



The CCB Science 2 Service Distance Learning Program[®]

Please complete all required information and fax to 203.284.9500

For questions or assistance with the program, please email Jeff at JQuamme@ctcertboard.org

S2S 2004 TIP 35 Motivation and Change Module 2 POST-TEST

1. Advice about changing substance use is clearly given to the client by the clinician in a nonjudgmental manner is a component of the _____ approach.
 - a) PIES
 - b) FRAMES
 - c) STAGES
 - d) none of the above

2. The concept of _____ requires that you meet your clients at their levels and use as much or as little time as necessary with the essential tasks of each stage of change.
 - a) pacing
 - b) empathy
 - c) balancing
 - d) reflecting

3. In the _____ Stage of Change, a key strategy for the clinician would be eliciting self-motivational statements of intent and commitment from the client.
 - a) Precontemplation
 - b) Contemplation
 - c) Preparation
 - d) Action

4. _____ involves increasing alternative for non-problematic behaviors.
 - a) Social liberation
 - b) Reinforcement management
 - c) Counter conditioning
 - d) Consciousness raising

5. The acronym _____ was coined to summarize the most important and common elements that inspire change.
 - a) CHARGE
 - b) CHARMS
 - c) FRAMES
 - d) MOTION

6. _____ for change is placed squarely and explicitly on the client (and with the respect for the client's right to make choices for him/herself).
 - a) Motivation
 - b) Responsibility
 - c) Readiness
 - d) a and c



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7. Self-efficacy or optimistic _____ is engendered in the client to encourage change.
- judgment
 - assessment
 - empowerment
 - pessimism
8. In FRAMES, advice about _____ substance use is clearing given to the client by the clinician in a nonjudgmental manner.
- changing
 - reducing
 - stopping
 - all of the above
9. In _____, the client is not yet considering change or is unwilling or unable to change.
- preparation
 - contemplation
 - precontemplation
 - prepreparation
10. In the _____ stage, the client acknowledges concerns and is considering the possibility of change but is ambivalent and uncertain.
- indecisive
 - ambivalence
 - preparation
 - contemplation
11. In the _____ stage, the client is committed to and planning to make a change in the near future but is still considering what to do.
- action
 - reaction
 - preaction
 - preparation
12. In the _____ stage, the counselor should normalize ambivalence.
- precontemplation
 - contemplation
 - preparation
 - action
13. Counselors can help the client "tip the decisional balance scales" toward change by
- changing extrinsic to intrinsic motivation
 - eliciting self-motivational statements of intent and commitment from the client
 - examining the clients personal values in relation to change
 - all of the above



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14. In the _____ stage, counselors should offer a menu of options for change or treatment.
- precontemplation
 - contemplation
 - preparation
 - action
15. In the _____ stage, counselors should elicit from the client what has worked in the past either for the client or others the client knows.
- precontemplation
 - contemplation
 - preparation
 - action
16. In the maintenance stage, counselors should:
- affirm the client's resolve and self-efficacy
 - help the client reenter the change cycle
 - review long-term goals with the client
 - a and c
17. _____ is rewarding oneself or being rewarded by others for making changes.
- Enforcement management
 - Reinforcement management
 - Collaboration management
 - none of the above
18. In regards to client resistance, when a client changes the direction of the conversation that the clinician has been pursuing, it is termed:
- swindling
 - sidewinding
 - sidetracking
 - sidebarring