

# Chemical Dependency Counselor Practice Test Questions and Answers

**1. What is the first stage of the Transtheoretical Model of behavior change?**

- A) Contemplation
- B) Precontemplation
- C) Preparation
- D) Action

**2. Which therapeutic approach emphasizes the client's inherent capacity for positive change?**

- A) Cognitive Behavioral Therapy
- B) Motivational Interviewing
- C) Psychodynamic Therapy
- D) Rational Emotive Behavior Therapy

**3. What does the acronym CAGE stand for in substance abuse screening?**

- A) Cut down, Annoyed, Guilty, Eye-opener
- B) Control, Abuse, Guilt, Emergency
- C) Craving, Anger, Grief, Exhaustion
- D) Confidence, Acceptance, Growth, Empowerment

**4. Which is a core principle of harm reduction in addiction treatment?**

- A) Complete abstinence is the only acceptable goal
- B) Meeting clients where they are in their recovery journey
- C) Focusing only on the addiction, not underlying issues
- D) Using confrontational techniques exclusively

Answers: 1-B 2-B 3-A 4-B

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