

Family Therapy and Substance Abuse Treatment Post Test

Following your reading of the course material found in TIP No. 39. Please read the following statements and indicate whether each is true or false. *A score of 35 correct must be obtained to pass the course (you may miss 15).* The test may be taken as many times as necessary to obtain a passing grade.

Text: *Substance Abuse Treatment and Family Therapy* Treatment Improvement Protocol (TIP) Series 39.

1. Family therapy is a collection of therapeutic approaches that share a belief in the effectiveness of family-level assessment and intervention. Consequently, a change in any part of the system may bring about changes in other parts of the system.

True False

2. In family therapy, the unit of treatment is only the family.

True False

3. Today four predominant family therapy models are used as the bases for treatment with specific interventions for substance abuse: the family disease model, the family systems model, the cognitive-behavioral approach, and spiritual-based family therapy.

True False

4. Family or couples therapy can take place even if all participants do not have a voice or can raise pertinent issues.

True False

5. Many substance abuse treatment counselors base their understanding of a family's relation to substance abuse on a *disease model* of substance abuse. Within this model, practitioners have come to appreciate substance abuse as a "family disease"—that is, a disease that affects all members of a family.

True False

6. Family therapists for the most part have adopted a *family systems model*. It conceptualizes substance abuse as a symptom of dysfunction in the family. It is this inclusion of more people, that defines family therapy.

True False

7. Family therapy generally attends more to the *process* of family interaction, while substance abuse treatment is usually more concerned with the planned *content* of each session.

True False

8. Both substance abuse clinicians and family therapists typically focus on the same target, which is arresting a client's substance use.

True False

9. A family therapist might assume that if long-term change is to occur, the entire family must be treated as a unit, so the family as a whole constitutes the client.

True False

10. Most substance abuse counselors should practice family therapy as they generally are sufficiently informed and trained to do so.

True False

11. Family therapists would benefit from learning about the treatment approaches used in the substance abuse treatment field, including the medical model of addiction, the sociocultural theories, and the spiritual component.

True False

12. The family's acceptance of problems and its readiness to change determine the appropriate level of counselor involvement with that family.

True False

13. The most important guideline for the therapist is to ensure structure in dealing with families.

True False

14. Family therapy for women with substance use disorders is appropriate, except in cases of ongoing partner abuse.

True False

15. Substance abuse treatment is more effective for women when it addresses women/s specific needs and understands their daily realities. Particular treatment issues relevant to women include shame, stigma, trauma, and control over her life.

True False

16. While the definition of family may change according to different circumstances, several broad categories encompass most families:

- a. Traditional families, including heterosexual couples (two parents and minor children all living under the same roof), single parents, and families including blood relatives, adoptive families, foster relationships, grandparents raising grandchildren, and stepfamilies.
- b. Extended families, which include grandparents, uncles, aunts, cousins, and other relatives.
- c. Elected families, which are self-identified and are joined by choice and not by the usual ties of blood, marriage, and law. For many people, the elected family is more important than the biological family.

True False

17. The idea of family implies an enduring involvement on an emotional level.

True False

18. Four characteristics of families central to family therapy are:

- Families possess *nonsummativity*.
- The behavior of individual members is interrelated through the process of *circular causality*.
- Each family has a pattern of *communication traits*.
- Families strive to achieve *homeostasis*.

True False

19. Almost all young couples encounter communication and intimacy issues during the first year of the relationship.

True False

20. Family therapy and family-involved therapy are interchangeable terms describing similar sets of interventions.

True False

21. Which of the following is the predominant family therapy model used as the bases for treatment and specific interventions for substance abuse:

- a. The *family disease model* looks at substance abuse as a disease that affects the entire family. Family members of the people who abuse substances may develop codependence, which causes them to enable the IP's substance abuse. Limited controlled research evidence is available to support the disease model, but it nonetheless is influential in the treatment community as well as in the general public.
- b. The *family systems model* is based on the idea that families become organized by their interactions around substance abuse. In adapting to the substance abuse, it is possible for the family to maintain balance, or homeostasis.
- c. *Cognitive-behavioral approaches* are based on the idea that maladaptive behaviors, including substance use and abuse, are reinforced through family interactions. Behaviorally oriented treatment tries to change interactions and target behaviors that trigger substance abuse, to improve communication and problemsolving, and to strengthen coping skills.
- d. Most recently, *multidimensional family therapy* (MDFT) has integrated several different techniques with emphasis on the relationships among cognition, affect (emotionality), behavior, and environmental input. MDFT is not the only family therapy model to adopt such an approach. Functional family therapy, multisystemic therapy, and brief strategic family therapy all adopt similar multidimensional approaches.
- e. All of the above.

22. Whether a child or adult is the family member who uses substances, the entire family system needs to change, not just the IP.

True False

23. Although generally believed otherwise, a parent's substance-abusing behavior has not been identified as a risk factor of future maladaptation, predisposition to substance use, and/or psychological difficulties.

True False

24. One of the reasons that family therapy is effective in substance abuse treatment is that it provides a neutral forum in which family members meet to solve problems.

True False

25. Family therapy facilitates the majority of changes within the family system, subsequently producing change in the individual abusing substances.

True False

26. There are limited studies of the effectiveness of family therapy in the treatment of substance abuse; this suggests that until more studies are conducted, family therapy approaches should be utilized at about the same frequency in substance abuse treatment as is currently done.

True False

27. Evidence from the research indicates that substance abuse treatment that includes family therapy works about the same as substance abuse treatments that do not include family therapy.

True False

28. Severe psychopathology, automatically excludes a client from family therapy.

True False

29. Using the stages of change model (Precontemplation, Contemplation, Preparation, Action, and Maintenance) in family therapy ensures that every family member will be at the same stage at the same time, thus expediting positive change.

True False

30. Resistance from a domineering family member can be addressed and restructured by first allying with this family member and then heavily confronting this person about the inappropriateness of the domineering behavior.

True False

31. When one family member has turned to violence as a way of dealing with problems family therapy cannot go forward under any circumstances.

True False

32. Patriarchal terrorism is systematic male violence with the goal of control. It may not be possible or advisable to include a chronically violent partner in the family therapy process.

True False

33. What is important is not how many family members are present, but how they interact with each other.

True False

34. In situations where one person is substance dependent and the other is not, questions of codependency arise. CoDA describes codependency as being overly concerned with one's own wants and needs.

True False

35. The documented enduring effects of parental substance abuse on children are impaired learning capacity; a propensity to develop a substance use disorder; adjustment problems, including increased rates of divorce, violence, and the need for control in relationships; and other mental disorders such as depression, anxiety, and low self-esteem.

True False

36. Increased adolescent marijuana use occurs more frequently when an adolescent living with a divorced parent and stepparent becomes less attached to the family.

True False

37. Older adults consume three times the number of prescription medicine as the general population, and this trend is expected to grow as children of the Baby Boom (born 1946–1958) become senior citizens.

True False

38. Siblings, are not as influential as parents, so it is unimportant if they attend family therapy sessions treating a substance abuser.

True False

39. Both family therapy and substance abuse treatment understand substance abuse in relation to systems and they focus treatment on the same system.

True False

40. The goals of the family therapist will usually be broader than the substance abuse counselor's, focusing on improving relational patterns throughout the family system. Because families change their patterns of interaction over the course of recovery, they are believed to need continued assistance to avoid developing another dysfunctional pattern.

True False

41. It is commonly assumed in substance abuse treatment that the problems of other family members do not need to be resolved for the client to achieve and maintain abstinence.

True False

42. The educational sessions for families that are commonly used in substance abuse treatment settings are usually sufficient to bring about necessary changes in the client's family relationships.

True False

43. All family therapists should be able to perform a basic screening for substance abuse.

True False

44. Though somewhat paradoxical, the addicted person regains empowerment by giving up the struggle with something he cannot control for something over which he does have control.

True False

45. Generally, substance abuse treatment and family therapy have relied on confrontation equally.

True False

46. Triangulation refers to a family member and the therapist allying with each other to intervene with the substance abuser who is in denial.

True False

47. Family therapy theories can be roughly divided into two major groups. One includes those that focus primarily on brief and pragmatic problem solving. The second major group includes those that are longer-term and oriented toward intergenerational, dynamic issues.

True False

48. In the Wegscheider-Cruse's theory, the six basic roles family members assume include all but which role:

- a. Peacemaker
- b. Enabler
- c. Hero
- d. Scapegoat
- e. Lost child
- f. Mascot

49. The “miracle question” in solution-focused techniques asks: “If a miracle occurred, what is the best possible outcome for you?”

True False

50. In Bowenian therapy, it is assumed that the past influences the present. In fact, it is still “alive.” It is present in the form of emotional responses that can be passed down from one generation to another.

True False

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