

Texas Licensed Chemical Dependency Counselor (LCDC) Practice Exam (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 does guilt often signify for individuals coping with substance abuse?**
 - A. A sense of freedom**
 - B. A typical phase of recovery**
 - C. Painful emotions part of grieving**
 - D. Sign of progress**
- 2. Which of the following are three major structures of the nervous system?**
 - A. Heart, lungs, brain**
 - B. Brain, spinal cord, and peripheral nerves**
 - C. Kidneys, liver, and spinal cord**
 - D. Brain, veins, and arteries**
- 3. When a client discloses suicidal thoughts, what is the counselor's first step?**
 - A. Document the thoughts for future reference**
 - B. Assess the degree of risk**
 - C. Convene a case review with other staff**
 - D. Contact the client's family immediately**
- 4. What effect do hallucinogens primarily produce?**
 - A. Increased heart rate and blood pressure**
 - B. Change in sensory perception and altered reality**
 - C. Peak energy levels without fatigue**
 - D. Social bonding and increased communication**
- 5. What method of substance administration is characterized by being swallowed or taken through the mouth?**
 - A. Oral**
 - B. Inhalation**
 - C. Injected**
 - D. Snorted**

- 6. What stage of change involves not yet acknowledging that there is a problem behavior?**
- A. Contemplation**
 - B. Action**
 - C. Pre-contemplation**
 - D. Maintenance**
- 7. Who is associated with the development of Rational Emotive Therapy?**
- A. Carl Rogers**
 - B. Albert Ellis**
 - C. William Glasser**
 - D. Victor Frankl**
- 8. Which Schedule of drugs is associated with high psychological dependence but low physical dependence?**
- A. Schedule I**
 - B. Schedule III**
 - C. Schedule II**
 - D. Schedule V**
- 9. What stage in adulthood according to Erickson's developmental theory focuses on the balance between intimacy and isolation?**
- A. Generativity vs. Stagnation**
 - B. Intimacy vs. Isolation**
 - C. Integrity vs. Despair**
 - D. Identity vs. Role Confusion**
- 10. What is the aim of the Drug Abuse Screening Test (DAST)?**
- A. To screen for alcohol dependence**
 - B. To detect abuse of or dependence on drugs other than alcohol**
 - C. To evaluate emotional well-being**
 - D. To measure environmental factors in addiction**

Answers

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

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Explanations

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1. What does guilt often signify for individuals coping with substance abuse?

- A. A sense of freedom**
- B. A typical phase of recovery**
- C. Painful emotions part of grieving**
- D. Sign of progress**

Guilt often signifies painful emotions that are part of grieving for individuals coping with substance abuse. When someone struggles with addiction, they may experience guilt related to their actions, decisions, and the impact of their substance use on themselves and their loved ones. This guilt can stem from feelings of regret for behaviors exhibited during active addiction, such as lying, stealing, or hurting others unintentionally. Understanding guilt as a grieving process is vital because addiction inherently involves loss—loss of control, loss of relationships, and sometimes loss of personal identity. The individual is not only grappling with the consequences of their actions but also mourning the person they were before addiction took hold or what they hoped to achieve in life. Recognizing guilt as an emotional response tied to grief can help individuals process these feelings, leading to healing and a deeper understanding of their recovery journey. It's important to navigate these emotions carefully, as they can be catalysts for motivation in recovery if addressed appropriately.

2. Which of the following are three major structures of the nervous system?

- A. Heart, lungs, brain**
- B. Brain, spinal cord, and peripheral nerves**
- C. Kidneys, liver, and spinal cord**
- D. Brain, veins, and arteries**

The three major structures of the nervous system are indeed the brain, spinal cord, and peripheral nerves. This is accurate because the brain serves as the control center for the body, processing information and coordinating responses. The spinal cord acts as the primary pathway for transmitting signals between the brain and the rest of the body, facilitating communication between the central nervous system and peripheral nervous system. Peripheral nerves are crucial as they extend from the spinal cord to the rest of the body, enabling sensory and motor functions. The other options do not accurately represent the primary components of the nervous system. The first option lists the heart and lungs, which are part of the cardiovascular and respiratory systems, respectively. The third option includes kidneys and liver, which are organs in the urinary and digestive systems, and do not have roles in the nervous system. Lastly, the fourth option mistakenly includes veins and arteries, which are circulatory system components, rather than structures that form part of the nervous system.

3. When a client discloses suicidal thoughts, what is the counselor's first step?

- A. Document the thoughts for future reference**
- B. Assess the degree of risk**
- C. Convene a case review with other staff**
- D. Contact the client's family immediately**

When a client discloses suicidal thoughts, the counselor's first step should be to assess the degree of risk. This is crucial because it allows the counselor to determine the immediacy and severity of the client's suicidal ideation, which is necessary for planning the appropriate intervention. The risk assessment should include evaluating the client's mental state, any specific plans they might have, past behaviors, and the presence of protective factors that could mitigate risk. By thoroughly understanding the level of risk, the counselor can make informed decisions about how to proceed, whether that involves developing a safety plan, arranging for emergency services, or engaging other supports. Immediate assessment is vital in suicide prevention, as it can help to avert potential crises. Other options, such as documenting thoughts or contacting family members, while important aspects of comprehensive care, should follow the initial assessment. These actions might be more appropriate once the risk is understood and managed, ensuring that the client receives the most appropriate support based on their current state.

4. What effect do hallucinogens primarily produce?

- A. Increased heart rate and blood pressure**
- B. Change in sensory perception and altered reality**
- C. Peak energy levels without fatigue**
- D. Social bonding and increased communication**

Hallucinogens primarily produce a change in sensory perception and altered reality, which is their defining characteristic. These substances can lead to profound alterations in an individual's perception of their surroundings, including visual and auditory hallucinations, altered sense of time, and changes in thought processes. Users might experience a blending of sensory input (known as synesthesia), where they might "see" sounds or "hear" colors. The primary mechanism by which hallucinogens, such as LSD or psilocybin, affect the brain involves their interaction with serotonin receptors, particularly the 5-HT_{2A} receptor, leading to the distinct alterations in consciousness and perception. This is significantly different from the physiological effects associated with stimulants, such as increased heart rate and blood pressure, or the social effects that might be seen with substances that promote bonding or communication. Thus, the alteration of sensory perception and reality is at the core of the hallucinogenic experience, making this choice the most accurate representation of their primary effects.

5. What method of substance administration is characterized by being swallowed or taken through the mouth?

A. Oral

B. Inhalation

C. Injected

D. Snorted

The method of substance administration that is characterized by being swallowed or taken through the mouth is referred to as "oral." This method involves ingesting a substance, allowing it to be absorbed through the digestive system. Oral administration is commonly used for various medications and drugs, making it one of the most prevalent and convenient methods for delivering substances. In contrast, inhalation involves breathing a substance into the lungs, where it can quickly enter the bloodstream. Injected substances are introduced directly into the body through a needle, bypassing the digestive system entirely. Snorting refers to the method of taking a substance through the nasal cavity, where it can be absorbed by the mucous membranes. Each of these methods has different absorption rates, onset times, and effects on the body, with oral administration typically providing a slower and more gradual release of the substance compared to the other routes.

6. What stage of change involves not yet acknowledging that there is a problem behavior?

A. Contemplation

B. Action

C. Pre-contemplation

D. Maintenance

The stage of change referred to as pre-contemplation is characterized by individuals who do not recognize that they have a problem behavior that requires change. Often, those in this stage may be unaware of the issues their behavior is causing, or they may not see it as a problem at all. This lack of awareness is crucial in understanding how interventions should be designed, as individuals at this stage may resist external attempts to convince them to change. In contrast, the contemplation stage involves individuals who are aware of their problem behavior, but are ambivalent about making changes. The action stage refers to those who are actively working to modify their behaviors, while the maintenance stage involves individuals who have made changes and are focusing on sustaining those changes over time. Understanding these distinctions helps counselors tailor their approaches according to the client's readiness to change.

7. Who is associated with the development of Rational Emotive Therapy?

- A. Carl Rogers
- B. Albert Ellis**
- C. William Glasser
- D. Victor Frankl

The development of Rational Emotive Therapy (RET) is primarily attributed to Albert Ellis, who introduced this therapeutic framework in the 1950s. RET is a form of cognitive-behavioral therapy that focuses on identifying and changing irrational beliefs that lead to emotional disturbances and maladaptive behaviors. Ellis posited that individuals often hold unrealistic or distorted beliefs about themselves and their circumstances, which can lead to various psychological issues. Through RET, clients learn to recognize these irrational thoughts, evaluate their validity, and replace them with more rational and constructive beliefs. This therapeutic approach emphasizes the role of cognition in emotional well-being, illustrating how changing one's thinking can lead to improved emotional states and behavior. Ellis's work laid the groundwork for various cognitive therapies that followed, solidifying his influence in the field of psychology and counseling.

8. Which Schedule of drugs is associated with high psychological dependence but low physical dependence?

- A. Schedule I
- B. Schedule III**
- C. Schedule II
- D. Schedule V

The correct choice is Schedule III. This schedule includes drugs that are deemed to have a moderate level of physical dependence but high psychological dependence. Medications classified under Schedule III often include anabolic steroids and certain medications that combine lower doses of narcotics with non-narcotic ingredients. These substances can lead to psychological addiction, where an individual may feel driven to use the drug due to its effects on mood or cognition, without necessarily experiencing strong physical withdrawal symptoms. Understanding this classification helps counselors identify the potential risks associated with different substances. For instance, while drugs in Schedule I (like heroin) have a high potential for abuse and no accepted medical use, and those in Schedule II (like oxycodone) have high physical and psychological dependence, Schedule III drugs present a more complex scenario where psychological dependence is more pronounced compared to physical dependence. On the lower end, Schedule V includes substances with very low potential for dependence, both psychologically and physically, which is distinct from the characteristics of Schedule III.

9. What stage in adulthood according to Erickson's developmental theory focuses on the balance between intimacy and isolation?

A. Generativity vs. Stagnation

B. Intimacy vs. Isolation

C. Integrity vs. Despair

D. Identity vs. Role Confusion

In Erikson's developmental theory, the stage that emphasizes the balance between intimacy and isolation occurs during young adulthood, typically between the ages of 18 and 40. This stage is characterized by the challenge of forming intimate, loving relationships with others while also grappling with the fear of isolation and loneliness. The key aspect of this stage is the development of deep emotional connections, which can occur in romantic relationships, friendships, and even familial ties. Successfully navigating this stage leads to the capacity for intimacy, which contributes to a sense of connectedness and belonging. Those who struggle with this balance may experience feelings of loneliness and social isolation, impacting their ability to forge meaningful relationships. Recognizing this critical period helps highlight the importance of relationship-building in early adulthood and the potential consequences of failing to do so.

10. What is the aim of the Drug Abuse Screening Test (DAST)?

A. To screen for alcohol dependence

B. To detect abuse of or dependence on drugs other than alcohol

C. To evaluate emotional well-being

D. To measure environmental factors in addiction

The Drug Abuse Screening Test (DAST) is specifically designed to assess the abuse of or dependence on drugs other than alcohol. It serves as a self-report inventory that helps identify individuals who may have issues related to drug use, thus facilitating early intervention and treatment. The DAST focuses on recognizing patterns and consequences associated with drug use, making it a valuable tool for professionals in the substance abuse field. While there are assessments available for alcohol dependence, the DAST's primary purpose is not to evaluate alcohol use but rather to screen for a wide range of illicit drugs. Furthermore, while emotional well-being and environmental factors may contribute to a comprehensive understanding of an individual's situation regarding substance use, these aspects are not the focus of the DAST. Therefore, option B accurately reflects the test's aim and utility in the context of substance use assessment.

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://texaslcdc.examzify.com>

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