

NAADAC MODULE 2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://naadacmodule2.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. In Adlerian therapy, which feeling is central as a motivator of behavior?**
 - A. Levels of Dissatisfaction
 - B. Feelings of Inferiority
 - C. Self-Esteem
 - D. Social Interest

- 2. Under HIPAA and NAADAC ethics, what is a counselor's obligation regarding client confidentiality?**
 - A. To protect identifiable health information, disclose only with informed consent or as required by law, and discuss limits of confidentiality with the client.
 - B. To reveal all client information to the client's family upon request.
 - C. To never disclose information under any circumstances.
 - D. To disclose information if the client is unhappy with the service.

- 3. Which counseling approach seeks to fulfill basic needs through responsible behavior?**
 - A. Reality Therapy
 - B. Cognitive-Behavior Therapy
 - C. Gestalt Therapy
 - D. Transactional Analysis

- 4. How should counselors address gender, sexual orientation, and identity in treatment?**
 - A. Respect diversity, use nonjudgmental language, tailor interventions to individual needs.
 - B. Ignore identity considerations to avoid discomfort.
 - C. Assume heterosexual identity for all clients.
 - D. Only address identity if client brings it up.

- 5. Following abstinence, a client experiences anxiety when passing old triggers; which strategy would a behavioral therapist most likely use?**
 - A. Systematic Desensitization
 - B. Cue Exposure Treatment
 - C. Aversion Therapy
 - D. Flooding

- 6. Which counseling approach holds that drug use is influenced by inner unconscious drives seeking immediate satisfaction and pleasure?**
- A. Psychoanalytic Therapy
 - B. Behavioral Therapy
 - C. Reality Therapy
 - D. Adlerian Therapy
- 7. When working with a client who has relapsed, it is most important to do what?**
- A. Help the client identify his or her internal and external relapse triggers
 - B. Confront the client about denial
 - C. Terminate treatment immediately
 - D. Prescribe medication for withdrawal
- 8. Interpersonal skills, less confrontation and the frequent use of empathy are qualities that have empirically found to be characteristics of what?**
- A. Effective Counseling
 - B. Punitive Counseling
 - C. Brief Counseling
 - D. Motivational Interviewing
- 9. Which element is typically part of a crisis safety plan?**
- A. Disclosing all personal information publicly.
 - B. Scheduling extra meetings with no plan.
 - C. Avoiding any discussion of risk.
 - D. Developing coping strategies, emergency contacts, and crisis resources.
- 10. Which is a key element of a discharge/transition plan?**
- A. Aftercare appointment scheduling.
 - B. Link to aftercare resources.
 - C. A plan to discontinue any support immediately after discharge.
 - D. Strategies to maintain progress after treatment.

Answers

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

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Explanations

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1. In Adlerian therapy, which feeling is central as a motivator of behavior?

- A. Levels of Dissatisfaction
- B. Feelings of Inferiority**
- C. Self-Esteem
- D. Social Interest

Feelings of inferiority drive behavior in Adlerian theory. Adler proposed that people are motivated by an innate sense of inferiority or deficiency from early experiences, and they respond by striving for mastery, significance, and competence. This striving shapes actions and goals—when it's directed toward constructive ends, it leads to growth and social contribution (social interest); when it's distorted, it can produce maladaptive striving or a superiority complex. So feeling inferior is the key motivator behind behavior. Self-esteem is more about how well goals are met and how one feels about oneself, while social interest is the healthy, cooperative aim that can emerge when inferiority is addressed—it's an outcome, not the initial driver.

2. Under HIPAA and NAADAC ethics, what is a counselor's obligation regarding client confidentiality?

- A. To protect identifiable health information, disclose only with informed consent or as required by law, and discuss limits of confidentiality with the client.**
- B. To reveal all client information to the client's family upon request.
- C. To never disclose information under any circumstances.
- D. To disclose information if the client is unhappy with the service.

Protecting a client's private information is fundamental. Under HIPAA and NAADAC ethics, you must keep identifiable health information confidential and disclose it only with informed consent or when disclosure is required by law. A key part of this is talking with the client early on (and as needed) about the limits of confidentiality—who may receive information, for what purpose, and the potential consequences of disclosure. In practice, disclosures are allowed for treatment, payment, or health care operations with the client's consent, and you must disclose the minimum necessary information. There are important exceptions, such as mandated reporting of abuse or neglect, situations where there is a serious risk of harm to the client or others, or when a court orders a disclosure. The family cannot be told all information simply on request, and information should not be shared just because the client is unhappy with the service.

3. Which counseling approach seeks to fulfill basic needs through responsible behavior?

- A. Reality Therapy**
- B. Cognitive-Behavior Therapy
- C. Gestalt Therapy
- D. Transactional Analysis

Reality Therapy emphasizes fulfilling basic needs through responsible behavior. It holds that people have fundamental needs—belonging, power, freedom, fun, and survival—and these are best met by making deliberate, responsible choices in the present moment. The approach guides clients to assess what they want, what they're currently doing to meet those needs, and to develop concrete plans to change behavior so those needs are satisfied more effectively. A common tool is the WDEP framework—Wants, Doing, Evaluation, Plan—used to clarify goals, review actions, assess usefulness, and commit to practical steps. This focus on taking control of one's actions to meet needs in the here and now is what sets Reality Therapy apart. By contrast, cognitive-behavior therapy centers on changing thoughts to influence feelings and behavior; Gestalt therapy emphasizes awareness of present experience and self-connection; transactional analysis looks at ego states and life scripts to improve interactions.

4. How should counselors address gender, sexual orientation, and identity in treatment?

A. Respect diversity, use nonjudgmental language, tailor interventions to individual needs.

B. Ignore identity considerations to avoid discomfort.

C. Assume heterosexual identity for all clients.

D. Only address identity if client brings it up.

Addressing gender, sexual orientation, and identity in treatment means honoring each client's true self and weaving that understanding into every part of care. The most effective approach is to respect diversity, use language that is nonjudgmental, and tailor interventions to fit the individual's experiences, needs, and context. This fosters trust and engagement, reduces stigma, and makes assessment, goals, and strategies more relevant and effective for the client. Proactively discussing identity in a supportive way also helps clinicians recognize how minority stress, discrimination, and social factors influence mental health and treatment outcomes, guiding safer, more inclusive care. Ignoring identity can disrupt rapport and overlook critical influences on mental health. Assuming everyone is heterosexual erases real experiences and leads to inappropriate assumptions. Waiting to address identity until the client mentions it places the burden on the client and can miss important treatment considerations.

5. Following abstinence, a client experiences anxiety when passing old triggers; which strategy would a behavioral therapist most likely use?

A. Systematic Desensitization

B. Cue Exposure Treatment

C. Aversion Therapy

D. Flooding

Cue exposure treatment targets the learned connection between drug-related cues and craving or anxiety. After abstinence, encountering old triggers often elicits a conditioned urge to use. By gradually and repeatedly exposing the person to these cues in a safe, controlled setting and preventing drug use, the conditioned response weakens through extinction. Over time, the cues become less likely to provoke strong cravings or anxiety, supporting sustained recovery. This approach is specifically designed to address cue-driven relapse. Systematic desensitization blends relaxation with a fear hierarchy for general anxiety, not necessarily the specific learned cue–drug associations in addiction. Aversion therapy relies on creating negative associations with the substance itself, not on reducing cue-induced cravings. Flooding exposes someone rapidly to high-intensity cues without gradual buildup, which can be overwhelming and less appropriate for managing addiction-related triggers. Cue exposure treatment directly targets the problem of cue-induced relapse by extinguishing the learned responses to those triggers.

6. Which counseling approach holds that drug use is influenced by inner unconscious drives seeking immediate satisfaction and pleasure?

A. Psychoanalytic Therapy

B. Behavioral Therapy

C. Reality Therapy

D. Adlerian Therapy

Unconscious drives seeking immediate pleasure are central to psychoanalytic therapy. This approach posits that behaviors like drug use can arise from unresolved unconscious conflicts and instinctual impulses from the id that seek instant gratification, often rooted in early experiences. The goal is to bring these hidden motives into awareness so the person can understand and resolve underlying tensions, reducing the pull of unconscious urges. In contrast, behavioral therapy focuses on observable actions and learning through rewards and punishments; reality therapy emphasizes present choices and personal responsibility; Adlerian therapy highlights social context and feelings of inferiority.

7. When working with a client who has relapsed, it is most important to do what?

A. Help the client identify his or her internal and external relapse triggers

B. Confront the client about denial

C. Terminate treatment immediately

D. Prescribe medication for withdrawal

Focusing on relapse triggers is the most important step because relapse is best understood as a product of specific states and cues, not simply a moral failing. By helping the client identify internal triggers (cravings, stress, mood states, fatigue) and external triggers (people, places, certain environments), you lay the groundwork for a practical relapse prevention plan. This allows the client to anticipate high-risk moments and apply coping strategies, adjust their environment, and reach out for support before a lapse becomes a full relapse. Confronting denial may be part of therapy, but it doesn't address prevention directly. Terminating treatment cuts off support when it's most needed, and prescribing withdrawal medication targets physical symptoms rather than guiding recovery after a relapse.

8. Interpersonal skills, less confrontation and the frequent use of empathy are qualities that have empirically found to be characteristics of what?

A. Effective Counseling

B. Punitive Counseling

C. Brief Counseling

D. Motivational Interviewing

The main idea is that how a counselor interacts with clients—the ability to listen with empathy, collaborate rather than argue, and show genuine concern—produces better counseling results. When counselors use empathy and keep confrontation to a minimum, clients tend to feel understood, are more willing to share information, and stay engaged in the process. This supportive, client-centered approach is repeatedly linked to stronger therapeutic alliances, greater motivation, and better outcomes, which is why the broader category that fits these findings is effective counseling. Motivational interviewing is a specific method that embodies these same interpersonal qualities, but the question points to the general practice linked with positive results across counseling, namely effective counseling. Punitive counseling would likely hinder engagement, and brief counseling refers to session length rather than the quality of the interpersonal relationship.

9. Which element is typically part of a crisis safety plan?

- A. Disclosing all personal information publicly.
- B. Scheduling extra meetings with no plan.
- C. Avoiding any discussion of risk.
- D. Developing coping strategies, emergency contacts, and crisis resources.**

Crisis safety plans are built around practical actions and supports you can use in the moment to stay safe. The element of developing coping strategies, emergency contacts, and crisis resources is central because it gives a person clear, actionable steps to take, who to call for help right away, and where to turn for professional support when stress escalates. Having these pieces prepared in advance reduces uncertainty and helps prevent impulsive or dangerous actions by guiding behavior toward safer options. By contrast, publicly disclosing personal information, meeting more times without a plan, or avoiding discussions of risk would not provide the structured, confidential, and action-oriented guidance that a safety plan is meant to offer.

10. Which is a key element of a discharge/transition plan?

- A. Aftercare appointment scheduling.
- B. Link to aftercare resources.**
- C. A plan to discontinue any support immediately after discharge.
- D. Strategies to maintain progress after treatment.

Connecting to aftercare resources is the key element because discharge planning is about ensuring ongoing support after treatment. By linking to aftercare resources, the plan gives a clear path to services that the person can actually access—outpatient treatment, peer support, housing or employment help, transportation, and crisis contacts. This continuity is what helps sustain progress and reduce the risk of relapse. Scheduling follow-up appointments is important, but it depends on having tangible resources to use. Planning to discontinue support right after discharge contradicts recovery goals, and focusing only on strategies without accessible resources can leave a person without the needed help.

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://naadacmodule2.examzify.com>

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

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