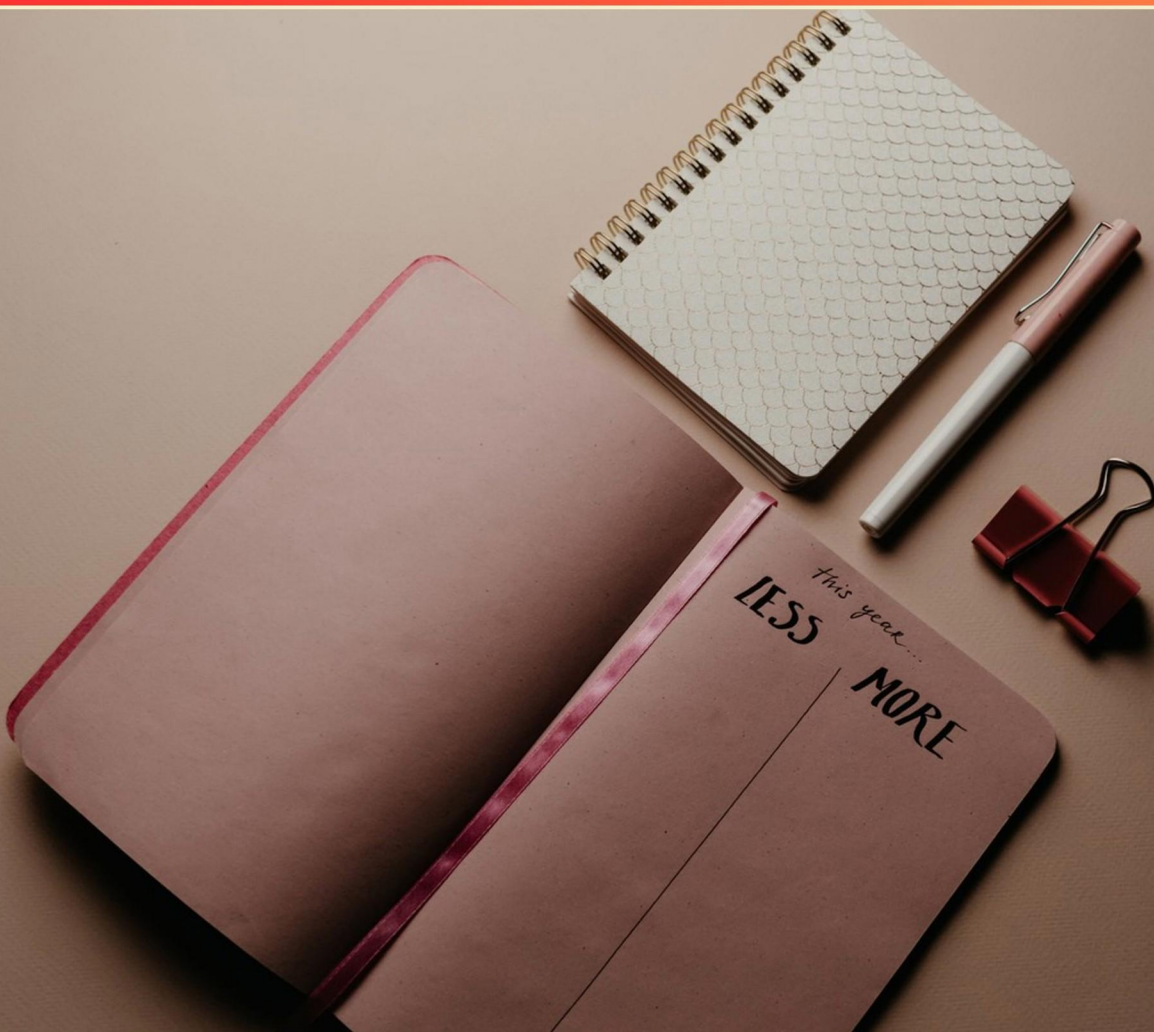


MAINE CERTIFIED ALCOHOL AND DRUG COUNSELOR (CADC) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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 should the focus of client education include during counseling sessions?**
 - A. Therapist's own beliefs and values
 - B. Client's external circumstances only
 - C. Information pertinent to their health and well-being
 - D. General knowledge unrelated to the client
- 2. Nonmaleficence is an ethical principle that emphasizes what core concept?**
 - A. Doing good for clients
 - B. Achieving client independence
 - C. Do no harm
 - D. Maintaining client confidentiality
- 3. What is an implication of using projection as a defense mechanism?**
 - A. Recognizing personal flaws
 - B. Disguising one's own threatening feelings
 - C. Encouraging personal growth
 - D. Improving interpersonal relationships
- 4. What is the primary goal of screening in a counseling context?**
 - A. To provide therapy immediately
 - B. To determine treatment costs
 - C. To ascertain client eligibility for a specific treatment service
 - D. To evaluate past treatment experiences
- 5. One major problem associated with victimology and recovery is that:**
 - A. Believing in victim status enhances self-efficacy
 - B. Proclaiming powerlessness aligns with reframing strategies
 - C. Proclaiming powerlessness runs counter to the empowerment mentality needed to overcome victimhood
 - D. Recovery requires the acceptance of victimhood as a permanent state

- 6. Which of the following is an SSRI?**
- A. Cylert
 - B. Ritalin
 - C. Prozac
 - D. Valium
- 7. In the context of addiction, what does "harm reduction" primarily aim to do?**
- A. A. Eliminate substance use completely
 - B. B. Minimize the negative consequences of substance use
 - C. C. Punish individuals for their choices
 - D. D. Promote abstinence as the only solution
- 8. During a counseling session, a client recalls having been abused as a child. The inability to recall the abuse earlier is an example of which defense mechanism?**
- A. Denial
 - B. Projection
 - C. Repression
 - D. Displacement
- 9. What is a key component in evaluating the effectiveness of therapy?**
- A. Comparing patient progress to others
 - B. Measuring client satisfaction alone
 - C. Tracking observable changes in behavior
 - D. Focusing only on the therapist's assessment
- 10. What is the value of exploring Kia's decision to marry her fiancé?**
- A. It helps to enforce her parents' values
 - B. It allows Kia to articulate her own desires and concerns
 - C. It minimizes her substance use issues
 - D. It is not relevant to her treatment progression

Answers

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

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Explanations

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1. What should the focus of client education include during counseling sessions?

- A. Therapist's own beliefs and values
- B. Client's external circumstances only
- C. Information pertinent to their health and well-being**
- D. General knowledge unrelated to the client

The focus of client education during counseling sessions should center on information pertinent to the client's health and well-being. This approach ensures that the content of the education is relevant and tailored to the individual needs of the client, enhancing their understanding of their situation, the nature of their condition, and the strategies they can employ to improve their health and recovery. Providing education that is specifically related to a client's personal experiences, challenges, and health issues empowers them to make informed decisions about their treatment and lifestyle. It fosters an environment where the client feels supported and understood, and encourages an active role in their recovery process. When clients receive targeted information that applies directly to their lives, it can motivate them to engage more fully in therapy, adhere to treatment plans, and adopt healthier behaviors. Focusing on the therapist's own beliefs and values, external circumstances, or general knowledge unrelated to the client would not adequately support the client's needs or contribute to their growth and understanding in a meaningful way.

2. Nonmaleficence is an ethical principle that emphasizes what core concept?

- A. Doing good for clients
- B. Achieving client independence
- C. Do no harm**
- D. Maintaining client confidentiality

Nonmaleficence is a foundational ethical principle in counseling and healthcare that emphasizes the importance of "do no harm." This principle requires counselors and other professionals to avoid actions that could potentially cause physical, emotional, or psychological harm to clients. It is pivotal in ensuring that the welfare of clients is prioritized in clinical practice. By adhering to the principle of nonmaleficence, counselors commit to creating a safe environment for their clients, where individuals can disclose personal information and work through their challenges without fear of further harm or negative consequences. This principle also encourages professionals to carefully consider the implications of their interventions, ensuring that their actions lead to beneficial outcomes rather than exacerbating the client's issues. In contrast, the other options touch on important aspects of counseling practice but do not encapsulate the essence of nonmaleficence. While doing good for clients is related to beneficence, achieving client independence focuses more on their self-sufficiency, and maintaining client confidentiality addresses privacy, which is vital but distinct from the obligation to prevent harm. Thus, nonmaleficence stands out as a crucial ethical directive aimed at safeguarding clients in therapeutic settings.

3. What is an implication of using projection as a defense mechanism?

- A. Recognizing personal flaws
- B. Disguising one's own threatening feelings**
- C. Encouraging personal growth
- D. Improving interpersonal relationships

Using projection as a defense mechanism involves attributing one's own unacceptable thoughts, feelings, or impulses onto someone else. This often occurs when an individual experiences emotions or traits they find uncomfortable or threatening, leading them to perceive those traits in others instead. The implication of using projection is that it serves to disguise one's own threatening feelings. For instance, a person who struggles with feelings of anger may accuse others of being hostile, effectively shielding themselves from confronting their own emotions. By projecting these feelings outward, individuals can avoid the discomfort of self-reflection and the need to address their personal flaws. This mechanism can hinder self-awareness and personal development, as it prevents genuine recognition of one's emotional state and behavior.

4. What is the primary goal of screening in a counseling context?

- A. To provide therapy immediately
- B. To determine treatment costs
- C. To ascertain client eligibility for a specific treatment service**
- D. To evaluate past treatment experiences

The primary goal of screening in a counseling context is to ascertain client eligibility for a specific treatment service. Screening is a critical initial step in the assessment process, as it helps counselors quickly identify whether an individual meets the criteria for a particular treatment program or service. This process involves gathering essential information about the client's substance use history, mental health status, and any other relevant factors that can help professionals determine which services or interventions would be appropriate for that individual. By focusing on eligibility, screening ensures that clients are directed to suitable treatment options, which can improve outcomes and enhance the effectiveness of the therapeutic process. It plays a significant role in ensuring that clients receive the right level of care required for their unique situations, facilitating a more tailored approach to their needs. This initial assessment is integral to the broader treatment planning process, as accurate screenings can lead to more effective treatment strategies and interventions.

5. One major problem associated with victimology and recovery is that:

- A. Believing in victim status enhances self-efficacy
- B. Proclaiming powerlessness aligns with reframing strategies
- C. Proclaiming powerlessness runs counter to the empowerment mentality needed to overcome victimhood**
- D. Recovery requires the acceptance of victimhood as a permanent state

Proclaiming powerlessness runs counter to the empowerment mentality needed to overcome victimhood. This perspective highlights the importance of fostering a sense of agency and control in individuals who have experienced trauma or victimization. Recovery from such experiences often relies on the ability to reclaim personal power and recognize one's strength in overcoming adversity. When individuals identify solely as victims, it can inhibit their ability to engage in the healing process and move towards empowerment. By focusing on powerlessness, individuals may inadvertently reinforce a mindset that limits their potential for growth, recovery, and self-advocacy. In contrast, an empowerment mentality encourages individuals to acknowledge their experiences while also recognizing their capacity for change, resilience, and recovery. This shift in mindset is essential for effective healing and the reclamation of personal agency. This understanding is crucial for professionals working in the field of addiction and recovery, as it informs therapeutic approaches that aim to foster empowerment rather than perpetuate a cycle of victimhood.

6. Which of the following is an SSRI?

- A. Cylert
- B. Ritalin
- C. Prozac**
- D. Valium

Prozac is an example of a selective serotonin reuptake inhibitor (SSRI), which is a class of medications commonly used to treat depression and anxiety disorders. SSRIs work by increasing the levels of serotonin in the brain, a neurotransmitter that plays a pivotal role in regulating mood. Understanding the characteristics of SSRIs is essential for recognizing how they differ from other types of medications. For instance, Cylert is primarily used for attention deficit hyperactivity disorder (ADHD) and functions as a stimulant. Ritalin, like Cylert, is also a stimulant used to treat ADHD, but it does not belong to the SSRI class. Valium, on the other hand, is a benzodiazepine used mainly for anxiety and muscle relaxation, and it has a different mechanism of action unrelated to serotonin reuptake inhibition. By knowing that Prozac is an SSRI, one can appreciate its specific role in treating mood disorders, distinguishing it from other medications that target different conditions or utilize different mechanisms.

7. In the context of addiction, what does "harm reduction" primarily aim to do?

- A. A. Eliminate substance use completely
- B. B. Minimize the negative consequences of substance use**
- C. C. Punish individuals for their choices
- D. D. Promote abstinence as the only solution

Harm reduction primarily aims to minimize the negative consequences of substance use rather than eliminating substance use entirely. This approach recognizes that while some individuals may continue to use substances, there are strategies that can reduce the adverse effects associated with that use. Harm reduction strategies might include the distribution of clean syringes, providing supervised consumption sites, or offering education on safer use practices. The focus is on improving the individual's quality of life, promoting safer behaviors, and connecting them with healthcare services, rather than imposing strict measures that may not be effective for everyone. This compassionate and pragmatic approach acknowledges the complex nature of addiction and seeks to reduce stigma, empower individuals, and prioritize their health and well-being.

8. During a counseling session, a client recalls having been abused as a child. The inability to recall the abuse earlier is an example of which defense mechanism?

- A. Denial
- B. Projection
- C. Repression**
- D. Displacement

The situation described involves a client who has an inability to recall previous experiences of abuse, which is a classic example of repression. Repression is a defense mechanism where unpleasant or traumatic memories, thoughts, or feelings are unconsciously blocked from awareness. This can happen as a way to protect the individual from the psychological distress that such memories might bring. In this case, the absence of recollection of the childhood abuse indicates that the client's mind has pushed that painful memory out of conscious awareness, demonstrating how repression functions to shield the individual from emotional discomfort. The other options, while relating to different defense mechanisms, do not accurately fit the scenario. Denial involves rejecting the reality of a situation, projection attributes one's own unacceptable feelings to others, and displacement involves shifting feelings from one person or situation to another. None of these mechanisms involve the unconscious forgetting characteristic of repression.

9. What is a key component in evaluating the effectiveness of therapy?

- A. Comparing patient progress to others
- B. Measuring client satisfaction alone
- C. Tracking observable changes in behavior**
- D. Focusing only on the therapist's assessment

Tracking observable changes in behavior is a key component in evaluating the effectiveness of therapy because it provides tangible evidence of a client's progress and the impact of therapeutic interventions. By observing specific changes, such as reductions in substance use, improvements in mood, or enhanced coping skills, therapists can assess how well the treatment is working. This approach relies on objective data that can be measured over time, allowing for a more accurate evaluation compared to subjective measures alone. Observable changes in behavior also help in making informed decisions about the continuation, modification, or termination of a treatment plan. They serve as a solid foundation for discussions with clients about their progress and can guide goal setting in therapy. Client feedback and satisfaction, while important, should be viewed alongside these observable changes for a comprehensive evaluation of therapeutic effectiveness.

10. What is the value of exploring Kia's decision to marry her fiancé?

- A. It helps to enforce her parents' values
- B. It allows Kia to articulate her own desires and concerns**
- C. It minimizes her substance use issues
- D. It is not relevant to her treatment progression

Exploring Kia's decision to marry her fiancé is valuable because it provides her with an opportunity to articulate her own desires and concerns. This process can lead to greater self-awareness and personal insight, which are crucial elements in counseling, particularly in the context of addiction treatment. By discussing her motivations for marriage, Kia can identify and evaluate the factors influencing her decision, such as societal expectations, emotional readiness, or potential impacts on her substance use. This reflection encourages her to make informed choices that align with her true values and needs rather than those imposed by others. Such exploration is essential in counseling as it fosters a sense of autonomy and promotes personal growth, which can ultimately be beneficial in her recovery journey.

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://mainecadc.examzify.com>

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

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