

ABST Practice Test Questions and Answers

1. What does ABST typically stand for in substance abuse counseling?

- A) Alcohol and Behavioral Substance Treatment
- B) Advanced Behavioral Science Training
- C) Associate in Behavioral Science and Technology
- D) Addiction and Behavioral Support Therapy

2. Which is a core competency for substance abuse counselors?

- A) Prescribing medications
- B) Understanding addiction as a disease and implementing evidence-based treatment approaches
- C) Performing medical procedures
- D) Conducting psychological testing

3. What is the most important principle in motivational interviewing for addiction treatment?

- A) Confronting client denial aggressively
- B) Exploring ambivalence and supporting client autonomy
- C) Providing detailed education about addiction
- D) Setting strict rules and consequences

4. Which ethical consideration is paramount when working with clients in recovery?

- A) Sharing client information with family members
- B) Maintaining confidentiality and respecting client self-determination
- C) Guaranteeing successful treatment outcomes
- D) Requiring attendance at specific support groups

Answers: 1-A 2-B 3-B 4-B

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