

## LCSW<sup>Q&As</sup>

ASWB Clinical Level Social Work Licensing Exam

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**QUESTION 1**

Madeline is a single parent who works for a very controlling boss. He is demeaning and gives her jobs that others refuse. Madeline is afraid to speak up for herself due to needing the money to support her family. When she comes home in the evenings, immediately Madeline begins yelling at her children because the house is a mess. What behavior is the mother displaying?

- A. Mental abuse
- B. Mental abuse
- C. Displacement
- D. Anxiety

Correct Answer: C

Madeline is redirecting her thoughts and impulses onto the children. The mother knows she cannot honestly express her feelings to the boss without losing her employment. This defense mechanism is an ineffective way to transfer anger.

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**QUESTION 2**

Psychodynamic therapy plays an important role in helping a client identify patterns of interacting, thinking and feeling that may be contributing to problems. Evolving from the teachings of Freud, the theory emerges that emotional problems originate in childhood. The goal of psychodynamic therapy is to change an aspect of the client's personality or identity that was missed during an earlier stage of development. What should be the professional's primary focus?

- A. Unconscious thought processes
- B. Childhood maltreatment
- C. Developmental delays
- D. Emotional neglect

Correct Answer: A

Psychodynamic therapy involves the emergence of subconscious thoughts during counseling. The client has the ability to explore unresolved conflicts and issues from their past that have manifested into behaviors. Many professionals utilize this practice to treat social isolation, anger and depression.

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**QUESTION 3**

A clinical social worker is helping a client named Beth with phobia issues that surface when she is in dark places. The problem has occurred since the client was young, and she sleeps with every light on in her home. Most nights, Beth dozes on the couch, and the lack of sleep is interfering with her home and social life. Which of the following approaches would be most effective in combating Beth's anxiety issues?

- A. Self-actualization
- B. Systematic desensitization

- C. Cognitive behavioral therapy
- D. Family therapy

Correct Answer: B

Systematic desensitization educates a person to overcome an avoidance pattern. It helps effectively with phobias and anxiety by exposing the client to the fear gradually until it can be tolerated.

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#### QUESTION 4

Clinical social workers often find themselves in dual relationships. The management of transference and counter transference cannot be ignored. Within the realm of child welfare, administrators play a vital role in what areas?

- A. Modeling, coaching and engaging
- B. Knowledge and training
- C. Education and management
- D. All of the above

Correct Answer: A

Dual relationships occur when clients and clinical social workers relate in more than one manner. Administrators have the job of modeling, coaching and engaging within professional discussions. They should assure proper boundaries are being achieved within the practice of professional standards.

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#### QUESTION 5

Alyson was recently given a promotion at work that has increased the caseload of clients she sees on a daily basis. Long hours have led to conflicts with her family life at home. Alyson feels frustrated and pressured, but needs the extra money. Also, if she asks for a demotion, this would reduce her social status within the employment agency. Alyson is currently dealing with what kind of stress?

- A. Conflict resolution
- B. Developmental
- C. Biopsychosocial
- D. Homeostasis

Correct Answer: C

The biopsychosocial model of stress involves events within the environment that lead to the recognition of stress. Common stressors in this model fall within four main topics: work, social/family, personal and the environment. Biopsychosocial stress affects self-esteem, social status, and self-worth.

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#### QUESTION 6

The first interactive relationship of an infant's life is the emotional attachment with a caregiver. This nonverbal experience determines how an individual will relate to other people throughout their life. A successful attachment gives one the ability to find happiness in being with others and maintain an emotional balance. If this connection is unsuccessful, there may be a failure to shape future intimate relationships. Children who become unable to attach to their caregiver are often diagnosed with which of the following?

- A. Reactive Attachment Disorder
- B. Conduct Disorder
- C. Failure to Thrive
- D. Attachment Conduct Disorder

Correct Answer: A

Children who become unable to attach to their caregiver are often diagnosed with an attachment disorder like RAD. The ability to shape all future relationships is based on the first emotional attachment with a mother or caregiver. Mothers who respond to their infant's needs create a sense of security. The strong basis of an attachment bond enables the child to be trusting, self-confident, and comfortable in the face of conflict. In cases where children's lives are disrupted at an early stage, such as being placed in a series of different foster homes, these children are at risk for being unable to form a bond with a caregiver, as they have no consistent caregiver in their lives.

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#### QUESTION 7

The incidence of child abuse has increased dramatically in the last 30 years. In 2009, more than 702,000 unique instances of child abuse were reported. Nearly 40% of these victims are in what age range?

- A. 6 to 10 years
- B. 11 to 13 years
- C. 14 to 17 years
- D. Birth to 5 years

Correct Answer: D

Children five years of age or younger make up 40% of all abused or neglected children. The greatest risk is during the first year of life. Maltreatment is inflicted by parents in 76% of these cases, while other family members make up 12% more. There are, on average, five deaths each day as a result of child abuse or neglect.

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#### QUESTION 8

Oima sees a professional for post-traumatic stress disorder. She was the victim of a house fire that left 25% of her body scarred and she suffers from recurring nightmares. The clinical social worker has decided to approach Oima's problem with a technique-driven treatment in a group setting. All members of the group will focus on present issues and ways to disrupt automatic reactions by developing and utilizing pattern changes. What type of therapy is being utilized?

- A. Stress disorder therapy
- B. Exposure therapy

- C. Cognitive behavioral therapy
- D. Sleep deprivation therapy

Correct Answer: C

Cognitive behavioral therapy is a psychotherapeutic approach to managing dysfunctional emotions. It combines behavior therapy and cognitive therapy to provide direct treatment for specific disorders. Rehabilitation can be completed in individual or group settings.

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#### QUESTION 9

Miranda is a clinical social worker completing a family assessment. As she acquires more information from the parents on a six-year-old son and his behaviors, it becomes obvious that further evaluation will be required. The child's teacher has contacted the parents with complaints about his conduct at school. He does not appear to be able to focus on specific tasks and becomes bored after a few minutes, failing to complete any assignments. Running around the classroom during quiet time is becoming a daily habit, and the child forgets where he puts things. What kind of assessment will the social worker refer for this child?

- A. Learning disability
- B. Oppositional defiance disorder
- C. Conduct disorder
- D. Attention deficit hyperactivity disorder

Correct Answer: D

Attention deficit hyperactivity disorder or ADHD cannot be diagnosed unless it has negatively affected at least two areas of the child's life - for example home life, classroom, community or playground interactions

-for at least six months. ADHD usually appears in children under the age of seven.

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#### QUESTION 10

An administrator for a child welfare agency has taken a leave of absence due to medical problems. A supervisor from another department has been asked to oversee the daily functioning and ensure employees continue to work up to their expected standards. A clinical social worker approaches the acting supervisor with an imminent danger situation and waits for specific directions. What should occur?

- A. The clinical social worker should take care of the issue on her own
- B. The acting supervisor should approve of the removal
- C. The acting supervisor should contact a supervisor that is competent in imminent danger situations
- D. The acting supervisor should notify the police immediately

Correct Answer: C

Any administrator acting in the role of supervisor should be competent in his/her area of expertise. If a problem arises outside of this subject matter, collaboration with knowledgeable professionals is a must.

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**QUESTION 11**

Clinical social work services are being provided for a family referred due to child sexual abuse by a guardian. The perpetrator is currently in jail, but will be released soon due to a lack of evidence. The children are fearful of his return, and the mother still claims his innocence. An adult daughter contacts the social worker with reports of her own sexual abuse by the same man many years ago. Her testimony is consistent with that of the younger children, and the perpetrator is sentenced to more jail time. Why was this information not a violation of confidentiality?

- A. The judge ordered the testimony
- B. The other children consented
- C. The perpetrator had no rights while in jail
- D. It involved child abuse.

Correct Answer: D

In every state in the U.S., the law requires the state to investigate allegations of child abuse. This issue is a matter of law and it does not violate a person's right to confidentiality to provide requested evidence or testimony in the case where a crime has occurred. Children are 100% protected and a social worker must legally report any and all suspicions of child abuse regarding any person under the age of 18 or face prosecution themselves for failure to report it.

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**QUESTION 12**

Phillip is a 24-year-old male who has been in prison on four different occasions. His criminal record includes domestic assault on a girlfriend, stealing a car, setting fire to an abandoned warehouse and drug use. Phillip's acts were not premeditated, and he claims to have little control over his actions. What disorder might a clinical social worker set out to treat?

- A. Anger management
- B. Destructive personality disorder
- C. Impulse control disorder
- D. Lack of self-esteem

Correct Answer: C

Phillip suffers from impulse control disorder. This problem is defined as a failure to resist spontaneous acts or behaviors that may be detrimental to self or others. The actions are not considered in advance and may include gambling, violence, sexual misconduct, stealing and self-abusive behavior.

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**QUESTION 13**

The definition of extended families has changed over the years. More recently, a family is usually spread out across the country. Middle and upper class individuals tend to move away based on occupational opportunities. Lower class families tend to move toward each other when locating housing or financial stability. With the geographical isolation coming into play, families are found to be more private than they once were. What is one of the consequences of children having fewer adults in their lives?

- A. Less knowledgeable of family history
- B. More emotionally dependent on parents
- C. Further isolated among peers
- D. Unable to socialize appropriately

Correct Answer: B

When fewer adults are present in a child's life, they will not consider a seldom seen relative important. Their focus and dependency lies solely with the parents. Children miss out on sharing values, tasks and attitudes.

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#### QUESTION 14

Drug addiction has many effects on a family. The preoccupation with a substance continuously changes mood and performance. Usage can cause marital problems and the destruction of the family unit as a whole. Many members will deny there is a problem or attempt to cover it up out of love for the using individual. This is called:

- A. Arcing
- B. Cross-reaction
- C. Substantive Effects
- D. Enabling

Correct Answer: D

Enabling behavior is common in dysfunctional relationships due to secondary gains. A person may depend upon income, focus on the other person's behavior to minimize their own, or any number of other reasons to "look the other way" with problem behaviors.

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#### QUESTION 15

Logan has sought the help of a clinical social worker for his generalized anxiety disorder. The professional determines that cognitive behavioral therapy will help the client successfully overcome the problem. Logan demonstrates maladaptive interactions among physiological response systems in the form of avoidance and slowed decision-making. What is the foundation of cognitive behavioral therapy based upon?

- A. Self-monitoring
- B. Physician's assessment
- C. Group therapy
- D. Perceptions of the world

Correct Answer: A

A clinical social worker will recommend that Logan notes patterns of anxiety levels. Anytime the client gets worried or demonstrates behavioral avoidance, this should be documented. As Logan becomes aware of the anxiety cues, he will learn to initiate learned coping responses.

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