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## Top 16 Substance Abuse Counsellor Interview Questions

### 1) What is the role of substance abuse counsellor?

The primary role of substance abuse counsellor is to help that patient who is addicted to drugs and advise them in fighting addiction.

### 2) Explain what are the duties of a substance abuse counsellor?

Duties of a substance abuse counsellor includes

- Organizing interview with potential patients
- Advertising periodic drug test
- Conducting counseling sessions
- Reviewing records to assesses patient treatment
- Recording treatment and progress details
- Enhancing treatment plans according to individual requirement
- Developing aftercare programs
- Taking follow ups

### 3) In addition to substance abuse treatment by counsellor what another service they might require?

The other services they might require other than treatment by counsellor includes

- Detoxification
- Screening and assessment
- Treatment for psychological and mental disorder
- Treatment for physical health issues
- Legal assistance
- Case management
- Vocational skill development and employment

- Family oriented services like re-unification, childcare, and visitation

#### 4) What are the main challenges that substance abuser faces?

Main challenges they face are

- Trouble managing negative emotions
- Lacking problem-solving skills
- Hampered moral reasoning
- Cognitive distortions

#### 5) Mention what are the behavioral treatment does counsellor use for substance abuse?

The behavioral treatment that counsellor use to treat substance abuser includes

- **Behavioral therapy:** In this therapy, patient is taught how to avoid a situation where they are more prone to abuse drugs by positive reinforcement, modifications in feeling like anger & pain, breathing and relaxation methods, social skill training, etc.
- **Multi-dimensional family therapy:** In this therapy, patient's family help is taken to support patient to recover from drug addiction. By various means like discussion with family members, motivating patient, participating with patient in drug abuse programs, etc.
- **Motivational Interviewing:** Motivating patient to change their behavior and enter treatment
- **Motivational incentives:** Positive reinforcement of patient from drugs



**6) Mention what are the Psychological signs of drug abuse?**

- Unusual mood swing
- Lack of motivation
- Seems fearful for no reason
- Paranoid thinking
- Poor memory
- Abnormal changes in personality and attitude
- Anxiety and unexplained hyperactivity

**7) What all areas does substance abuse counsellor works?**

They work in various sectors like

- Detox centers
- Halfway houses
- Nursing and family services
- Hospitals
- Individual and family services
- Substance abuse centers

**8) What counselors are expected when treating a patient who is aggressive?**

Counselors must do things like

- Rather than focusing on patient's weakness, emphasize on its strength
- Join rather than assault resistance
- Avert aggressive discussion and power struggles
- Focus on the patients personal responsibility for change

### **9) How do counsellor monitor the progress of treatment?**

Counsellor monitors the progress of treatment by analyzing data of

- Results of urine tests
- Checking patient attendance record at scheduled sessions and rehabilitation programs
- By rating the patient improvement towards achieving treatment goal
- Patient's self-rating of progress toward achieving treatment goals

### **10) What do you mean by "Comprehensive Continuous Integrated System of Care (CCISC)"?**

It is a theoretical method for bringing the mental health and substance abuse treatment system under single integrated planning process.

### **11) Explain what slip is and relapse in substance abuse patient?**

- Slip: When a substance abuser is on a rehabilitation program and after a long period of abstinence, suddenly pick up alcohol or drugs and stops again right away is referred as slip. Slip is avoidable as it is just for that moment and patient can return back to its treatment.
- Relapse: It is more serious for the substance abuser compare to slip, as the patient goes back to the same situation. The patient starts consuming drugs or alcohol in full-fledged and stops attending rehabilitation programs.

### **12) How counselor treat patient falls to slip or relapse?**

- For first and second slip, counselor formulates its abstinence program; that help them to enhance their decision-making, problem-solving and behavioral skills.
- Further, they can also extend their stay in rehabilitation program by 2 to 4 weeks
- For third slip, patient will be transferred to a stabilization group. In here, patient will go under intense care program for two weeks and once achieves complete abstinence; he can return to his early treatment program
- In the case of relapse, the counsellor can alter its counseling schedule and induce individual counselling for a maximum of four weeks. Apart from that they can also recommend the patient for regular urine testing and attending clinic followed by in-house treatment.

### 13) How to counsellor deals with crises or in the event of emergencies?

In the event of emergencies or crisis, counselor can confront patient through 24-hour telephone answering service. Further, they can implement supportive interventions to stabilize the crisis and stop relapse and dropout. The patient is also provided with frequent individual counselling sessions until he is stabilized.

### 14) What are the major factors that pull patient to relapse situation?

Major factors that are responsible for pulling patient to relapse are

- **Effect of Negative feelings:** Exposure to drugs or alcohol is often an attempt to control the feeling like shame, loneliness, guilt other negative thoughts. And the likelihood to any of this feeling can push the patient towards relapse state
- **Coping Mechanism:** Patient who lack skills necessary to divert himself from substance abuse can go back to relapse
- **Opportunity and availability of the drugs:** Availability of abuse substance can persuade the patient for re-consumption of drugs and take them to relapse stage. Drugs and alcohol should be kept out of sight of the patient.
- **Attitude:** Mental strength and positive attitude of the patient play important role to stop him from substance abuse. A positive environment can prevent the patient to fall back in the mind frame of substance abuse.

### 15) Mention what is the difference between substance abuse treatment program and substance abuse treatment system?

- **System abuse treatment program:** It is an array of services and interventions, that deals with substance abuse disorder inpatient and provide them both ongoing treatment and acute stabilization
- **System abuse treatment system:** It also treat a patient with substance abuse disorder, but it has a broad array of services.

### 16) Mention how relapse prevention therapy can be categorized?

Relapse Prevention Therapy (RPT) can be categorized into

- Assessment Procedures
- Awareness Raising Techniques
- Coping Skill Training
- Cognitive Strategies
- Lifestyle Modifications