

# Texas Licensed Chemical Dependency Counselor (LCDC) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What is typically the last stage in the stages of change model?**
  - A. Action**
  - B. Maintenance**
  - C. Contemplation**
  - D. Relapse**
- 2. What is the main characteristic of substance abuse disorder?**
  - A. Dependence on medication**
  - B. Substance abuse and dependence**
  - C. Mood instability**
  - D. Disassociation from reality**
- 3. Which statement best describes case management activities?**
  - A. They are focused on personal development**
  - B. They integrate various services toward achieving goals**
  - C. They revolve around family therapy techniques**
  - D. They pertain to crisis resolution only**
- 4. What do urine tests commonly evaluate in the context of drug screening?**
  - A. Personality traits**
  - B. Metabolites of drugs**
  - C. Long-term psychological conditions**
  - D. Physical fitness**
- 5. What is the main aim of relapse prevention efforts?**
  - A. To encourage continued treatment**
  - B. To develop social support networks**
  - C. To identify high-risk situations and learn alternative coping skills**
  - D. To enforce abstinence agreements**

**6. What distinguishes Rational Recovery from other therapy programs?**

- A. Use of medication-assisted treatment**
- B. Spiritual emphasis in recovery**
- C. Focus on self-reliance and rational thought**
- D. In-depth psychoanalysis**

**7. Which route would provide enteral administration of substances?**

- A. Inhalation**
- B. Injection**
- C. Oral**
- D. Transdermal**

**8. What characterizes a blackout state in individuals who consume alcohol?**

- A. The inability to function properly**
- B. A state of amnesia where the person appears to function normally**
- C. A temporary loss of all physical coordination**
- D. A state of sleep where the person cannot recall anything**

**9. Which illness associated with AIDS may be less recognized among substance abusers?**

- A. HIV**
- B. Dementia**
- C. Kaposi Sarcoma**
- D. Wasting Syndrome**

**10. Which term describes the cognitive distortion where an individual sees things in black and white or all-or-nothing?**

- A. Overgeneralization**
- B. Catastrophizing**
- C. All-or-Nothing Thinking**
- D. Jumping to Conclusions**

## **Answers**

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

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## **Explanations**

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**1. What is typically the last stage in the stages of change model?**

- A. Action**
- B. Maintenance**
- C. Contemplation**
- D. Relapse**

The last stage in the stages of change model is maintenance. This stage follows the action phase, where an individual actively implements behavioral changes to overcome issues, such as addiction or unhealthy habits. During maintenance, the focus is on sustaining those changes over time and preventing relapse. It involves developing strategies to cope with potential triggers and situations that could lead to former behaviors. The individual works on reinforcing the new, healthier lifestyle and monitoring their progress, often employing support networks and coping mechanisms learned during earlier stages. Thus, maintenance is crucial as it reflects a long-term commitment to change. Successfully navigating this stage can significantly contribute to overall recovery and personal growth, making it an essential aspect of the change process.

**2. What is the main characteristic of substance abuse disorder?**

- A. Dependence on medication**
- B. Substance abuse and dependence**
- C. Mood instability**
- D. Disassociation from reality**

The main characteristic of substance use disorder is captured in the concept of both abuse and dependence on substances. This encompasses a range of behaviors associated with the harmful use of psychoactive substances, including the inability to stop using the substance despite it causing negative consequences in various aspects of life, such as health, relationships, and responsibilities. Substance abuse often involves a pattern of use that leads to significant impairment or distress, which aligns with the diagnostic criteria set forth in the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition). This can include recurrent substance use that results in failure to fulfill major role obligations at work, school, or home; the development of tolerance; and withdrawal symptoms when not using the substance. These behaviors illustrate both abuse and dependence aspects of the disorder. By addressing both abuse and dependence, this perspective allows for a comprehensive understanding of how substance use impacts an individual's life and functioning. This holistic view is critical for diagnosis and treatment, emphasizing the need for targeted interventions that address both behavioral patterns and the psychological components of addiction.

**3. Which statement best describes case management activities?**

- A. They are focused on personal development**
- B. They integrate various services toward achieving goals**
- C. They revolve around family therapy techniques**
- D. They pertain to crisis resolution only**

The statement that case management activities integrate various services toward achieving goals is correct because case management is fundamentally about coordinating multiple resources and services to assist individuals in reaching their personal, treatment, or recovery goals. A key function of case management is to assess the needs of clients and connect them with various supports, such as healthcare, housing, vocational training, or counseling services. This holistic approach ensures that clients receive comprehensive and personalized care, addressing multiple facets of their lives that contribute to their health and well-being. Other options focus on narrower aspects that do not fully capture the breadth of case management. Personal development is an important aspect of client growth but does not encompass the coordination of services that case management entails. Similarly, family therapy techniques are valuable but are just one potential service among many that may be coordinated through case management. Lastly, while crisis intervention can be a component of case management, it is not the sole focus; case management is ongoing and aims to facilitate long-term success rather than resolving immediate crises only.

**4. What do urine tests commonly evaluate in the context of drug screening?**

- A. Personality traits**
- B. Metabolites of drugs**
- C. Long-term psychological conditions**
- D. Physical fitness**

In the context of drug screening, urine tests are primarily utilized to evaluate metabolites of drugs. When a person consumes a substance, their body metabolizes it, breaking it down into various compounds known as metabolites. These metabolites can then be detected in urine for a significant period after drug use, making urine tests a reliable method for identifying recent substance use. The significance of testing for metabolites lies in the fact that they provide a more accurate indication of drug consumption because they indicate the presence of a drug after its active effects may have worn off. This aspect is crucial for various settings, such as employment screening, treatment monitoring, and legal cases. Other options like personality traits, long-term psychological conditions, and physical fitness do not pertain to the objectives of urine drug screening. Urine tests focus solely on the detection of substances and their metabolites, emphasizing the biochemical changes that occur in the body following drug use.

## 5. What is the main aim of relapse prevention efforts?

- A. To encourage continued treatment
- B. To develop social support networks
- C. To identify high-risk situations and learn alternative coping skills**
- D. To enforce abstinence agreements

The main aim of relapse prevention efforts is to identify high-risk situations and learn alternative coping skills. This approach focuses on helping individuals understand and recognize triggers that may lead them to relapse into substance use. By being aware of these high-risk situations, clients can develop strategies to cope with cravings and stressors in healthier ways. Key components of this process include teaching clients to anticipate potential challenges they may face in their environments or personal lives and equipping them with specific techniques to handle these situations without turning to substances. This could involve skills such as problem-solving, mindfulness, and engaging in alternative activities that promote well-being and resilience. While continued treatment, social support networks, and abstinence agreements are all important aspects of recovery, they serve a supportive role in the broader context of relapse prevention. The core goal of helping clients develop self-awareness and coping strategies is essential for sustaining recovery long-term.

## 6. What distinguishes Rational Recovery from other therapy programs?

- A. Use of medication-assisted treatment
- B. Spiritual emphasis in recovery
- C. Focus on self-reliance and rational thought**
- D. In-depth psychoanalysis

The distinguishing feature of Rational Recovery lies in its emphasis on self-reliance and rational thought. This approach encourages individuals to take personal responsibility for their recovery by drawing on their own strengths and rational decision-making rather than relying on external support structures or traditional therapeutic modalities.

Rational Recovery is based on the idea that addiction can be overcome through cognitive techniques that promote self-control and empower individuals to confront their addictive behaviors directly. This focus on self-reliance is central to the philosophy of Rational Recovery, setting it apart from other programs that may heavily involve group support or a spiritual framework. While some approaches may integrate aspects such as medication-assisted treatment or spiritual elements, Rational Recovery is particularly noted for its advocacy of logical reasoning and individual empowerment in the recovery process.

**7. Which route would provide enteral administration of substances?**

- A. Inhalation**
- B. Injection**
- C. Oral**
- D. Transdermal**

Enteral administration refers to introducing substances directly into the gastrointestinal tract, which is primarily achieved through oral intake. When a substance is taken orally, it passes through the mouth, esophagus, stomach, and into the intestines, where it can be absorbed into the bloodstream. This method is widely used for medications, supplements, and nutrition, making it the most common and convenient route for delivering various substances. In contrast, other methods of administration, such as inhalation (which delivers substances through the respiratory tract), injection (directly into the bloodstream or tissues), and transdermal (through the skin), do not involve the gastrointestinal tract and thus are not categorized as enteral routes. By understanding these distinctions, it becomes clear why oral administration is the correct choice for the definition of enteral administration.

**8. What characterizes a blackout state in individuals who consume alcohol?**

- A. The inability to function properly**
- B. A state of amnesia where the person appears to function normally**
- C. A temporary loss of all physical coordination**
- D. A state of sleep where the person cannot recall anything**

A blackout state in individuals who consume alcohol is characterized by a state of amnesia where the person appears to function normally. During a blackout, the individual may engage in conversations, perform tasks, or partake in various activities, seemingly without any outward indication of impairment. However, critical memories of those events are not encoded in the brain due to the effects of alcohol on memory formation. This phenomenon occurs when alcohol consumption impacts the hippocampus, which is critical for forming new memories. As a result, while the individual may appear to be in control of their actions at the time, they will be unable to recall those experiences later. This distinguishes a blackout from other states of intoxication where an individual may show obvious signs of impairment or lack of awareness of their surroundings, which is not the case in this scenario. Understanding this concept is important, as it emphasizes the risks associated with alcohol consumption and the potential for significant memory lapses, which can lead to dangerous situations or poor decision-making.

**9. Which illness associated with AIDS may be less recognized among substance abusers?**

- A. HIV**
- B. Dementia**
- C. Kaposi Sarcoma**
- D. Wasting Syndrome**

The correct answer is dementia, which is often less recognized among substance abusers. Individuals with substance use disorders may experience cognitive decline due to the effects of drugs on the brain, leading to difficulties in memory and cognitive function. This cognitive impairment can sometimes be mistaken for the direct effects of substance use, which means that signs of dementia may not be immediately identified. Dementia related to AIDS, known as HIV-associated neurocognitive disorders, can manifest in various forms, from mild cognitive impairment to more severe dementia. Substance abusers, particularly those using stimulants or other psychoactive substances, might not present the typical signs of dementia due to the overshadowing effects of their substance use. As a result, healthcare providers may focus more on the immediate consequences of substance abuse rather than recognizing or diagnosing underlying neurological problems associated with HIV. Other conditions like HIV, Kaposi Sarcoma, and Wasting Syndrome are more overtly linked to the AIDS diagnosis and typically receive more attention in medical settings. Therefore, healthcare providers often identify them more quickly, leaving dementia relatively underappreciated, especially in populations already dealing with substance abuse issues.

**10. Which term describes the cognitive distortion where an individual sees things in black and white or all-or-nothing?**

- A. Overgeneralization**
- B. Catastrophizing**
- C. All-or-Nothing Thinking**
- D. Jumping to Conclusions**

The term that describes the cognitive distortion of perceiving things in black and white or all-or-nothing is indeed "All-or-Nothing Thinking." This cognitive distortion involves viewing situations in extreme terms, such as believing that if something is not perfect, it is a complete failure, or seeing oneself as entirely good or entirely bad. This type of thinking can lead to intense emotional responses and impair decision-making because it does not allow for the nuanced views that often exist in reality. For example, a person might think, "If I didn't get an A on this test, I'm a total failure," failing to recognize the complexity of their performance or circumstances. This pattern of thinking can skew one's perspective, making it difficult to appreciate the middle ground or shades of gray that often characterize real-life situations. Understanding this distortion is crucial in the context of therapy and counseling, particularly for those working with individuals who may be struggling with substance use or anxiety, as it enables counselors to help clients develop more balanced and realistic thought patterns.

# 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](mailto:hello@examzify.com).**

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

**<https://texaslcdc.examzify.com>**

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

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