

North Carolina Licensed Clinical Addiction Specialist (LCAS) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What is an essential component of trauma-informed care?**
 - A. Involvement of clients in treatment decisions**
 - B. Decisions made solely by the provider**
 - C. Minimizing therapy interactions**
 - D. Only focusing on immediate symptoms**
- 2. The primary chemical compound found in marijuana is?**
 - A. CBD**
 - B. THC**
 - C. Petroleum**
 - D. Nicotine**
- 3. Which symptom is NOT typically associated with the Dependency/Addiction Phase?**
 - A. Volatile mood swings**
 - B. Increased social activity**
 - C. Weight changes**
 - D. Memory loss**
- 4. Which of the following is a naturally occurring opiate?**
 - A. Fentanyl**
 - B. Hydrocodone**
 - C. Codeine**
 - D. Oxycodone**
- 5. How frequently does daily use occur in the Dependency/Addiction Phase?**
 - A. Several times a week**
 - B. Twice a week**
 - C. Daily**
 - D. Monthly**

- 6. What concept is the foundation of psychodynamic theory as established by Sigmund Freud?**
- A. Behavioral conditioning**
 - B. Unresolved inner conflicts**
 - C. Social learning**
 - D. Humanistic growth**
- 7. What does "medication-assisted treatment" (MAT) involve?**
- A. The use of medications combined with counseling and behavioral therapies**
 - B. Complete reliance on medications only**
 - C. Using alternative therapies without medications**
 - D. Medications as a last resort after all else has failed**
- 8. What is the significance of integrating mental health services in addiction treatment?**
- A. It avoids medication use.**
 - B. It addresses co-occurring disorders.**
 - C. It focuses only on physical health.**
 - D. It simplifies the treatment process.**
- 9. What does the Intake process typically involve?**
- A. Screening for eligibility**
 - B. Administering medications**
 - C. Establishing a treatment plan**
 - D. Completing required documentation for admission**
- 10. How is "clinical supervision" defined in addiction counseling?**
- A. Providing training workshops for new counselors**
 - B. Conducting group therapy sessions for clients**
 - C. Guidance and oversight provided to counselors to ensure adherence to ethical standards**
 - D. Evaluating treatment outcomes for clients**

Answers

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

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Explanations

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1. What is an essential component of trauma-informed care?

A. Involvement of clients in treatment decisions

B. Decisions made solely by the provider

C. Minimizing therapy interactions

D. Only focusing on immediate symptoms

An essential component of trauma-informed care is the involvement of clients in treatment decisions. This approach recognizes the importance of collaboration between the client and the provider, empowering the client by giving them a voice in their treatment process. Trauma-informed care is grounded in an understanding of the impact of trauma on individuals, which encompasses their psychological, emotional, and environmental well-being. By engaging clients in decision-making, providers foster a safe and supportive environment where clients feel respected, valued, and in control of their recovery journey. Creating a partnership between clients and clinicians not only enhances trust but also increases the likelihood of treatment adherence and positive outcomes. Clients who are actively involved in their care are more likely to disclose important information about their past experiences, preferences, and needs, which can lead to more personalized and effective treatment strategies.

2. The primary chemical compound found in marijuana is?

A. CBD

B. THC

C. Petroleum

D. Nicotine

The primary chemical compound found in marijuana is THC, or tetrahydrocannabinol. This compound is primarily responsible for the psychoactive effects associated with cannabis use, which is the "high" that users experience. THC binds to cannabinoid receptors in the brain, affecting various mental and physical processes. While CBD, another compound found in cannabis, has garnered attention for its potential therapeutic benefits without the psychoactive effects, it does not dominate the chemical profile of marijuana in the same way that THC does. Other substances listed, such as petroleum and nicotine, do not have any direct relevance to the chemical composition of marijuana. Petroleum is an industrial product, while nicotine is a stimulant found in tobacco plants. Understanding the dominance of THC in marijuana is essential for those studying addiction and substance use, as it plays a crucial role in both the experience of users and the broader context of cannabis-related discussions in the field of addiction treatment.

3. Which symptom is NOT typically associated with the Dependency/Addiction Phase?

- A. Volatile mood swings
- B. Increased social activity**
- C. Weight changes
- D. Memory loss

The symptom typically not associated with the Dependency/Addiction Phase is increased social activity. During this phase, individuals often experience a decline in social interactions as their focus shifts toward obtaining and using the substance they are dependent on. The addiction tends to lead to isolation, withdrawal from previously enjoyed activities, and a decrease in social connections, as relationships can become strained or neglected due to the dependency. In contrast, volatile mood swings, weight changes, and memory loss are frequently observed symptoms in individuals struggling with addiction. Mood swings can arise from the effects of the substance, withdrawal, or the stress of maintaining the addiction. Weight changes may occur due to altered eating habits, whether through neglecting nutrition or the physiological effects of the substance. Memory loss can be a direct consequence of substance use, impacting cognitive functions and leading to difficulties in remembering important events or information.

4. Which of the following is a naturally occurring opiate?

- A. Fentanyl
- B. Hydrocodone
- C. Codeine**
- D. Oxycodone

Codeine is a naturally occurring opiate because it is derived from the opium poppy plant (*Papaver somniferum*). This drug is one of the primary alkaloids extracted directly from the plant along with morphine. Codeine is commonly used for its analgesic (pain-relieving) properties and in cough syrups due to its effectiveness in suppressing cough. In contrast, the other options—fentanyl, hydrocodone, and oxycodone—are synthetic or semi-synthetic opioids. Fentanyl is entirely synthetic, while hydrocodone and oxycodone are semi-synthetic opioids that are chemically modified from naturally occurring compounds like codeine and thebaine, respectively. This distinction is important as it illustrates the source and classification of these substances, highlighting why codeine qualifies as a naturally occurring opiate.

5. How frequently does daily use occur in the Dependency/Addiction Phase?

- A. Several times a week**
- B. Twice a week**
- C. Daily**
- D. Monthly**

In the Dependency/Addiction Phase, daily use is a hallmark characteristic. This phase is marked by an increase in the frequency and severity of substance use, where the individual not only consumes the substance regularly but often finds it difficult to control or reduce this usage. The reliance on the substance becomes significant, leading to a pattern where it is consumed every day. This continuous engagement can lead to withdrawal symptoms when not using, further reinforcing the cycle of dependency. The other options indicate less frequent use, which would not align with the definition and clinical understanding of the Dependency/Addiction Phase. For instance, several times a week or on a monthly basis would suggest a level of control over the substance use that is inconsistent with dependency. Therefore, the correct choice underscores the pervasive nature of substance use experienced during this critical phase of addiction.

6. What concept is the foundation of psychodynamic theory as established by Sigmund Freud?

- A. Behavioral conditioning**
- B. Unresolved inner conflicts**
- C. Social learning**
- D. Humanistic growth**

The foundation of psychodynamic theory, as established by Sigmund Freud, revolves around the idea of unresolved inner conflicts. Freud posited that many of our behaviors, thoughts, and feelings are influenced by unconscious motivations and past experiences, particularly those from early childhood. He believed that unresolved conflicts—often stemming from repressed desires, traumatic events, or unmet needs—can lead to psychological distress and manifest in various ways, such as anxiety or maladaptive behaviors. In psychodynamic therapy, the goal is to bring these unconscious conflicts to consciousness, allowing individuals to understand and resolve them. This insight can lead to healthier coping mechanisms and improved emotional functioning. The focus on inner life and the unconscious mind is a hallmark of Freud's work and contrasts significantly with other theories, such as behavioral conditioning and social learning, which emphasize external influences on behavior rather than internal psychological struggles.

7. What does "medication-assisted treatment" (MAT) involve?

- A. The use of medications combined with counseling and behavioral therapies**
- B. Complete reliance on medications only**
- C. Using alternative therapies without medications**
- D. Medications as a last resort after all else has failed**

Medication-assisted treatment (MAT) involves the use of medications in conjunction with counseling and behavioral therapies. This comprehensive approach is designed to address the multifaceted nature of substance use disorders by improving the effectiveness of treatment outcomes. The medications used in MAT can help alleviate withdrawal symptoms and cravings, which allows individuals to engage more fully in therapy and work on the psychological aspects of addiction. The combination of medication and therapy helps to stabilize the patient, making it easier for them to participate in behavioral interventions. By integrating medications with counseling, MAT addresses both the biological and psychological components of addiction, which is essential for effective long-term recovery. This model recognizes that addiction is a complex disease that requires a holistic treatment strategy rather than relying solely on medication or alternative therapies. It promotes sustained recovery and reduces the risk of relapse by equipping individuals with coping strategies and skills needed for lasting change.

8. What is the significance of integrating mental health services in addiction treatment?

- A. It avoids medication use.**
- B. It addresses co-occurring disorders.**
- C. It focuses only on physical health.**
- D. It simplifies the treatment process.**

Integrating mental health services in addiction treatment is significant because it directly addresses co-occurring disorders, which are common among individuals with substance use disorders. Many individuals experiencing addiction also face mental health issues such as depression, anxiety, PTSD, or bipolar disorder. When these co-occurring disorders are not treated simultaneously, it can hinder recovery and lead to relapse. By integrating mental health care with addiction treatment, clinicians can take a holistic approach that recognizes the interconnectedness of mental health and substance use. This comprehensive approach allows for more effective treatment plans that cater to both the psychological and physiological needs of the patient, thereby enhancing the chances of successful recovery and long-term stability. For instance, treating anxiety through therapy or medication can reduce the urge to self-medicate with substances, which ultimately supports the overall recovery process. This integrated model promotes better outcomes and encourages a more thorough understanding of the patient's needs.

9. What does the Intake process typically involve?

- A. Screening for eligibility
- B. Administering medications
- C. Establishing a treatment plan
- D. Completing required documentation for admission**

The intake process in addiction treatment primarily involves gathering essential information to assess the individual's needs and suitability for the program. Completing required documentation for admission is a crucial part of this process. It includes collecting personal, medical, and psychological history, as well as information about substance use patterns. This documentation ensures that the treatment provider has a comprehensive understanding of the individual, which is necessary for appropriate care planning. The intake process helps to establish a foundation for the treatment journey, ensuring all regulatory and administrative requirements are met. This documentation also assists in tracking progress and outcomes throughout treatment. On the other hand, while screening for eligibility, establishing a treatment plan, and administering medications are important steps within the broader context of addiction treatment, they are typically part of the broader assessment and treatment phases that follow the initial intake process. The focus of intake is mainly on gathering and organizing necessary information and documentation to facilitate subsequent treatment steps.

10. How is "clinical supervision" defined in addiction counseling?

- A. Providing training workshops for new counselors
- B. Conducting group therapy sessions for clients
- C. Guidance and oversight provided to counselors to ensure adherence to ethical standards**
- D. Evaluating treatment outcomes for clients

Clinical supervision in addiction counseling refers to the guidance and oversight provided to counselors to ensure adherence to ethical standards and best practices. This process is essential for maintaining the integrity of the profession and safeguarding client welfare. Supervision typically involves a more experienced professional who reviews the work of a counselor, offers constructive feedback, monitors compliance with legal and ethical guidelines, and supports the counselor's professional development. Through effective clinical supervision, counselors are better equipped to handle complex cases, recognize their limitations, and seek assistance when necessary. This relationship not only enhances the skill set of the counselor but also improves the quality of care provided to clients. While other options pertain to aspects of training, therapy, and evaluation in the field, they do not encapsulate the central role of clinical supervision as a supportive and evaluative framework aimed at ensuring ethical practices in counseling.

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://northcarolinalcas.examzify.com>

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