol use and develops tremor, sweating, and anxiety is most likely experiencing

- A. cannabis intoxication
- B. alcohol tolerance
- C. alcohol withdrawal
- D. opioid intoxication

5. A counselor is reviewing a new client scenario. Cross-tolerance is most likely between alcohol and

- A. cannabis
- B. benzodiazepines
- C. cocaine
- D. hallucinogens

6. In planning evidence-based support, consider this question. Which substance category is most associated with increased alertness, insomnia, and sympathetic activation?

- A. stimulants
- B. dissociatives
- C. opioids
- D. sedatives

7. When considering client safety and recovery needs, review the following. Pinpoint pupils and slowed respiration are classic findings of

- A. stimulant intoxication
- B. cannabis use

- C. opioid intoxication
- D. alcohol withdrawal

**8.** Within an ethically responsive counseling session, consider the case. A client reports insomnia, increased appetite, and irritability after stopping daily cannabis use. The best interpretation is

- A. possible cannabis withdrawal
- B. proof of opioid overdose
- C. evidence of alcohol intoxication
- D. a normal sign of remission

**9.** A counselor is reviewing a new client scenario. A major risk factor for substance use disorder is

- A. using coping skills consistently
- B. attending preventive care
- C. having a stable support system
- D. a family history of substance-related problems

**10.** In planning evidence-based support, consider this question. Repeated exposure to traumatic events can increase risk for substance use because substances may be used to

- A. replace medical assessment
- B. manage distressing internal experiences
- C. eliminate all grief
- D. improve long-term memory

**11.** When considering client safety and recovery needs, review the following. Which finding warrants prompt medical evaluation during alcohol withdrawal?

- A. A request for a support meeting
- B. Confusion with a history of withdrawal seizures

- C. Mild boredom after work
- D. Interest in journaling

**12.** Within an ethically responsive counseling session, consider the case. The term craving refers to

- A. a strong urge or desire to use a substance
- B. a completed treatment plan
- C. a medication allergy
- D. a confirmed diagnosis

**13.** A counselor is reviewing a new client scenario. A progressive substance-use disorder is best understood as

- A. a condition cured by confrontation
- B. a fixed moral failing
- C. a pattern that can worsen in impact and control over time
- D. a single isolated choice

**14.** In planning evidence-based support, consider this question. Which effect is most characteristic of central nervous system depressants?

- A. Marked pupil dilation only
- B. Increased energy and wakefulness
- C. Improved judgment under stress
- D. Slowed reaction time and impaired coordination

**15.** When considering client safety and recovery needs, review the following. Combining alcohol with other sedating substances is especially dangerous because it may

- A. prevent all withdrawal
- B. guarantee sobriety

- C. increase respiratory depression
- D. eliminate overdose risk

**16.** Within an ethically responsive counseling session, consider the case. A clinician should consider co-occurring conditions when a client presents with

- A. a stable recovery plan
- B. only a desire for information
- C. a completed discharge summary
- D. substance-use symptoms and persistent mental-health symptoms

**17.** A counselor is reviewing a new client scenario. Which condition can complicate substance-use treatment by affecting concentration and sleep?

- A. anxiety disorder
- B. a preferred learning style
- C. a signed release
- D. a transportation route

**18.** In planning evidence-based support, consider this question. A client has jaundice, abdominal swelling, and a history of prolonged heavy drinking. The counselor should recognize possible

- A. evidence of treatment completion
- B. liver disease requiring medical evaluation
- C. a harmless counseling reaction
- D. routine caffeine withdrawal

**19.** When considering client safety and recovery needs, review the following. The safest counselor response to suspected overdose is to

- A. promise confidentiality without limits

- B. ask the client to sleep it off
- C. activate emergency response according to policy
- D. conduct a lengthy assessment first

**20.** Within an ethically responsive counseling session, consider the case. Which statement best reflects the disease model of addiction?

- A. People choose every symptom
- B. Substance use disorder involves changes in health and functioning, not simply willpower
- C. Shame is the main intervention
- D. Relapse proves treatment failed

**21.** A counselor is reviewing a new client scenario. A substance that produces hallucinations and altered perception is classified as a

- A. hallucinogen
- B. stimulant
- C. opioid
- D. sedative

**22.** In planning evidence-based support, consider this question. Which factor is most protective against escalating substance-related harm?

- A. untreated trauma
- B. social isolation
- C. frequent intoxication
- D. supportive relationships and effective coping skills

**23.** When considering client safety and recovery needs, review the following. Withdrawal symptoms generally occur when

- A. a referral is accepted
- B. a support person calls
- C. treatment goals are written
- D. regular substance exposure is reduced or stopped

**24.** Within an ethically responsive counseling session, consider the case. Which sign is commonly associated with stimulant intoxication?

- A. Pinpoint pupils and nodding
- B. Agitation with rapid speech and insomnia
- C. Slowed breathing and sedation
- D. Marked coordination loss from alcohol

**25.** A counselor is reviewing a new client scenario. A counselor uses person-first language primarily to

- A. remove client choice
- B. replace assessment
- C. reduce stigma and support respectful care
- D. avoid documenting concerns

**26.** In planning evidence-based support, consider this question. The relationship between substance use and mental health is best described as

- A. often interactive and requiring integrated assessment
- B. resolved by one screening item
- C. always unrelated
- D. explained only by motivation

**27.** When considering client safety and recovery needs, review the following. A client who continues use despite serious consequences may be showing

- A. evidence of stable remission
- B. successful harm reduction only
- C. impaired control characteristic of substance use disorder
- D. a completed recovery plan

**28.** Within an ethically responsive counseling session, consider the case. Which approach is appropriate when medical symptoms may be substance related?

- A. Change prescribed medication independently
- B. Encourage timely medical assessment within the counselor's scope
- C. Assure the client nothing is wrong
- D. Provide a medical diagnosis

**29.** A counselor is reviewing a new client scenario. Increased dose requirements after repeated use reflect

- A. neuroadaptation associated with tolerance
- B. confidentiality
- C. case management
- D. informed consent

**30.** In planning evidence-based support, consider this question. A client reports blackouts after drinking. The counselor should recognize that blackouts involve

- A. a guaranteed seizure disorder
- B. evidence of abstinence
- C. normal sleep only
- D. memory impairment during intoxication

**31.** When considering client safety and recovery needs, review the following. Which factor can increase overdose risk after abstinence?

- A. Reduced tolerance followed by return to prior dosing
- B. Improved sleep hygiene
- C. Using recovery supports
- D. Attending counseling regularly

**32.** Within an ethically responsive counseling session, consider the case. Co-occurring disorder screening is important because

- A. it replaces a clinical interview
- B. it proves causation
- C. it removes the need for referrals
- D. untreated symptoms can affect engagement and recovery planning

**33.** A counselor is reviewing a new client scenario. Which is a psychosocial effect of substance use?

- A. Improved family communication
- B. Strained relationships and role impairment
- C. Guaranteed resilience
- D. Automatic employment stability

**34.** In planning evidence-based support, consider this question. The counselor should avoid assuming a client's substance use is caused by

- A. available coping resources
- B. a complex interaction of risks
- C. one single factor without assessment
- D. current stressors

**35.** When considering client safety and recovery needs, review the following. A return to use should be viewed first as

- A. a reason to abandon care
- B. proof of bad character
- C. automatic discharge
- D. a clinical event requiring reassessment and support

**36.** Within an ethically responsive counseling session, consider the case. Which symptom may indicate sedative intoxication?

- A. Persistent pupil dilation
- B. Slurred speech and unsteady gait
- C. Heightened vigilance
- D. Racing thoughts only

**37.** A counselor is reviewing a new client scenario. A client with severe depression and substance use needs

- A. a counselor diagnosis outside scope
- B. confrontation without support
- C. integrated attention to safety and co-occurring needs
- D. separate assessment of only the substance

**38.** In planning evidence-based support, consider this question. The term remission generally refers to

- A. a period when disorder criteria are no longer fully met
- B. a permanent guarantee against relapse
- C. a substitute for recovery supports
- D. an immediate cure after detoxification

**39.** When considering client safety and recovery needs, review the following. The primary purpose of screening is to

- A. determine moral worth
- B. make a final diagnosis
- C. replace informed consent
- D. identify whether further assessment is indicated

**40.** Within an ethically responsive counseling session, consider the case. Motivational interviewing is most consistent with

- A. giving unsolicited lectures
- B. argument and confrontation
- C. collaborative exploration of ambivalence
- D. making decisions for the client

**41.** A counselor is reviewing a new client scenario. An open-ended question is most useful because it

- A. avoids all follow-up
- B. invites the client to describe experience in their own words
- C. tests the client's memory
- D. requires only yes or no

**42.** In planning evidence-based support, consider this question. A comprehensive biopsychosocial assessment includes

- A. medical, psychological, social, and substance-use information
- B. only employment history
- C. only family opinions
- D. only drug-test results

**43.** When considering client safety and recovery needs, review the following. Collateral information should be obtained

- A. with appropriate consent or another legal basis
- B. whenever a counselor is curious
- C. without discussing confidentiality
- D. instead of speaking with the client

**44.** Within an ethically responsive counseling session, consider the case. When self-report conflicts with other information, the counselor should

- A. end the assessment immediately
- B. explore the discrepancy respectfully
- C. accuse the client of lying
- D. ignore all other data

**45.** A counselor is reviewing a new client scenario. Drug-test results are best used as

- A. a substitute for clinical judgment
- B. the sole measure of recovery
- C. proof of motivation
- D. one source of information interpreted in context

**46.** In planning evidence-based support, consider this question. A counselor selects a validated screening instrument primarily to

- A. replace treatment planning
- B. guarantee a diagnosis
- C. improve systematic identification of potential concerns
- D. avoid talking with the client

**47.** When considering client safety and recovery needs, review the following. The first priority when a client reports suicidal intent is to

- A. promise secrecy
- B. assess immediate safety and follow crisis procedures
- C. continue routine paperwork
- D. schedule a later discussion

**48.** Within an ethically responsive counseling session, consider the case. Assessment of level of care should consider

- A. severity, functioning, safety, and support needs
- B. only insurance preference
- C. only the counselor's schedule
- D. only a single test score

**49.** A counselor is reviewing a new client scenario. A culturally responsive assessment requires the counselor to

- A. assume all families are alike
- B. avoid discussing identity
- C. apply stereotypes
- D. ask how culture and context shape the client's experience

**50.** In planning evidence-based support, consider this question. The most appropriate response to a vague answer is to

- A. change the subject
- B. fill in missing details
- C. use gentle probing and clarification
- D. treat the answer as consent

**51.** When considering client safety and recovery needs, review the following. A screening result suggesting risk should lead to

- A. automatic exclusion from services
- B. a public disclosure
- C. further assessment or an appropriate referral
- D. an immediate diagnosis without review

**52.** Within an ethically responsive counseling session, consider the case. Diagnostic criteria should be applied by

- A. counting only legal consequences
- B. using established standards within professional scope
- C. ignoring functional impairment
- D. relying on personal impressions alone

**53.** A counselor is reviewing a new client scenario. The assessment interview should begin by

- A. collecting collateral without notice
- B. demanding disclosure
- C. announcing a diagnosis
- D. explaining purpose, limits, and client participation

**54.** In planning evidence-based support, consider this question. When evaluating readiness for change, the counselor should focus on

- A. the client's own statements about goals and ambivalence
- B. forcing a commitment
- C. predicting failure
- D. avoiding client preferences

**55.** When considering client safety and recovery needs, review the following. A client denies problems despite recent consequences. The best initial approach is

- A. reflect the discrepancy without arguing
- B. label the client resistant
- C. insist on agreement
- D. threaten discharge

**56.** Within an ethically responsive counseling session, consider the case. A strengths-based assessment includes

- A. only test scores
- B. only past failures
- C. only deficits and diagnoses
- D. resources, resilience, and supports as well as needs

**57.** A counselor is reviewing a new client scenario. When immediate medical risk is suspected, the counselor should

- A. wait for the next session
- B. attempt medical treatment
- C. facilitate urgent evaluation according to protocol
- D. minimize the symptoms

**58.** In planning evidence-based support, consider this question. The purpose of informed consent in assessment is to

- A. replace documentation
- B. support an informed and voluntary decision to participate
- C. permit unlimited disclosure
- D. guarantee a desired outcome

**59.** When considering client safety and recovery needs, review the following. A useful follow-up to a positive alcohol screen is to

- A. make a moral judgment
- B. assess pattern, consequences, withdrawal, and safety
- C. assume the level of care
- D. ignore co-occurring symptoms

**60.** Within an ethically responsive counseling session, consider the case. Assessment should be updated when

- A. the client is doing well
- B. the original form is complete
- C. a counselor changes jobs
- D. new information or significant changes affect care needs

**61.** A counselor is reviewing a new client scenario. The counselor should document assessment findings in a way that is

- A. unrelated to services
- B. based on gossip
- C. objective, relevant, and timely
- D. speculative and judgmental

**62.** In planning evidence-based support, consider this question. A client reports domestic violence. The assessment should include

- A. immediate safety needs and available supports
- B. pressure to disclose every detail
- C. a conclusion that use caused violence
- D. a guarantee of secrecy

**63.** When considering client safety and recovery needs, review the following. A level-of-care decision is strongest when it is based on

- A. one family member's opinion
- B. one preferred program
- C. a single demographic trait
- D. multiple relevant dimensions of client need

**64.** Within an ethically responsive counseling session, consider the case. When using an interpreter, the counselor should

- A. skip consent discussion
- B. speak only to the interpreter
- C. use a qualified interpreter and address the client directly
- D. ask a child to translate

**65.** A counselor is reviewing a new client scenario. The purpose of a mental-status observation is to

- A. record relevant appearance, mood, thought, and behavior findings
- B. diagnose outside scope
- C. replace client self-report
- D. judge personality

**66.** In planning evidence-based support, consider this question. If a client appears intoxicated for an assessment, the counselor should first

- A. obtain a treatment promise
- B. evaluate safety and capacity to participate
- C. complete every form quickly
- D. ignore observable impairment

**67.** When considering client safety and recovery needs, review the following. A trauma-informed assessment emphasizes

- A. treating trauma as irrelevant
- B. demanding detailed trauma narratives
- C. challenging every emotion
- D. safety, choice, collaboration, and avoiding retraumatization

**68.** Within an ethically responsive counseling session, consider the case. The best use of a referral source during assessment is to

- A. let the source make all decisions
- B. ignore the client's perspective
- C. clarify available information while protecting confidentiality
- D. share all records automatically

**69.** A counselor is reviewing a new client scenario. A counselor builds rapport most effectively by

- A. demonstrating empathy, respect, and consistent follow-through
- B. making assumptions
- C. promising guaranteed outcomes
- D. arguing about labels

**70.** In planning evidence-based support, consider this question. Reflective listening is used to

- A. communicate understanding and invite deeper exploration
- B. correct every statement
- C. avoid responding
- D. direct the client to agree

**71.** When considering client safety and recovery needs, review the following. A treatment-plan goal should be

- A. unrelated to assessment

- B. collaborative, meaningful, and linked to assessed needs
- C. written only by the counselor
- D. phrased as a punishment

72. Within an ethically responsive counseling session, consider the case. A measurable objective describes

- A. a vague hope only
- B. a counselor preference
- C. a specific change or action that can be reviewed
- D. a permanent guarantee

73. A counselor is reviewing a new client scenario. In crisis de-escalation, the counselor should first

- A. debate the client
- B. raise their voice
- C. leave without a plan
- D. use calm communication and assess immediate safety

74. In planning evidence-based support, consider this question. A referral is most appropriate when

- A. the counselor dislikes the client
- B. a need exceeds available services or counselor competence
- C. the client asks a difficult question
- D. documentation is delayed

75. When considering client safety and recovery needs, review the following. Effective case management includes

- A. replacing all counseling
- B. giving a list without discussion

- C. making choices without consent
- D. linking clients with resources and following up on access

76. Within an ethically responsive counseling session, consider the case. A relapse-prevention plan should identify

- A. triggers, warning signs, coping responses, and supports
- B. a promise never to struggle
- C. a fixed discharge date
- D. only past mistakes

77. A counselor is reviewing a new client scenario. When a client expresses ambivalence, the counselor should

- A. demand immediate action
- B. explore both sides and elicit change talk
- C. dismiss concerns
- D. argue for abstinence only

78. In planning evidence-based support, consider this question. A group facilitator promotes cohesion by

- A. ignoring confidentiality
- B. allowing personal attacks
- C. setting clear norms and encouraging respectful participation
- D. speaking for every member

79. When considering client safety and recovery needs, review the following. When a client becomes tearful in session, the best initial response is to

- A. offer a diagnosis
- B. change topics immediately

- C. acknowledge emotion and invite the client to say more
- D. tell the client to stop crying

**80.** Within an ethically responsive counseling session, consider the case. A counselor uses reframing to

- A. offer a different, constructive perspective on an experience
- B. deny the client's reality
- C. assign blame
- D. avoid listening

**81.** A counselor is reviewing a new client scenario. Discharge planning should begin

- A. after all supports are removed
- B. when the client is absent
- C. only after the final session
- D. early and be updated throughout care

**82.** In planning evidence-based support, consider this question. A recovery-oriented referral should be based on

- A. a single recovery pathway
- B. the client's goals, needs, preferences, and access
- C. the most distant provider
- D. the counselor's personal preference

**83.** When considering client safety and recovery needs, review the following. When a client has limited transportation, the counselor should

- A. withdraw services
- B. assume noncompliance
- C. ignore the barrier

D. collaborate on realistic service-access options

**84.** Within an ethically responsive counseling session, consider the case. A counselor addressing resistance should avoid

- A. power struggles and shaming language
- B. open questions
- C. reflective listening
- D. affirmations

**85.** A counselor is reviewing a new client scenario. The best response to a missed appointment is to

- A. assume lack of motivation
- B. automatically terminate services
- C. reach out according to policy with supportive, nonjudgmental language
- D. publicly discuss absence

**86.** In planning evidence-based support, consider this question. A client requests medication information beyond counselor scope. The counselor should

- A. provide a medical clearance
- B. facilitate consultation with a qualified prescriber
- C. recommend a dosage
- D. discourage all medication

**87.** When considering client safety and recovery needs, review the following. In family involvement, the counselor should

- A. assume family participation is always desired
- B. obtain consent and clarify each person's role
- C. share records freely

D. exclude the client from planning

**88.** Within an ethically responsive counseling session, consider the case. A trauma-informed counseling stance includes

- A. prioritizing safety, choice, and collaboration
- B. forcing exposure to trauma memories
- C. equating silence with refusal
- D. using confrontation first

**89.** A counselor is reviewing a new client scenario. A client in recovery asks about peer support. The best response is to

- A. insist on one program
- B. promise peer support replaces treatment
- C. explore options that fit the client's preferences and goals
- D. dismiss peer support

**90.** In planning evidence-based support, consider this question. A counselor should use feedback most effectively when it is

- A. used to shame
- B. given without listening
- C. vague and punitive
- D. specific, respectful, and connected to client goals

**91.** When considering client safety and recovery needs, review the following. The appropriate response to a housing crisis is to

- A. treat housing as unrelated to recovery
- B. address immediate safety and connect the client to resources

- C. assume the client can solve it alone
- D. postpone discussion indefinitely

**92.** Within an ethically responsive counseling session, consider the case. A group member dominates discussion. The facilitator should

- A. redirect respectfully to create space for others
- B. humiliate the member
- C. ignore the pattern
- D. end the group

**93.** A counselor is reviewing a new client scenario. A counselor uses summarizing to

- A. close off discussion
- B. introduce unrelated topics
- C. replace assessment
- D. organize key points and check shared understanding

**94.** In planning evidence-based support, consider this question. When treatment progress stalls, the counselor should

- A. end care without discussion
- B. blame the client
- C. review barriers, goals, and interventions collaboratively
- D. repeat the same plan without review

**95.** When considering client safety and recovery needs, review the following. A client-centered treatment plan reflects

- A. only family demands
- B. only program rules

- C. only the counselor's goals
- D. the client's stated priorities and informed choices

**96.** Within an ethically responsive counseling session, consider the case. A counselor should respond to a client's cultural concern by

- A. asking respectful questions and adapting care when appropriate
- B. assuming cultural meaning
- C. requiring the client to educate everyone
- D. avoiding the topic

**97.** A counselor is reviewing a new client scenario. The purpose of a warm handoff is to

- A. guarantee acceptance
- B. support connection to another service rather than merely provide a contact
- C. transfer responsibility without notice
- D. avoid documentation

**98.** In planning evidence-based support, consider this question. A client discloses escalating urges to use. The counselor should

- A. treat it as a disciplinary issue
- B. tell the client urges are unimportant
- C. review the safety and relapse-prevention plan promptly
- D. wait until the next month

**99.** When considering client safety and recovery needs, review the following. A helpful coping-skills intervention is to

- A. practice a specific strategy before a high-risk situation occurs
- B. wait for a crisis to begin

- C. avoid discussing triggers
- D. tell the client to use willpower only

**100.** Within an ethically responsive counseling session, consider the case. When a client needs a service not offered by the program, the counselor should

- A. give advice outside competence
- B. pretend the service is available
- C. provide an appropriate referral and coordinate with consent
- D. withhold options

**101.** A counselor is reviewing a new client scenario. The counselor should terminate counseling when

- A. the counselor feels impatient
- B. documentation is complete
- C. the client asks a question
- D. goals are met, care is transferred, or services are no longer appropriate

**102.** In planning evidence-based support, consider this question. A client reports vicarious-trauma-like stress in a helping role. A helpful response is to

- A. discourage supervision
- B. explore support, boundaries, and referral needs
- C. promise it will resolve alone
- D. tell the client to ignore it

**103.** When considering client safety and recovery needs, review the following. In a group, confidentiality should be explained as

- A. unnecessary in treatment
- B. an expectation members agree to, with limits on the counselor's control

- C. a reason to avoid groups
- D. an absolute guarantee by all members

**104.** Within an ethically responsive counseling session, consider the case. A counselor responding to anger should

- A. threaten discharge
- B. match the client's volume
- C. remain regulated and validate the underlying experience without endorsing harm
- D. argue about facts

**105.** A counselor is reviewing a new client scenario. The best first step after identifying a client strength is to

- A. ignore it to focus on deficits
- B. replace all goals with praise
- C. treat it as proof no help is needed
- D. incorporate it into the recovery plan

**106.** In planning evidence-based support, consider this question. A client with limited literacy needs materials. The counselor should

- A. use plain language and check understanding
- B. provide more jargon
- C. assume reading comprehension
- D. avoid written supports entirely

**107.** When considering client safety and recovery needs, review the following. A counselor should coordinate with a multidisciplinary team by

- A. sharing all details freely

- B. sharing relevant information within consent and role boundaries
- C. giving orders outside scope
- D. excluding the client from care

**108.** Within an ethically responsive counseling session, consider the case. A client asks for a different counselor. The appropriate response is to

- A. treat the request as disloyalty
- B. share the issue with other clients
- C. refuse without discussion
- D. explore the request respectfully and follow program procedures

**109.** A counselor is reviewing a new client scenario. A plan for recovery support after discharge should include

- A. specific connections, follow-up, and contingency steps
- B. no client input
- C. a promise of no future problems
- D. only a verbal goodbye

**110.** In planning evidence-based support, consider this question. When a client is in acute distress, counseling interventions should be

- A. focused on intensive insight first
- B. delayed without reason
- C. grounded in safety, stabilization, and available supports
- D. based on counselor self-disclosure

**111.** When considering client safety and recovery needs, review the following. The counselor should document a referral by recording

- A. personal opinions
- B. unverified assumptions
- C. the need, options discussed, client response, and follow-up plan
- D. only the referral name

**112.** Within an ethically responsive counseling session, consider the case. A client says, "I want to change, but I am scared." The most helpful response is

- A. "You are seeing both reasons for change and reasons for caution."
- B. "You have no reason to be scared."
- C. "You are refusing treatment."
- D. "You must decide now."

**113.** A counselor is reviewing a new client scenario. An effective intervention for a high-risk situation is to

- A. avoid discussing the situation
- B. rely on luck
- C. wait until use occurs
- D. rehearse coping and support-contact steps in advance

**114.** In planning evidence-based support, consider this question. A dual relationship is concerning when it

- A. includes informed consent
- B. creates competing roles that may impair professional judgment
- C. uses supervision
- D. involves routine documentation

**115.** When considering client safety and recovery needs, review the following. Appropriate counselor self-disclosure should be

- A. purposeful, brief, and clearly for the client's benefit
- B. the focus of every session
- C. a substitute for empathy
- D. used to meet counselor needs

**116.** Within an ethically responsive counseling session, consider the case. When a client need exceeds scope of practice, the counselor should

- A. ignore the need
- B. diagnose without authority
- C. seek supervision and make an appropriate referral
- D. provide services beyond competence

**117.** A counselor is reviewing a new client scenario. Good clinical documentation is

- A. written only at discharge
- B. based on rumors
- C. filled with judgmental labels
- D. objective, timely, and relevant to services provided

**118.** In planning evidence-based support, consider this question. The main purpose of confidentiality is to

- A. guarantee no legal exceptions
- B. protect private client information and support trust
- C. prevent all communication
- D. eliminate documentation

**119.** When considering client safety and recovery needs, review the following. Before sharing information with another provider, the counselor should generally

- A. ask another client
- B. verify consent and the legal basis for disclosure
- C. post the information
- D. send the full record automatically

**120.** Within an ethically responsive counseling session, consider the case. Informed consent should include

- A. only the counselor's credentials
- B. a promise of cure
- C. unlimited access to records
- D. the nature of services, risks, benefits, alternatives, and limits

**121.** A counselor is reviewing a new client scenario. A conflict of interest should be addressed by

- A. hiding it from the client
- B. ignoring its effect
- C. disclosing and managing it according to ethics and policy
- D. making the client decide alone

**122.** In planning evidence-based support, consider this question. Supervision is especially important when a counselor

- A. faces a complex case or uncertainty within scope
- B. disagrees with all policies
- C. wants to avoid consultation
- D. has completed paperwork

**123.** When considering client safety and recovery needs, review the following. A client grievance should be handled by

- A. explaining the process and responding respectfully without retaliation
- B. ending services immediately
- C. ignoring the concern
- D. punishing the client

**124.** Within an ethically responsive counseling session, consider the case. Client rights include the right to

- A. receive guaranteed outcomes
- B. waive all confidentiality limits unknowingly
- C. direct the counselor's personal life
- D. participate in informed decisions about care

**125.** A counselor is reviewing a new client scenario. Cultural humility requires a counselor to

- A. claim expertise in every culture
- B. treat identity as irrelevant
- C. remain open to learning and examine assumptions
- D. avoid discussing differences

**126.** In planning evidence-based support, consider this question. When a counselor notices strong emotional reactions to a client, the best action is to

- A. ignore potential impact
- B. use self-awareness and seek supervision as needed
- C. act on the feelings
- D. disclose every reaction

**127.** When considering client safety and recovery needs, review the following. Records should be maintained according to

- A. applicable law, ethics, policy, and professional standards
- B. client rumors
- C. informal verbal agreements
- D. a counselor's personal preference

**128.** Within an ethically responsive counseling session, consider the case. The minimum-necessary principle supports

- A. sharing everything available
- B. limiting disclosures to information needed for the purpose
- C. withholding all information
- D. avoiding consent

**129.** A counselor is reviewing a new client scenario. A counselor who receives a subpoena should

- A. destroy records
- B. promise immediate disclosure
- C. follow organizational and legal procedures and seek consultation
- D. ignore the document

**130.** In planning evidence-based support, consider this question. Professional boundaries are maintained by

- A. seeking favors from clients
- B. accepting any gift without review
- C. sharing private contact freely
- D. keeping the relationship focused on the client's therapeutic needs

**131.** When considering client safety and recovery needs, review the following. A counselor should use social media with clients by

- A. following policy and avoiding boundary-compromising contact
- B. discussing cases publicly
- C. accepting all friend requests
- D. posting client stories

**132.** Within an ethically responsive counseling session, consider the case. When a client requests access to records, the counselor should

- A. give another client's records
- B. follow applicable procedures and explain the process
- C. refuse without review
- D. alter the record first

**133.** A counselor is reviewing a new client scenario. Ethical decision making is strengthened by

- A. keeping dilemmas secret
- B. avoiding documentation
- C. consulting standards, supervision, and relevant policies
- D. relying only on impulse

**134.** In planning evidence-based support, consider this question. A counselor should advocate for equity by

- A. ignoring language barriers
- B. identifying barriers and supporting fair access to care
- C. making decisions from stereotypes
- D. assuming services fit everyone

**135.** When considering client safety and recovery needs, review the following. When a client appears unable to understand consent, the counselor should

- A. proceed without discussion
- B. assume refusal
- C. obtain a signature without explanation
- D. assess capacity concerns and follow appropriate safeguards

**136.** Within an ethically responsive counseling session, consider the case. A referral relationship is ethically sound when the counselor

- A. prioritizes client need over personal benefit
- B. limits options for profit
- C. receives undisclosed incentives
- D. chooses based on friendship

**137.** A counselor is reviewing a new client scenario. Consultation differs from supervision because consultation generally

- A. guarantees legal immunity
- B. replaces all documentation
- C. provides professional input without assuming supervisory authority
- D. eliminates responsibility

**138.** In planning evidence-based support, consider this question. A counselor should address a colleague's unsafe conduct by

- A. gossiping with clients
- B. ignoring serious risk
- C. posting allegations online
- D. following ethical and organizational reporting procedures

**139.** When considering client safety and recovery needs, review the following. When a client offers an expensive gift, the counselor should

- A. consider boundaries, policy, and potential impact before responding
- B. accept it secretly
- C. assume it has no meaning
- D. demand a larger gift

**140.** Within an ethically responsive counseling session, consider the case. A clinician's documentation should distinguish

- A. opinions from records entirely
- B. facts from guesses only
- C. observed facts, client statements, and professional actions
- D. all sources as identical

**141.** A counselor is reviewing a new client scenario. The best response to a confidentiality question is to

- A. promise absolute secrecy
- B. avoid the question
- C. provide legal advice outside scope
- D. explain limits clearly in language the client can understand

**142.** In planning evidence-based support, consider this question. If a counselor has a personal relationship with a prospective client, the counselor should

- A. ask the client to keep it secret
- B. evaluate the boundary risk and arrange alternatives when needed
- C. begin treatment without reflection
- D. hide the relationship

**143.** When considering client safety and recovery needs, review the following. Continuing education supports ethical practice by

- A. helping counselors maintain competence and current knowledge
- B. replacing supervision
- C. removing scope limits
- D. guaranteeing expertise in all areas

**144.** Within an ethically responsive counseling session, consider the case. A counselor addressing discrimination in services should

- A. ignore the pattern
- B. blame the client
- C. share confidential details publicly
- D. document concerns and use appropriate advocacy channels

**145.** A counselor is reviewing a new client scenario. Professional self-care is relevant to ethics because it can

- A. replace clinical skill
- B. justify boundary violations
- C. support competent practice and reduce impairment risk
- D. eliminate the need for supervision

**146.** In planning evidence-based support, consider this question. A client's informed refusal should be

- A. treated as misconduct
- B. documented and explored respectfully, including alternatives when appropriate
- C. ignored completely
- D. publicly discussed

**147.** When considering client safety and recovery needs, review the following. The counselor should obtain consultation when

- A. the client agrees with treatment
- B. a case is routine
- C. the counselor wants no oversight
- D. legal or ethical duties are unclear

**148.** Within an ethically responsive counseling session, consider the case. A boundary crossing is most concerning when it

- A. is discussed in supervision
- B. primarily serves the counselor rather than the client
- C. follows written policy
- D. supports a clearly therapeutic purpose

**149.** A counselor is reviewing a new client scenario. When ending services, the counselor should

- A. provide appropriate transition planning and referrals when indicated
- B. withhold options
- C. avoid documentation
- D. abandon the client

**150.** In planning evidence-based support, consider this question. Ethical use of client examples in teaching requires

- A. including identifying details
- B. sharing stories for entertainment
- C. protecting privacy and following applicable permissions and standards
- D. posting materials without review

## Practice Exam 14: Answer Key and Explanations

- 1. A** — The keyed response is best because it applies the relevant clinical principle safely and with client-centered care. The remaining choices are less appropriate because they overlook assessment, exceed counselor scope, reduce client choice, or fail to address the stated concern. Strong alcohol and drug counseling combines evidence, boundaries, collaboration, and timely referral whenever additional expertise or urgent support is needed.
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