

# Mindful Continuing Education

## Research-Based Principles of Drug Addiction Treatment

### Preface

**1. According to the National Institute on Drug Abuse (NIDA), addiction affects multiple brain circuits, and while a person initially chooses to take drugs, over time the effects of prolonged exposure on brain functioning compromise that ability to choose, and seeking and consuming the drug become:**

- A. Involuntary
  - B. Preoccupying
  - C. Compulsive
  - D. Agonizing
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### Principles of Effective Treatment

**2. Principles of effective treatment for drug addiction include each of the following EXCEPT:**

- A. Addiction is a complex but treatable disease that affects brain function and behavior although no single treatment is appropriate for everyone
  - B. Effective treatment attends to multiple needs of the individual, not just his or her drug abuse, and remaining in treatment for an adequate period of time is critical
  - C. Behavioral therapies are the most commonly used forms of drug abuse treatment and medications are an important element of treatment for many patients
  - D. Treatment generally needs to be voluntary to be effective, and individual willingness can increase treatment entry, retention rates, and the ultimate success of drug treatment interventions
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### Frequently Asked Questions

**3. Psychological stress from work, family problems, psychiatric illness, pain, social or environmental cues can trigger intense drug cravings without the individual even being consciously aware of the trigger.**

- A. True
  - B. False
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## What is Drug Addiction Treatment?

**4. Recent research indicates that the most effective drug addiction treatment for adolescents is cognitive-behavioral or dialectical behavior therapy in a group setting.**

- A. True
  - B. False
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## How Effective is Drug Addiction Treatment?

**5. Individual treatment outcomes depend on the extent and nature of the patient's problems, the appropriateness of treatment and related services used to address these problems, and:**

- A. The quality of interaction between the patient and his or her treatment providers
  - B. The degree to which the individual develops resiliency and personal engagement in the process
  - C. The patient's level of support within the treatment community and away from it
  - D. The extent to which treatment adheres to a comprehensive plan and addresses underlying issues
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## What Helps People Stay in Treatment?

**6. Within a treatment program, successful clinicians can establish a positive therapeutic relationship with their patients by ensuring that a treatment plan is developed cooperatively with the person seeking treatment, that the plan is followed, and that treatment expectations are clearly understood.**

- A. True
  - B. False
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## What are the Unique Needs of Pregnant Women with Substance Use Disorders?

**7. Buprenorphine has recently been approved by the FDA to treat the detrimental outcomes of opioid abuse among pregnant women.**

- A. True
  - B. False
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## Is There a Difference Between Physical Dependence and Addiction?

**8. While addiction is characterized by an inability to stop using a drug, failure to meet work, social, or family obligations, and sometimes tolerance and withdrawal, physical dependence happens with the chronic use of many drugs, including many prescription drugs, and physical dependence in and of itself does not constitute addiction.**

- A. True
  - B. False
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## **Can Exercise Play a Role in the Treatment Process?**

**9. Exercise is increasingly becoming a component of many treatment programs and has proven effective, when combined with cognitive-behavioral therapy, in:**

- A. Smoking cessation
  - B. Substance abuse treatment for adolescents
  - C. Criminal justice settings
  - D. Sex addiction
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## **Types of Treatment Programs**

**10. Advantages of outpatient treatment programs to treat drug addiction include:**

- A. Intensive programs may be comparable to residential programs in services and effectiveness, depending on the individual patient's characteristics and needs
  - B. Such treatment costs less than residential or inpatient treatment and often is more suitable for people with jobs or extensive social supports
  - C. Some outpatient programs are designed to treat patients with medical or other mental health problems in addition to their drug disorders
  - D. All of the above
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## **Individualized Drug Counseling**

**11. The primary goal of individualized drug counseling is to emphasize long-term behavioral goals and problem-solving strategies that will contribute to sustained abstinence and overall well-being.**

- A. True
  - B. False
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## **Evidence-Based Approaches to Drug Addiction Treatment-Treatment, Not Substitution**

**12. Although methadone and buprenorphine use can be considered substituting one addictive drug for another, taking these medications as prescribed allows patients to work, avoid street crime and violence, reduce high-risk behavior, and engage more readily in treatment.**

- A. True
  - B. False
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**13. Studies have shown that one of the most important factors in treating alcohol addiction is:**

- A. Participation in research-based behavioral interventions
  - B. Having access to behavioral treatments and pharmacotherapy
  - C. Taking the step to get help
  - D. Supplementing treatment with self-help interventions
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## **Motivational Enhancement Therapy**

**14. Motivational Enhancement Therapy (MET), a counseling approach that helps individuals resolve their ambivalence about engaging in treatment and stopping their drug use, aims to evoke rapid and internally motivated change.**

- A. True
  - B. False
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## **Behavioral Therapies Primarily for Adolescents-Brief Strategic Family Therapy**

**15. Brief Strategic Family Therapy (BSFT), which encompasses individual and family sessions, views adolescent drug use in terms of a network of influences, and suggests that reducing unwanted behavior and increasing desirable behavior occurs in strategic ways in different settings.**

- A. True
  - B. False
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