

STUDY GUIDE QUESTIONS

Addiction Counseling COU475

1. Name four reasons adolescents start using drugs.
2. Name some reasons why persons in general start using drugs.
3. Give three situations in which drugs might be used for self-medication.
4. Name three drugs and give a long-term physical danger of each.
5. Identify three possible psychological effects of drugs and/or alcohol.
6. What do we mean by the statement, "Drugs are self-reinforcing?"
7. Describe the functioning of the body's tendency to maintain the status quo in explaining how tolerance is developed. How does this process explain withdrawal?
8. Identify four process or behavioral addictions.
9. What is meant by a "dual diagnosis?"
10. Name three characteristics that identify chemical addiction (true addictions; physical addiction).
11. Briefly describe the behavior and activities of a codependent.
12. What essentially is the difference between a "low bottom alcoholic" and a "high-bottom alcoholic?"
13. Of the five clusters of causative factors, which do you personally consider to be the one which best explains the cause of addictions? What is your reasoning for this position?
14. What is meant by the following statement, "Repetition alone won't produce addiction?"
15. Of the four destructive parental patterns discussed in this course, which do you consider to be the most damaging? Why?
16. What is meant by the statement, "Alcohol is a solution?" Give an example.
17. Name three preventive measures that can help to minimize psychological vulnerability in a potential addict.
18. What are some social issues that can possibly lead to addictions?
19. Name four types of drug users and abusers.
20. Name the two major categories of drugs as they relate to the way they affect the central nervous system. Name three classes of drugs in each category.
21. What are the medical purposes of tranquilizers? Name three popular tranquilizers.
22. Which group of drugs is considered to be the most stimulating? Depressing?
23. Name the three natural opiates.
24. What is a major semi-synthetic opiate? A synthetic opiate?
25. What are some of the general effects of hallucinogens? Identify three hallucinogens.
26. What are "designer drugs?" Name three such drugs.
27. What is meant by performance enhancing drugs? Name one.
28. What is considered to be the most addictive drug in the Western world?

29. Which addictive drug is the number one cause of preventable, premature deaths in America?
30. What are the two most dangerous eating disorders? Briefly describe each of them.
31. What is another name for behavioral or process addictions? Identify three such addictions.
32. Name four indicators that could lead to a diagnosis of pathological gambling.
33. Name three groups of people who are considered to be at special risk of addictions.
34. What is the drug of choice of most adult citizens?
35. Why is identification of alcoholism and drug dependence of seniors difficult?
36. Why are recent older immigrants especially vulnerable to addictions?
37. What are some special addictive risks for women?
38. Why is “emotionalism” especially effective in the rescue mission approach to helping low-bottom addicts?
39. In what way is the Salvation Army approach different from that of the Rescue Mission?
40. Name three ways in which A.A. has been effective in breaking the addictive cycle.
41. As a Christian, what do you see as being a weakness of A.A.?
42. Why are psychological issues not particularly of interest to A.A.?
43. What is the primary approach of Women for Sobriety?
44. Name three explicit Christian approaches to recovery for addicts.
45. Name the three types of anxieties associated with the causes of many addictions. Give an example of each.
46. What do you think Karl Marx meant when he stated, “Religion is an opiate of society”?
47. Name three ways healthy religion can help facilitate the recovery of an addict.
48. Name three varying viewpoints concerning addictions being a sin. Which do you believe most accurately depicts your point of view? Why?
49. Identify two objections to the disease concept of addictions.
50. In your own words, present an argument for addiction being a sickness.