

Certified Chemical Dependency Counselor Assistant Practice Test Questions and Answers

1. What is the primary goal of substance abuse treatment?

- A) Complete abstinence from all substances
- B) Harm reduction and improved quality of life
- C) Immediate return to work
- D) Avoiding all medical intervention

2. Which stage of change involves the client actively modifying their behavior?

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

3. What is motivational interviewing designed to enhance?

- A) Confrontational approaches
- B) Client motivation and commitment to change
- C) Counselor authority
- D) Group dynamics only

4. Which principle is essential in addiction counseling ethics?

- A) Sharing client information freely
- B) Maintaining confidentiality and professional boundaries
- C) Making decisions for clients
- D) Focusing only on substance use

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

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