

# QUESTIONS & ANSWERS

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**NCC-AP**

# NCAC-II

*National Certified Addiction Counselor, Level II*

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**Question: 186**

Which of the following is a common symptom of hallucinogen intoxication?

- A. Increased energy and euphoria
- B. Constricted pupils and decreased sensory perception
- C. Hallucinations and altered perception of reality
- D. Increased heart rate and blood pressure

**Answer: C**

Explanation: Hallucinogens are psychoactive substances that can cause profound alterations in perception, thoughts, and sensations. Hallucinations, which are sensory experiences that are not based in reality, and altered perception of reality are common symptoms of hallucinogen intoxication. These substances can distort a person's perception of time, space, and their own senses, leading to vivid and sometimes unpredictable hallucinations.

**Question: 187**

Which of the following is a characteristic of a harm reduction approach to addiction treatment?

- A. Promoting abstinence as the only acceptable outcome
- B. Providing judgment and punishment for relapse
- C. Encouraging individuals to continue using substances
- D. Focusing solely on medical interventions

**Answer: C**

Explanation: A harm reduction approach to addiction treatment recognizes that not all individuals are ready or willing to achieve immediate abstinence from substances. Instead, it focuses on minimizing the negative consequences associated with drug use and promoting healthier behaviors. Harm reduction strategies may include needle exchange programs, safe consumption sites, education about safer drug use practices, and providing access to resources for reducing harm, such as naloxone for opioid overdose prevention.

### **Question: 188**

What is the primary purpose of group therapy in addiction treatment?

- A. Isolating individuals from their social networks
- B. Providing one-on-one counseling sessions
- C. Offering support from peers and shared experiences
- D. Administering medication-assisted treatment

**Answer: C**

Explanation: Group therapy plays a vital role in addiction treatment by providing individuals with a supportive and empathetic environment where they can share their experiences, challenges, and successes with others facing similar issues. Group therapy allows participants to gain insights from different perspectives, receive support, build social connections, and practice healthy

communication and relationship skills. It offers a sense of belonging and helps individuals develop a support network during their recovery journey.

**Question: 189**

Which of the following is an example of a pharmacological intervention for addiction?

- A. Cognitive-behavioral therapy (CBT)
- B. Mindfulness-based stress reduction (MBSR)
- C. Methadone maintenance treatment for opioid dependence
- D. Assertiveness training

**Answer: C**

Explanation: Pharmacological interventions for addiction involve the use of medications to help individuals manage withdrawal symptoms, reduce cravings, and maintain abstinence. Methadone maintenance treatment is a well-known example of a pharmacological intervention for opioid dependence. Methadone is a long-acting opioid agonist that can help stabilize individuals with opioid use disorder by reducing withdrawal symptoms and cravings. It is administered under medical supervision as part of a comprehensive treatment plan.

**Question: 190**

What is the primary purpose of an intake assessment in addiction counseling?

- A. Encouraging continued substance use
- B. Identifying triggers and cravings
- C. Establishing rapport and understanding client needs
- D. Evaluating treatment progress

**Answer: C**

Explanation: An intake assessment is an initial evaluation conducted in addiction counseling to gather relevant information about the client's substance use history, current challenges, and treatment needs. The primary purpose of an intake assessment is to establish rapport with the client and create a therapeutic alliance. It helps the counselor understand the client's unique circumstances, assess their readiness for change, identify any co-occurring disorders, and determine appropriate treatment goals and interventions.

**Question: 191**

What is the primary purpose of a treatment plan in addiction counseling?

- A. Encouraging continued substance use
- B. Identifying triggers and cravings
- C. Establishing a therapeutic alliance
- D. Outlining goals and interventions for treatment

**Answer: D**

Explanation: A treatment plan in addiction counseling serves as a roadmap for the client's recovery journey. The primary purpose of a treatment plan is to outline specific goals, interventions, and strategies that will guide the client's progress in overcoming substance abuse and achieving sustained recovery. It is a collaborative document created by the counselor and the client, taking into account the client's unique needs, strengths, and treatment preferences. The treatment plan provides a structured framework for addressing triggers, developing coping skills, and measuring progress throughout the counseling process.



### Question: 192

Which of the following is a characteristic of a strengths-based approach in addiction counseling?

- A. Focusing on deficits and weaknesses
- B. Imposing goals and solutions on the client
- C. Utilizing confrontational techniques
- D. Identifying and building on client strengths and resources

**Answer: D**

Explanation: A strengths-based approach in addiction counseling emphasizes the client's unique strengths, abilities, and resources as the foundation for change and recovery. Instead of focusing solely on deficits and weaknesses, this approach recognizes and empowers the client's existing strengths to overcome challenges. The counselor collaborates with the client to identify and build upon their personal strengths, skills, support systems, and positive qualities. By leveraging these strengths, the client is encouraged to take an active role in their recovery and develop a sense of self-efficacy.

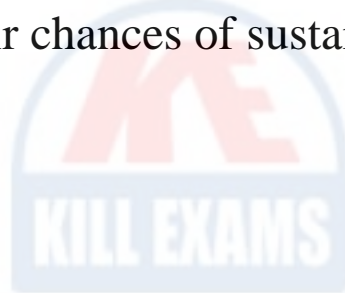
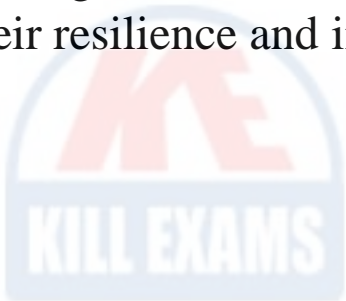
### Question: 193

What is the primary purpose of a relapse prevention group in addiction treatment?

- A. Encouraging continued substance use
- B. Providing medical treatment and supervision
- C. Offering support and strategies to prevent relapse
- D. Isolating individuals from their social networks

**Answer: C**

Explanation: A relapse prevention group in addiction treatment aims to provide support, education, and strategies to help individuals maintain their recovery and prevent relapse. It offers a safe and non-judgmental space where participants can share their experiences, challenges, and successes related to maintaining sobriety. The group focuses on developing coping skills, identifying triggers and high-risk situations, enhancing problem-solving abilities, and building a relapse prevention plan. By receiving support from peers and learning from shared experiences, individuals in the group can strengthen their resilience and improve their chances of sustained recovery.



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