Chapter 8: Terminating Treatment and Preventing Relapse (pages 175 – 192.)

1. True or false. The discharge criteria differ depending on the type of treatment a person is receiving.
2. True or false. Addiction is a disorder of remissions and relapses and, often, untimely death.
3. What percent of alcoholics die before their 60th birthday?

4. True or false. Dependence occurs more rapidly in women and adolescents.
5. Once dependence on alcohol is established, alcoholics drink to _________________ the discomfort of real or imagined withdrawal symptoms.
6. After how many years of abstinence do relapse rates drop to around zero?

7. Perkinson suggests that the counselor should remain in contact with the client during the first five years of abstinence. How do you feel about that suggestion? Are you willing and able to make that commitment to your client?

8. What does recovery from alcohol involve?

9. In early recovery, the patient relies on ____________________ supports and as recovery progresses, the patient begins to rely more on ____________________ supports.
Lapse Versus Relapse
10. The term lapse refers to:

11. The term relapse refers to:

Warning Signs of Impending Relapse
12. True or false. Relapse is preventable.
13. Read the list of 37 Relapse Warning Signs in table 8.1 on page 181. Which signs were you familiar with? Which signs were you unfamiliar with?

Hi-Risk Situations
14. When is relapse most likely to occur?

15. What percent of patients relapse when experiencing negative feelings?

16. What should you do to help the patient avoid relapse when experiencing a negative emotion?

17. What percent of patients relapse in a social situation?
18. What percent of patients relapse when having an interpersonal conflict with another person?

19. What interpersonal skills should you teach your patients when they are having an interpersonal conflict?

20. What should the patient do if they cannot resolve the conflict?

21. What is an emergency card?

22. What percent of people relapse when they are feeling positive emotions?

23. What percent of people relapse to test whether they can drink without becoming dependent on alcohol?

24. What is the worst thing patients can do when they have a lapse?

25. True or false. A lapse is not an emergency.