

Commonwealth Educational Seminars Certification Exam

The Heart of Addiction: A New Approach To Understanding and Treating Alcoholism and Other Addictive Behaviors. By Lance Dodes, MD

Select one response for each question below.

1. Physical addiction is a key factor in the problem of addiction

- a. True b. False

2. It is important for people with addictions to know when they "hit bottom".

- a. True b. False

3. Experiences of helplessness regularly precede the urge to repeat an addictive act.

- a. True b. False

4. Addictions are part of the same group of emotional problems as compulsions.

- a. True b. False

5. Every addictive act is a displacement in which the addictive behavior substitutes for another, usually emotionally forbidden, activity.

- a. True b. False

6. Faulty genes have been shown to be the cause of alcoholism.

- a. True b. False

7. A behavior that is repeated, excessive, and destructive must be an addiction.

- a. True b. False

8. Sometimes one addictive act can precipitate another, different addictive act.

- a. True b. False

9. Alcoholics Anonymous has been shown to be the definitive treatment for alcoholism.

- a. True b. False

10. If you suffer with an addiction, it is important to be treated by someone who also has suffered with an addiction.

- a. True b. False

11. People with addictions have an "addictive personality."

- a. True b. False

12. People with addictions are self-destructive.

- a. True b. False

13. People with addictions are in general less mature, less emotionally healthy, than people with other kinds of emotional problems.

- a. True b. False

14. Psychotherapy may be the best treatment for some people with addictions.

- a. True b. False

15. If a man with alcoholism has an identical twin, it is more likely than not that the twin will also have alcoholism.

- a. True b. False

16. An intense, narrowed focus, a loss of usual judgment, and a temporary blindness to consequences are all defining characteristics of addiction. Addiction has these characteristics because addictive acts are driven by rage at helplessness, and this rage produces precisely these qualities.

- a. True b. False

17. Substance addictions are fundamentally different from non-substance addictions.

- a. True b. False

18. Alcoholics Anonymous has been helpful to many people, but also has been harmful by insisting upon a single approach which fails to understand the emotional basis of the problem.

- a. True b. False

19. Scratch tickets sell better than weekly lottery tickets because they are more addictive.

- a. True b. False

20. A person with three different addictions has three separate problems, and should be treated separately for each.

- a. True b. False

21. A person who is trying to stop smoking finds that she has a particularly hard time right after her morning coffee, when she always used to smoke. This is an example of a habit, but not necessarily an addiction.

- a. True b. False

22. The fact that addiction is a psychological problem quite like other emotional difficulties, has often been lost sight of in our current society.

- a. True b. False

23. People who do not do well in AA should not be considered for an alternative treatment but rather should be told to "work the program" harder.

- a. True b. False

24. Parents faced with a serious drug addiction in a young adult child living away from home should not send him help, since this is "enabling" his problem.

- a. True b. False

25. Sexual addiction is about sex, just as gambling addiction is about money and alcoholism is about alcohol.

- a. True b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

26. I have completed all the requirements for this home study course without any assistance from others.

- a. True b. False

27. The author, Lance Dodes, MD, was knowledgeable in the content area.

- a. True b. False

28. The content of this course was appropriate for my profession.

- a. True b. False

29. The course information was relevant and can be applied to practice.

- a. True b. False

30. The course information contribute to achieving personal, professional goals.

- a. True b. False

31. I would recommend this program to others.

- a. True b. False