

**COSIG Co-Occurring Clinical Competency**  
**Module 11: Cognitive Behavior Therapy and Relapse Prevention**  
**Post-Test**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. A tenet of Cognitive Behavioral Therapy (CBT) is that our perception of an event, not the event itself, is responsible for the emotions that are aroused by that event.
  - a. True
  - b. False
  
2. CBT was originally conceived as a treatment for depression.
  - a. True
  - b. False
  
3. Automatic thoughts about a situation can generate:
  - a. Emotions
  - b. Behaviors
  - c. Physiological responses
  - d. a and b
  - e. All of the above
  
4. Disputing irrational ideas and beliefs is a key component of cognitive restructuring.
  - a. True
  - b. False
  
5. Dialectical Behavioral Therapy (DBT) is a form of CBT developed for the treatment of:
  - a. Substance Use Disorders
  - b. Borderline Personality Disorder
  - c. Developmental Disorders
  - d. Schizophrenia
  
6. An integrated relapse prevention plan:
  - a. Addresses both substance use disorders and mental illness
  - b. Addresses how the interaction of the two disorders can precipitate relapse behaviors
  - c. Details a plan of action for prevention of relapse to both disorders
  - d. All of the above

7. Psychiatric relapse is often precipitated by:
- a. Use of substances
  - b. Psychiatric medications
  - c. Inadequate coping skills
  - d. Social isolation
  - e. a and d
  - f. a, c, and d
  - g. All of the above
8. Relapse to Substance Use is often precipitated by symptoms and factors of mental illness.
- a. True
  - b. False
9. A Relapse Prevention Plan involves the development of a maintenance plan.
- a. True
  - b. False