

CERTIFIED RECOVERY SPECIALIST (CRS) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://certifiedrecoveryspecialist.examzify.com>



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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. What is the primary concern of the 28 Pa Code §709.28 regulation?**
 - A. Staff training in medical procedures
 - B. Access to patient funding resources
 - C. Confidentiality of client identity and records
 - D. General operational guidelines for treatment programs
- 2. What is the significance of continuing care in recovery?**
 - A. To ensure long-term support and prevent relapse after initial treatment
 - B. To reduce the number of therapy sessions needed
 - C. To limit the use of medication
 - D. To require clients to return to treatment often
- 3. Which of the following is NOT a type of Counselor Credential?**
 - A. Certified Advanced Alcohol and Drug Counselor
 - B. Certified Clinical Mental Health Counselor
 - C. Certified Alcohol and Drug Counselor
 - D. Associate Addiction Counselor Level II
- 4. Which of the following best describes the approach of professionals in treatment clinical services?**
 - A. Strengths-based and collaborative
 - B. Deficit based and focuses on diagnosing symptoms
 - C. Peer-led and community-focused
 - D. Voluntary and relationship-focused
- 5. Why is it important to be thoughtful with self-disclosure?**
 - A. It boosts personal confidence
 - B. To avoid unintentional harm
 - C. It creates a therapeutic alliance
 - D. It establishes authority over clients
- 6. Who are considered authorized personnel?**
 - A. Anyone who has undergone counseling training
 - B. Individuals endowed with authority to make legal decisions
 - C. Friends or family of a patient
 - D. Volunteers assisting in treatment programs

- 7. Which of the following is an evidence-based practice commonly used in recovery support?**
- A. Motivational Interviewing
 - B. Cognitive Behavioral Therapy (CBT)
 - C. Mindfulness Meditation
 - D. Solution-Focused Brief Therapy
- 8. What was a major outcome of the Harrison Narcotic Act of 1914?**
- A. Allowed unlimited sale of opiates
 - B. Set legal limitations on narcotics sales
 - C. Promoted widespread drug use
 - D. Established legal guidelines for prescribing heroin
- 9. Who is referred to as a respondent in an ethical complaint?**
- A. A person who files the complaint
 - B. A certified professional facing a complaint
 - C. A legal representative in an ethics case
 - D. A member of the ethics committee
- 10. What is the function of a Hearing Officer in PCB ethical hearings?**
- A. A facilitator for all appeals
 - B. To propose new ethical standards
 - C. To oversee the proceedings of an ethics hearing
 - D. To represent clients' interests

Answers

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

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Explanations

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1. What is the primary concern of the 28 Pa Code §709.28 regulation?

- A. Staff training in medical procedures
- B. Access to patient funding resources
- C. Confidentiality of client identity and records**
- D. General operational guidelines for treatment programs

The primary concern of the 28 Pa Code §709.28 regulation centers on the confidentiality of client identity and records. This regulation emphasizes the importance of protecting sensitive information related to clients in the context of recovery and treatment services. Confidentiality is crucial in fostering trust between clients and service providers, allowing individuals to seek help without the fear of their personal circumstances being disclosed to others. Upholding the integrity of client confidentiality is a legal requirement and a foundational principle in ethical practice within recovery programs. While other options may touch on important areas within treatment and recovery services, the focus of this regulation is specifically on safeguarding client information, ensuring that treatment records and personal identities are handled with utmost discretion and respect for the client's privacy. This protection is vital not only for the welfare of clients but also to comply with legal standards and ethical guidelines in the human services field.

2. What is the significance of continuing care in recovery?

- A. To ensure long-term support and prevent relapse after initial treatment**
- B. To reduce the number of therapy sessions needed
- C. To limit the use of medication
- D. To require clients to return to treatment often

Continuing care plays a vital role in the recovery process by providing ongoing support after the initial treatment phase. The significance of this approach lies in its effectiveness in helping individuals maintain their recovery and significantly reduce the chance of relapse. After completing a primary treatment program, individuals can face numerous challenges as they reintegrate into their everyday lives. Continuing care offers structured support, including counseling sessions, support groups, and resources that help address these challenges and reinforce therapeutic gains. This approach recognizes that recovery is often a long-term journey rather than a one-time event. By establishing a network of continued accountability and support, individuals are more likely to stay engaged in their recovery process. Continuing care services can also help identify early signs of potential relapse, allowing for timely interventions that can guide individuals back on track before a full relapse occurs. Overall, its significance is rooted in fostering resilience and ongoing personal growth in recovery trajectories.

3. Which of the following is NOT a type of Counselor Credential?

- A. Certified Advanced Alcohol and Drug Counselor
- B. Certified Clinical Mental Health Counselor**
- C. Certified Alcohol and Drug Counselor
- D. Associate Addiction Counselor Level II

The selection of the Certified Clinical Mental Health Counselor as an option that is NOT a type of Counselor Credential is based on understanding the specific categories of counselor credentials in the substance use and addiction field. The Certified Clinical Mental Health Counselor typically pertains to broader mental health counseling and does not specifically designate a focus on addiction treatment, whereas the other options provided are tailored specifically to credentials in addiction counseling. In contrast, the Certified Advanced Alcohol and Drug Counselor, Certified Alcohol and Drug Counselor, and Associate Addiction Counselor Level II are all credentials specifically associated with substance use treatment and counseling. These certifications emphasize qualifications and specialized training in addiction counseling, making them distinct within that field. Understanding these distinctions is crucial for anyone pursuing certifications in the mental health or addiction counseling realms.

4. Which of the following best describes the approach of professionals in treatment clinical services?

- A. Strengths-based and collaborative**
- B. Deficit based and focuses on diagnosing symptoms
- C. Peer-led and community-focused
- D. Voluntary and relationship-focused

The most appropriate way to describe the approach of professionals in treatment clinical services is the strengths-based and collaborative approach. This method emphasizes recognizing and building on clients' strengths, resources, and abilities rather than merely focusing on their deficits or symptoms. In treatment settings, professionals aim to foster a collaborative relationship with clients, encouraging active participation in the treatment process. This empowers clients, making them partners in their recovery journey while addressing not just the challenges they face but also recognizing and utilizing their inherent strengths. A strengths-based approach is essential for promoting resilience and positive outcomes in clinical treatment. By emphasizing collaboration, practitioners can create a tailored treatment plan that aligns with clients' specific needs and goals, fostering a supportive environment conducive to healing and growth. This holistic view contrasts with a deficit-based perspective that primarily targets symptoms without considering the individual's overall strengths and potential for recovery.

5. Why is it important to be thoughtful with self-disclosure?

- A. It boosts personal confidence
- B. To avoid unintentional harm**
- C. It creates a therapeutic alliance
- D. It establishes authority over clients

Being thoughtful with self-disclosure is critical primarily to avoid unintentional harm to clients. The process of self-disclosing involves sharing personal experiences, feelings, or thoughts with a client, which can have a significant impact on the therapeutic relationship. If self-disclosure is not conducted with care, it can lead to confusions, misinterpretations, or inappropriate boundaries in the relationship, potentially destabilizing the client's progress or creating emotional distress. When practitioners choose to share aspects of their personal life, the goal should ideally be to support the client's journey, not to shift the focus back onto the provider or to impose meanings from the provider's experiences onto the client. Careful consideration ensures that the self-disclosure is relevant to the client's situation and enhances the therapeutic process rather than detracting from it. It's essential for recovery specialists to maintain a professional stance and prioritize the client's needs over their own, ensuring that any self-disclosure serves a constructive purpose within the therapeutic framework. Other options like boosting personal confidence or establishing authority could distract from the client-centered approach that is vital in recovery contexts. Similarly, while building a therapeutic alliance is important, this can be achieved through many means other than self-disclosure. The primary focus should remain on the client

6. Who are considered authorized personnel?

- A. Anyone who has undergone counseling training
- B. Individuals endowed with authority to make legal decisions**
- C. Friends or family of a patient
- D. Volunteers assisting in treatment programs

Authorized personnel are defined as individuals endowed with the authority to make legal decisions, which places them in a position to act on behalf of others, particularly regarding health-related matters. In the context of recovery services or mental health treatment, these individuals typically include legal guardians, healthcare providers, or representatives who have been granted specific rights to make critical decisions concerning a patient's care and treatment. This authority is important for ensuring that decisions made are in compliance with legal requirements and that they protect the rights and wellbeing of the individuals receiving care. Other categories, such as friends or family, may provide support but do not have the legal authority required to be classified as authorized personnel in official contexts. Similarly, while volunteers and those with general counseling training may contribute positively to treatment programs, they do not possess the legal decision-making powers that define authorized personnel.

7. Which of the following is an evidence-based practice commonly used in recovery support?

- A. Motivational Interviewing
- B. Cognitive Behavioral Therapy (CBT)**
- C. Mindfulness Meditation
- D. Solution-Focused Brief Therapy

Cognitive Behavioral Therapy (CBT) is a widely recognized evidence-based practice commonly used in recovery support. It enables individuals to identify and change negative thought patterns and behaviors that contribute to addiction and other mental health issues. Through CBT, individuals learn coping strategies and problem-solving skills that help them manage their emotions and reactions more effectively. CBT's structured approach makes it particularly effective for those in recovery, as it focuses on the links between thoughts, feelings, and behaviors, allowing individuals to gain insight into their patterns and develop healthier responses. This practice is grounded in empirical research, which has demonstrated its efficacy in treating various mental health disorders, including substance use disorders, thereby establishing its credibility within the field of recovery support. In contrast, while other listed practices like Motivational Interviewing, Mindfulness Meditation, and Solution-Focused Brief Therapy also play important roles in recovery and mental health support, CBT has a more extensive body of research validating its effectiveness specifically in this context.

8. What was a major outcome of the Harrison Narcotic Act of 1914?

- A. Allowed unlimited sale of opiates
- B. Set legal limitations on narcotics sales**
- C. Promoted widespread drug use
- D. Established legal guidelines for prescribing heroin

The Harrison Narcotic Act of 1914 was significant because it marked a pivotal point in the regulation of narcotics in the United States. By setting legal limitations on the sales of narcotics, the Act aimed to control the use and distribution of opiates and cocaine, which were widely available and associated with rising addiction rates at that time. The Act required physicians, dentists, and others who prescribed narcotics to register and pay a special tax, thus bringing greater accountability to prescribing practices. It also mandated that prescriptions could only be issued for legitimate medical purposes, restricting access to these substances and reducing the chances of misuse or addiction. The introduction of the Harrison Narcotic Act effectively transformed how narcotics were managed in medical practice and paved the way for subsequent legislation regulating drug use, showcasing a movement toward a more stringent health and safety-oriented approach to narcotics.

9. Who is referred to as a respondent in an ethical complaint?

- A. A person who files the complaint
- B. A certified professional facing a complaint**
- C. A legal representative in an ethics case
- D. A member of the ethics committee

In the context of an ethical complaint, the term "respondent" specifically refers to the individual who is the subject of the complaint—typically, a certified professional who is facing allegations regarding their conduct or ethical behavior. This designation is critical within the ethical complaint process, distinguishing them from the complainant, who is the person submitting the complaint. The role of the respondent is central, as they have the opportunity to respond to the allegations, provide their perspective, and defend their actions. Understanding this term is essential for anyone working within the field of ethics and professional standards, as it helps to clarify the responsibilities and rights of all parties involved in the complaint process. The other options describe different roles that are not in line with the definition of a respondent, reinforcing the clarity of this terminology in ethical discussions.

10. What is the function of a Hearing Officer in PCB ethical hearings?

- A. A facilitator for all appeals
- B. To propose new ethical standards
- C. To oversee the proceedings of an ethics hearing**
- D. To represent clients' interests

The function of a Hearing Officer in PCB ethical hearings is primarily to oversee the proceedings of an ethics hearing. This responsibility entails ensuring that the hearing is conducted fairly, efficiently, and in accordance with the established regulations and procedures. The Hearing Officer acts as an impartial figure, guiding the process, ruling on procedural matters, and making sure that all parties have the opportunity to present their cases. This role is crucial in maintaining the integrity of the hearing process, as the Hearing Officer ensures adherence to ethical standards and that the rights of all parties involved are protected. They also facilitate the flow of the hearing, allowing for a structured environment where evidence and testimonies can be presented appropriately. In contrast, the roles described in the other options do not accurately reflect the specific responsibilities assigned to the Hearing Officer in such settings. For instance, facilitating appeals or representing clients' interests falls outside this role, while proposing new ethical standards is typically the function of a governing body or ethics committee rather than an individual overseer of specific cases.

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://certifiedrecoveryspecialist.examzify.com>

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

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