

CERTIFIED ALCOHOL AND DRUG COUNSELOR (CADC) PRACTICE EXAM (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. A dual relationship in counseling refers to which of the following?**
 - A. A friendship with a client outside of therapy
 - B. A client and counselor engaging in a personal relationship
 - C. A mentor-mentee dynamic in addiction recovery
 - D. A working relationship with a client outside the professional domain
- 2. What is the key reason for documenting a client's progress in treatment notes?**
 - A. To satisfy insurance requirements
 - B. To track medication adherence
 - C. To evaluate client outcomes and adjust treatment
 - D. To create a historical record of treatment
- 3. What are essential elements to evaluate when tracking the success of referrals?**
 - A. Who, what, and how
 - B. What, where, and why
 - C. When, where, and who
 - D. Why, who, and how
- 4. The mnemonic DIG-FAST is used to evaluate which psychological state?**
 - A. Depression
 - B. Anxiety
 - C. Paranoia
 - D. Mania
- 5. When receiving appropriate treatment for substance abuse, older adults are likely to act how?**
 - A. Less likely to continue to use alcohol or drugs
 - B. About as likely to continue to use alcohol or drugs
 - C. More likely to continue to use alcohol or drugs
 - D. Insufficient data to make these comparisons

- 6. Which method has been found to be the MOST effective for delivering relapse-prevention training?**
- A. Group therapy is more effective.
 - B. Individual therapy is more effective.
 - C. Structured classes are more effective.
 - D. Group and individual therapy have roughly equal effectiveness.
- 7. What is a characteristic outcome seen with clients who go through the Matrix Model treatment?**
- A. Higher rates of dependency on medications.
 - B. Improved skills in handling cravings and triggers.
 - C. Immediate remission from substance use.
 - D. Long-term hospitalizations.
- 8. Why do therapeutic communities often emphasize habilitation over rehabilitation?**
- A. Many clients cannot successfully be rehabilitated.
 - B. Rehabilitation is not as effective as habilitation.
 - C. Habilitation helps clients learn new skills they never had.
 - D. Rehabilitation focuses only narrowly on detoxification.
- 9. What is the best response for a counselor if a client with a history of abuse places themselves in an unsafe relationship?**
- A. Coach them to explore the situation, issues of risk, and self-endangerment
 - B. Point out to them the issues that are obvious to the counselor
 - C. Provide a lecture on issues of abuse recovery and important safety concerns
 - D. Contact the unsafe individual, and intervene on the client's behalf
- 10. When should planning for aftercare in substance abuse treatment begin?**
- A. After completion of the program
 - B. During the last few sessions of treatment
 - C. At the halfway point in treatment
 - D. At the initial point of client contact

Answers

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1. D
2. C
3. A
4. D
5. A
6. D
7. B
8. C
9. A
10. D

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Explanations

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1. A dual relationship in counseling refers to which of the following?

- A. A friendship with a client outside of therapy
- B. A client and counselor engaging in a personal relationship
- C. A mentor-mentee dynamic in addiction recovery
- D. A working relationship with a client outside the professional domain**

A dual relationship in counseling occurs when a counselor has two or more roles or relationships with a client, which may lead to conflicts of interest and can complicate the professional boundaries necessary for effective therapy. The correct answer highlights a working relationship with a client outside the professional domain, indicating that the counselor is involved in another capacity beyond the therapeutic relationship. Such relationships can undermine the integrity of the counseling process, as the counselor's objectivity may be compromised. Having an additional role, such as a colleague, business partner, or a community member, can create situations where the counselor's ability to provide unbiased support is affected. This understanding is crucial in maintaining ethics and professional standards in counseling. Friendships or personal relationships with clients also constitute dual relationships but are more focused on interpersonal dynamics rather than a professional working context. Similarly, the mentor-mentee dynamic, while it can also be a dual relationship, is more specific and doesn't encompass the broader implications of working interactions outside therapy. Recognizing the nuanced implications of these varying forms of dual relationships is essential for those in the counseling profession, particularly in maintaining ethical boundaries.

2. What is the key reason for documenting a client's progress in treatment notes?

- A. To satisfy insurance requirements
- B. To track medication adherence
- C. To evaluate client outcomes and adjust treatment**
- D. To create a historical record of treatment

Documenting a client's progress in treatment notes primarily serves the purpose of evaluating client outcomes and adjusting treatment accordingly. This is essential for ensuring that the therapeutic approach remains effective and responsive to the client's evolving needs. By regularly reviewing treatment notes, counselors can identify patterns, assess the effectiveness of interventions, and make necessary modifications. This reflective practice not only promotes better client care but also enhances the overall treatment process by ensuring that the strategies applied are tailored to achieve the best possible outcomes for the individual. The importance of tracking progress goes beyond mere compliance with external requirements or creating a historical record. While fulfilling insurance requirements and establishing a documented record of treatment are significant, they serve secondary roles compared to the primary goal of improving therapeutic outcomes. Tracking medication adherence is also important, but it is only one aspect of the broader evaluation of a client's overall progress in treatment.

3. What are essential elements to evaluate when tracking the success of referrals?

- A. Who, what, and how
- B. What, where, and why
- C. When, where, and who
- D. Why, who, and how

Tracking the success of referrals in a counseling context involves evaluating key elements that provide insight into the effectiveness and appropriateness of the referrals made. The choice of who, what, and how is critical because it captures essential dimensions of the referral process. - "Who" refers to the individuals involved in the referral—both the client being referred and the service or provider they are referred to. Understanding who is part of this process allows counselors to assess compatibility and the alignment of needs with the services offered. - "What" encompasses the nature of the referral itself, including the services or interventions suggested. Evaluating what the client is being referred for helps in determining whether it is relevant to their needs and circumstances. - "How" pertains to the method and processes involved in making the referral, including the follow-up procedures to ascertain whether the client followed through with the referral and how they experienced the services received. This element is vital for understanding the overall success and impact of the referral process on the client's recovery or support journey. These elements provide a comprehensive framework for evaluating referrals effectively, ensuring that counselors can discern what works best for their clients and adjust strategies as needed.

4. The mnemonic DIG-FAST is used to evaluate which psychological state?

- A. Depression
- B. Anxiety
- C. Paranoia
- D. Mania

The mnemonic DIG-FAST is specifically designed to help identify the symptoms of mania, which is a key feature of bipolar disorder. Each letter in DIG-FAST represents different symptoms that are commonly associated with a manic episode: - D: Distractibility – Individuals may have trouble keeping their attention focused. - I: Indiscretion – Increased engagement in pleasurable activities with a high potential for painful consequences, such as spending sprees or risky sex. - G: Grandiosity – An inflated sense of self-esteem or an exaggerated sense of importance. - F: Flight of ideas – Rapidly changing ideas or a thought process that may seem disjointed. - A: Activity increase – A noticeable increase in goal-directed activities, either socially, at work, or in sexual pursuits. - S: Sleep deficit – Decreased need for sleep without experiencing fatigue. - T: Talkativeness – Increased talkativeness or pressure to keep talking. This collection of symptoms is crucial in diagnosing and understanding the manic phase of bipolar disorder, demonstrating the heightened energy and elevated mood characteristic of this psychological state. Understanding DIG-FAST aids counselors and mental health professionals in conducting comprehensive assessments and determining appropriate interventions for individuals experiencing mania.

5. When receiving appropriate treatment for substance abuse, older adults are likely to act how?

- A. Less likely to continue to use alcohol or drugs**
- B. About as likely to continue to use alcohol or drugs
- C. More likely to continue to use alcohol or drugs
- D. Insufficient data to make these comparisons

The understanding that older adults receiving appropriate treatment for substance abuse are less likely to continue using alcohol or drugs aligns with research and evidence-based practices in addiction counseling. Treatment programs tailored specifically for older adults often address not only the substance use itself but also the underlying issues such as mental health, social isolation, and chronic illnesses that may contribute to substance abuse. Older adults typically respond positively to interventions that are sensitive to their unique life circumstances and health considerations. These treatments create an environment conducive to recovery, which can include physical and emotional support, education about substance use, coping strategies, and engagement in social activities. As a result, they often show a decreased likelihood of continuing harmful substance use behaviors when receiving appropriate and effective care. The other options do not take into account the benefits of targeted substance abuse treatment for older adults, which is why they do not reflect the outcomes observed in clinical practice and research.

6. Which method has been found to be the MOST effective for delivering relapse-prevention training?

- A. Group therapy is more effective.
- B. Individual therapy is more effective.
- C. Structured classes are more effective.
- D. Group and individual therapy have roughly equal effectiveness.**

The conclusion that group and individual therapy have roughly equal effectiveness for delivering relapse-prevention training is based on research indicating that both methods can provide significant benefits in this context. Each approach offers distinct advantages, and the effectiveness often hinges on the individual client's needs, preferences, and specific circumstances. Group therapy promotes peer support, shared experiences, and collective learning, which can be particularly helpful in reducing feelings of isolation and building a support network. Participants can learn from others' experiences and strategies, fostering a sense of community that can enhance motivation for recovery. Individual therapy, on the other hand, allows for tailored interventions that address the unique challenges and triggers faced by the individual. This personalized focus can be crucial for some clients who may struggle to engage in a group setting or who require a more intensive exploration of personal issues related to their substance use. Research has shown that both methods can yield similar outcomes regarding relapse prevention, suggesting that the choice between group and individual therapy may often come down to client preference and situational factors. This balance in effectiveness underscores the importance of flexibility in treatment approaches, allowing counselors to adapt to the varying needs of their clients. Consequently, presenting both therapy formats as having roughly equal efficacy highlights their complementary roles in relapse prevention strategies.

7. What is a characteristic outcome seen with clients who go through the Matrix Model treatment?

- A. Higher rates of dependency on medications.
- B. Improved skills in handling cravings and triggers.**
- C. Immediate remission from substance use.
- D. Long-term hospitalizations.

The Matrix Model treatment is designed to promote recovery from substance use disorders through a structured and comprehensive approach. One of the key outcomes associated with this treatment model is the development of improved skills in handling cravings and triggers. This model emphasizes psychoeducation, behavioral therapy, and the enhancement of coping skills, which help clients understand and manage their responses to cravings effectively. As clients progress through the Matrix Model, they learn about the nature of addiction, how to identify triggers that lead to substance use, and strategies to cope with those triggers, thereby increasing their resilience against relapse. This empowers them to navigate the challenges associated with recovery more successfully. The focus is not on immediate cessation of use or hospitalizations but rather on providing clients with the tools and resources they need to maintain sobriety over the long term. Improvements in craving management are vital for creating sustainable change in a client's behavior and are a hallmark of successful outcomes following this therapeutic model.

8. Why do therapeutic communities often emphasize habilitation over rehabilitation?

- A. Many clients cannot successfully be rehabilitated.
- B. Rehabilitation is not as effective as habilitation.
- C. Habilitation helps clients learn new skills they never had.**
- D. Rehabilitation focuses only narrowly on detoxification.

Therapeutic communities emphasize habilitation over rehabilitation primarily because habilitation is aimed at helping clients acquire new skills and behaviors that they may not have developed prior to their substance use. This approach recognizes that many individuals may have never had the opportunity to learn effective coping strategies, life skills, or social interactions necessary for a successful and sober life. By focusing on habilitation, therapeutic communities create an environment conducive to learning and personal growth, enabling individuals to build a stronger foundation for recovery. This focus on skill-building helps clients transition from a state of dependence to one of independence, fostering resilience and equipping them with the tools they need to navigate life after treatment. The emphasis on skill development also aligns with the holistic approach that therapeutic communities often adopt, addressing various dimensions of a person's life rather than focusing solely on the symptoms of substance use. In contrast, while rehabilitation may aim to restore individuals to a previous state of functioning, it can sometimes overlook the comprehensive needs of clients who require more than just recovery from substance use.

9. What is the best response for a counselor if a client with a history of abuse places themselves in an unsafe relationship?

- A. Coach them to explore the situation, issues of risk, and self-endangerment**
- B. Point out to them the issues that are obvious to the counselor
- C. Provide a lecture on issues of abuse recovery and important safety concerns
- D. Contact the unsafe individual, and intervene on the client's behalf

The best response for a counselor in this scenario is to coach the client to explore the situation, issues of risk, and self-endangerment. This approach is effective because it empowers the client to engage in self-reflection and examine their circumstances critically, allowing them to identify their feelings, thoughts, and behaviors in relation to the unsafe relationship. By fostering a supportive environment where the client can discuss their concerns and experiences, the counselor helps the client to gain insights into their situation. This method encourages the client to think about the implications of their choices and the potential risks involved, helping them to weigh the benefits of staying in that relationship against the risks to their safety and wellbeing. It is fundamental in counseling to facilitate clients' self-discovery and allow them to develop their own solutions, rather than imposing judgments or directives. This approach contrasts with other options that may not prioritize the client's autonomy or well-being. For instance, simply pointing out obvious issues does not engage the client in a meaningful way or contribute to their understanding of their situation. Providing a lecture could come off as patronizing and may alienate the client instead of promoting open dialogue. Contacting the unsafe individual interferes with the client's autonomy and can escalate the risk rather than support the client's empowerment

10. When should planning for aftercare in substance abuse treatment begin?

- A. After completion of the program
- B. During the last few sessions of treatment
- C. At the halfway point in treatment
- D. At the initial point of client contact**

Planning for aftercare in substance abuse treatment should begin at the initial point of client contact because it emphasizes the importance of a holistic and continuous approach to recovery. Early involvement in aftercare planning allows counselors to assess the client's needs, strengths, and potential challenges right from the start. This foresight helps in creating a tailored aftercare plan that aligns with the treatment goals established during therapy. By initiating the aftercare conversation early, counselors can ensure that clients are aware of the resources and support available to them once formal treatment ends. This proactive strategy fosters a sense of accountability and continuity, making it more likely that clients will successfully transition to maintaining their recovery in the long term. When aftercare is considered from the outset, it can also facilitate engagement in the treatment process, as clients understand that recovery is an ongoing journey and that support will continue beyond the primary treatment phase. Integrating the aftercare discussion into initial assessments also encourages a collaborative relationship between the client and treatment providers, which is essential for successful outcomes in recovery.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://certalcoholanddrugcounselor.examzify.com>

We wish you the very best on your exam journey. You've got this!

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