Text: Sands

1. According to the psychosocial rehabilitation model, clients should participate in goal setting and decision-making. Why is it important that the client work as a partner in treatment rather than an object of treatment?

2. Why is it important to assess the health needs of individuals with severe mental illness?

3. Social skills training is aimed at enhancing an individual’s ability to process information, work out problems, and respond in socially appropriate ways to external demands. Lieberman outlined three types of skills that are important to problem solving – receiving, processing, and sending skills. Please briefly describe each.
   - Receiving skills:
   - Sending skills:
   - Processing skills:

4. Drug tolerance is defined by one of two criteria. Please list them.

Text: Reserve – Barlow (McCrady)

1. Characteristics of the therapist can have an important effect on intervention outcome. What are the four that McCrady discusses?

Text: Reserve – Sobell & Sobell

1. Many people see alcohol problems as being progressive; once they occur, they will get worse. Is the progressivity notion supported by studies that track people with alcohol problems over time (prospective longitudinal studies)?

Text: Reserve – Beck, Wright, Newman, & Liese

1. Prochaska has listed five stages that individuals seeking help with substance abuse problems typically experience. Please briefly describe these stages.
   - precontemplative stage:
   - contemplative stage:
   - preparation stage:
   - action stage:
   - maintenance stage:

Text: Ellis

1. Why does Ellis encourage people to stay in a moderately unpleasant situation (e.g., stressful job, unpleasant marriage) until they have made progress at not becoming unduly upset about the situation, rather than immediately leaving it?