

# Mindful Continuing Education

## Ethical Considerations with Individuals Experiencing Substance Use Disorders

**1. Which code of ethics specifically advises against engaging in dual or multiple relationships with clients to prevent the risk of exploitation?**

- A. American Psychological Association (APA) Ethical Principles
- B. National Association of Social Workers (NASW) Code of Ethics
- C. American Counseling Association Code of Ethics
- D. National Association of Alcohol and Drug Abuse Counselors (NAADAC) Code of Ethics

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**2. In the context of an ethical dilemma involving boundary crossings, which of the following actions might indicate a warning sign?**

- A. Maintaining professional objectivity during sessions
- B. Increased frequency of sessions for better therapeutic outcomes
- C. Engaging in purposeful outside contact with the client
- D. Receiving supervision and consultation regularly

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**3. What is a significant difference between boundary crossing and boundary violation in a therapeutic setting?**

- A. Boundary crossings are always illegal and harm the client.
- B. Boundary violations involve meeting a personal need at the client's expense, often harmfully.
- C. Boundary crossings require the same level of scrutiny and response as violations.
- D. Boundary violations occur accidentally whereas boundary crossings are deliberate.

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**4. What is NOT a recommended consideration when deciding to engage in dual relationships according to Dewane's typology?**

- A. Assessing how the relationship might change power dynamics in therapy.
- B. Evaluating cultural sensitivity to the dual relationship.
- C. Ignoring the legal ramifications of entering into a dual relationship.
- D. Determining the impact of ending one relationship on another.

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**5. In terms of professional boundaries, which course of action is suggested when attending the same 12-step group as a client?**

- A. Avoid the meeting to prevent any dual relationship issues.
- B. Engage fully in the meeting without considering the risks.

- C. Choose strategically what to share to maintain some boundaries.
- D. Consult the client to determine their comfort level with your presence.

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**6. Which of the following ethical principles is directly concerned with allowing each person to make their own choices in substance use treatment?**

- A. Beneficence
- B. Autonomy
- C. Justice
- D. Fidelity

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**7. What distinguishes substance use disorder ethics from other clinical ethics according to the course content?**

- A. Impairment in decision-making capacity
- B. The complexity of neurobiology and habitual behavior
- C. The universal effectiveness of a single treatment modality
- D. The societal perception of substance use as a moral failure

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**8. Which term should be used to refer to individuals to help reduce stigma, as recommended in the course?**

- A. Substance abuser
- B. Addict
- C. Person with a substance use disorder
- D. Dirty urine

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**9. How does the DSM-5-TR (2022) categorize the severity of substance use disorders?**

- A. Mild: Two or fewer symptoms, Moderate: Three or four symptoms, Severe: Five or more symptoms
- B. Mild: One or two symptoms, Moderate: Three or four symptoms, Severe: Five or more symptoms
- C. Mild: Two or three symptoms, Moderate: Four or five symptoms, Severe: Six or more symptoms
- D. Mild: Three or fewer symptoms, Moderate: Four to six symptoms, Severe: Seven or more symptoms

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**10. When addressing substance use disorder stigma, what is a consequence of using non-medical terminology?**

- A. Decreases prognostic optimism
- B. Reduces perceived danger and social exclusion
- C. Increases blame for opioid impairment
- D. Enhances treatment and recovery engagement

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**11. According to the course content, what is a major ethical challenge in addressing substance use disorders?**

- A. Ensuring confidentiality is maintained even when it violates the law
- B. Deciding whether to disclose confidential information as required by law
- C. Balancing beneficence and nonmaleficence in treatment
- D. Following federal guidelines even if they contradict ethical codes

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**12. The NAADAC code of ethics suggests which approach when dealing with clients mandated to counseling services?**

- A. Explaining confidentiality limits after beginning counseling
- B. Discussing legal and ethical confidentiality limits before starting counseling
- C. Sharing all information with supervision without client consent
- D. Providing limited information on consequences of refusing services

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**13. What does the term 'person-first language' refer to in the context of reducing stigma associated with substance use disorders?**

- A. Using terms like 'substance user' to shift focus
- B. Referring to individuals as 'people with substance use disorder'
- C. Preferring clinical terminology over layman's terms
- D. Emphasizing substance use as a personal choice

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**14. Why might coercion in addiction treatment be considered ethical according to some experts?**

- A. It ensures patient autonomy is respected at all costs
- B. It may effectively prevent harm and promote patient recovery
- C. It shifts the responsibility of treatment success to the client
- D. It reduces the potential legal issues associated with treatment

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**15. What key aspect do ethics codes typically share when addressing the balance between ethics and the law in substance use counseling?**

- A. They prioritize legal obligations over ethical considerations
- B. They often prohibit actions that might be required by law
- C. They require an integration of ethical decision-making with legal compliance
- D. They allow counselors to bypass certain legal requirements if unethical

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**16. Which of the following ethical principles is emphasized when considering the use of telehealth in substance use treatment?**

- A. Explaining challenges and limits to services, particularly confidentiality
- B. Providing a verbal consent without documentation

- C. Focusing solely on the technological conveniences offered
- D. Assuming pre-existing consent applies to telehealth

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**17. In the context of substance use treatment, 'diminished capacity' is specifically concerned with:**

- A. An individual being unable to legally give consent but still participating
- B. A client's temporary inability to fully understand consent elements
- C. Complete inability to communicate preferences about treatment
- D. Capacity differences based on specific substance use disorders

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**18. One primary difference between HIPAA and 42 CFR Part 2 is:**

- A. Both address confidentiality but HIPAA doesn't apply to substance use records
- B. 42 CFR Part 2 offers broader confidentiality protections specific to SUD
- C. HIPAA provides stricter guidelines around electronic transmissions
- D. 42 CFR Part 2 does not require informed consent for information disclosure

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**19. When resolving an ethical dilemma, what initial step should a professional take according to the NASW model?**

- A. Develop an action plan based on personal insights
- B. Identify and rank ethical principles involved
- C. Determine whether an ethical issue or dilemma exists
- D. Seek immediate supervision or consultation

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**20. What is a key consideration when facing dual relationships in substance use settings?**

- A. Ensuring direct communication with clients about potential conflicts
- B. Avoiding any social contact with clients at all costs
- C. Focus solely on the professional role without exceptions
- D. Assuming clients understand professional boundaries inherently

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**21. Which of the following is the first step in clarifying an ethical issue according to the Manitoba College of Social Workers (MCSW) framework?**

- A. Evaluate and list personal values and intuitions.
- B. Identify the ethical problem.
- C. Identify major stakeholders.
- D. Consider relationships.

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**22. When applying the test of universality to a selected course of action, what is being assessed?**

- A. Whether the decision could be disclosed in public.
- B. Whether the same decision could be recommended to another counselor.

- C. Whether the decision affects all parties fairly.
- D. Whether the decision aligns with personal values.

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**23. In the hierarchy of ethical principles, which principle takes precedence over others?**

- A. Autonomy & Freedom.
- B. Least Harm.
- C. Protection of Life.
- D. Quality of Life.

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**24. Which ethical test asks if you would feel comfortable having your action plan become known to others?**

- A. Universality Test.
- B. Light-of-Day Test.
- C. Consequential Test.
- D. Fairness Test.

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**25. What should a social worker do after selecting a course of action if new ethical issues arise?**

- A. Proceed with the selected action regardless.
- B. Implement and follow up on the selected action.
- C. Return to the beginning and reevaluate each step of the decision-making process.
- D. Ignore the new ethical issues if they appear minor.

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**26. Which factor is essential for professionals in substance use treatment to demonstrate when working with historically marginalized clients?**

- A. A skill in minimizing biases through silence.
- B. An awareness of their own biases and stereotypes.
- C. Ignoring the worldviews of culturally diverse clients.
- D. Relying solely on personal experience when addressing cultural diversity.

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**27. The NAADAC Code of Ethics requires addiction professionals to deliver services that are:**

- A. Solely based on personal cultural experiences.
- B. Culturally-sensitive by gaining relevant multicultural knowledge.
- C. Limited to standardized protocols for all clients.
- D. Focused exclusively on the client's technical problem.

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**28. When considering microaggressions, which impact can they have on individuals?**

- A. Increased rates of creativity and positivity.
- B. Physical health benefits, such as improved sleep.

- C. Increased rates of depression and prolonged stress.
- D. Improved communication skills and confidence.

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**29. Ethical decision-making in substance use treatment should prioritize:**

- A. Agency policies over the ethical principles of the profession.
- B. Legal guidelines at the expense of personal values.
- C. The ethical principles prioritized by the profession's moral code.
- D. Avoidance of consultation to enhance individual responsibility.

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**30. What role does cultural humility play in the treatment of substance use disorders?**

- A. Reinforcing existing stereotypes for efficiency.
- B. Promoting microaggressions as teaching tools.
- C. Facilitating an open and inclusive environment.
- D. Ensuring decisions are made solely by one individual.

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