

COSIG Co-Occurring Clinical Competency
Module 6: Motivational Enhancement
Post-Test

Name: _____ Date: _____

1. Accurate Empathy requires that a counselor share some of his or her own personal experience with drugs and/or alcohol.
 - a. True
 - b. False

2. The counselor can best express empathy by:
 - a. Reflective listening
 - b. Asking questions
 - c. Sharing personal information
 - d. Avoiding "sensitive" subjects

3. Characteristics of Motivational Interviewing include the de-emphasis on labels and client acceptance of diagnosis of his or her substance use disorder.
 - a. True
 - b. False

4. Examples of Reflective Listening include:
 - a. Making a simple statement
 - b. Repeating
 - c. The use of metaphors
 - d. Agreement
 - e. a, b, and c
 - f. All of the above

5. Developing Discrepancy involves:
 - a. Raising the client's awareness of consequences
 - b. Eliciting reasons for change
 - c. An understanding of the client's goals
 - d. All of the above
 - e. a and c

6. Resistance is a signal to change directions.
 - a. True
 - b. False

7. Assuming that the client will choose if, when, and how to change is essential to the empowerment process of Motivational Enhancement.
- a. True
 - b. False

8. A frequent counselor mistake is:
- a. Overestimating ambivalence
 - b. Misjudging stage of change
 - c. Asking open-ended questions
 - d. Affirming