MET CBT 5 Training
Pre & Post Knowledge Survey

- **The Importance of Building Rapport, Using MI and Forming a Working Alliance/Collaboration/Assessing Stage of Readiness/Strengths/Risks**
- **Evidence Based Treatment**
- **CYT outcomes**
- **Adolescent Development**
- **Brains/Drugs/Rewards**
- **Recovery Essentials**

1. List three reasons why we start the first session (and all other sessions) building rapport for a significant amount of time?
a.
b.
c.

2. List four areas to ask about that are important to understanding a youth's life? These will help you get a feeling for their assets and risks in terms of their vulnerability toward addictions.
a.
b.
d.
e.

3. What is the rationale to use MET CBT with an adolescent drug or alcohol user?

4. In terms of the "type" and "dose" of treatment - what did the research demonstrate when MET CBT was compared to other manual based treatments for substance use disorders in adolescents?

5. What is the take home message from the implementation research after CYT in terms of fidelity to the model and youth outcomes?

6. What are the four factors that are related to substance use that are responsible for 75% of all deaths in 10-24 yr olds?
a)
b)
c)
d)

7. What are the two names of the systems that are the focus of adolescents during development? Which develops first & what are the implications for behavior?
a.   *b.*
How do they differ?

8. Which brain area when more developed helps youth make better decisions and act less impulsively?

9. What defines adolescent substance abuse? & adolescent substance dependence?

10. What are the types of common mental health disorders and average prevalence rates in youth/young adults entering into addiction treatment?
a.
b.
c.
d.

11. Circle below the gender that typically has more severity of co-occurring disorders ?

Girls or Boys

12. What is the name of the area that all drugs of abuse affect to create a feeling of pleasure?

13. Name the most common neurotransmitter that enables feelings of pleasure?

14. Identify the percentage of treated clients that likely will relapse for a specific period of time?
a.
b.
c.

15. What are the four essentials of long-term recovery that were discovered by interviews with alcoholics?
a)
b)
c)
d)

16. What are the stages in Prochaska and Diclemente's (1986) "readiness" stage of change model?

| a) | c) | e) |
| b) | d) | f) |