

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

ASWB Clinical Level Social Work Licensing Exam

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## QUESTION 1

A clinical social worker is establishing services for a family's daughter. She has been in trouble at school for bullying and initiating fights and, according to her parents, ran away from home twice. At the age of 12, she has already been in trouble for truancy and setting fire to a neighbor's garbage can. What do these actions indicate?

- A. Conduct disorder
- B. Oppositional defiant disorder
- C. Obsessive Compulsive Disorder
- D. Delinquency

Correct Answer: A

Conduct disorder normally manifests before the age of 13 with serious violations to rules. Although, this problem is more common in boys, it also affects the female population. Children with conduct disorder are often physically cruel to people and animals. They lack a sense of guilt and demonstrate selfishness.

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## QUESTION 2

Sabrina has managed to alienate all of her co-workers with bizarre behaviors. She is constantly stealing other people's food from the refrigerator in the lunchroom, arguing with fellow employees over unimportant issues and most recently showing up for work intoxicated. Sabrina is quick-tempered and has even thrown a stapler at a coworker's computer. She has been ordered to seek help for observable problems. A full assessment will more than likely display what findings?

- A. Judgment disorder
- B. Affect regulation disorder
- C. Attention Deficit Disorder
- D. Impulse control disorder

Correct Answer: D

A full assessment for Sabrina will likely have the finding of impulse control disorder. Individuals with impulse control disorder are unable to manage aggressive desires without immediate action. Other symptoms of this disorder include sexual promiscuity and excessive drug use. This is ego function problem is quite common.

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## QUESTION 3

Social equality does not make reference to income or economics. It focuses on the social aspect of equal rights. Opportunities for individuals should not be reduced due to income, language, disability, gender, origin or age. Many argue this cannot occur due to what?

- A. Economics, foreign policies and immigration
- B. Discrimination and racism

- C. Lack of enforced boundaries
- D. Diverse culture origins

Correct Answer: A

Social equality is defined as people within a specific society or isolated group having the same status. Many feel this will never occur due to economics, foreign policies and immigration. Social equality includes security, access to health care, freedom of speech and property rights.

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## QUESTION 4

Many individuals with this mental condition demonstrate symptoms such as confusion, false beliefs, losing touch with reality, mistaken perceptions, hallucinations and depression. False ideas may occur of what is taking place, and individuals with the condition may see or hear things or have delusions. Which of the following mental conditions is described above?

- A. Encopresis
- B. Psychosis
- C. Dementia
- D. Mania

Correct Answer: B

Psychosis is a severe mental condition in which there is a loss of contact with reality. Causes for this disorder include alcohol, drugs, brain tumors, dementia, epilepsy, stroke, and bi-polar disorder. Individuals may also display disorganized thoughts and speech.

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## QUESTION 5

People with Munchausen are aware they are exaggerating medical issues. What is the difference between that disorder and hypochondriasis?

- A. Hypochondriacs believe they actually have a medical problem.
- B. Munchausen sufferers actually get treatment.
- C. Hypochondriacs do have a medical problem.
- D. There is no difference.

Correct Answer: A

Hypochondriacs have an excessive preoccupation with contracting a serious illness. They tend to be alarmed about any medical symptom they suspect, even minor ones. This disorder persists although a doctor may state there is no medical illness.

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## QUESTION 6

Crisis is a normal part of life, and individuals try to maintain equilibrium by using coping mechanisms. Sometimes the usual techniques do not work when a problem is threatening. People in crisis may experience guilt, feelings of anxiety, helplessness, and fear. Which of the following criteria are used to determine whether a situation constitutes a crisis?

- A. An individual's view and response to an event
- B. How others view and respond to an event
- C. Instincts on what is threatening
- D. Conditioning as to what defines a crisis

Correct Answer: A

When an individual sees an event as threatening with no way to cope, he or she may find themselves in crisis. This is a state of psychological disequilibrium with a number of indicators. Changes will be observed in energy levels, ability to concentrate, sleeping patterns, and social interaction with friends or relatives.

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## QUESTION 7

The purpose of a family is to support each other mentally, physically and emotionally. When these tasks are unfulfilled or only performed with counter-productive methods, what happens to the family dynamics?

- A. Nurturing and love are obsolete
- B. Family dissolves
- C. Mental illness becomes a problem
- D. Family becomes dysfunctional

Correct Answer: D

A dysfunctional family may see the basics of life becoming a reason for violence, addiction and lies. The head of household may turn to alcohol to cope with his hatred of a dull job. Harmful actions are repeated and soon become a regular routine for survival.

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## QUESTION 8

Person-centered therapy revolves around the demonstration of empathy, congruence, and unconditional positive regard. Active listening is very important. In order for the approach to be successful, what kind of technique should the therapist be including in treatment?

- A. Confrontative
- B. Professional use of self
- C. Interactive socialization
- D. Standard psychotherapy

Correct Answer: B

Professional use of self allows the therapist to be human to the client without violating professional relationship boundaries. All information the therapist shares about him or herself should be done in the context of how it will help the clients.

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## QUESTION 9

Clinical social workers should accept and respect differences in peoples\' experiences and culture including those stemming from race, ethnicity, gender, religious beliefs, age, and socioeconomic status - is an example of what concept?

- A. Prejudice
- B. Diversity
- C. Anti-Racism
- D. Nurturing

Correct Answer: B

The definition of diversity is the inclusion of different types of people in an organization or group. It is the exploration of these variations in a positive and nurturing environment. The dimensions of diversity include embracing and understanding the unique traits contained within each individual.

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## QUESTION 10

Clinical social workers empower clients and groups to promote social justice. Human dignity requires that all individuals be assured a minimum level of what within the community?

- A. Socialization
- B. Employment
- C. Participation
- D. Government

Correct Answer: C

It is the ultimate injustice for individuals or groups to be unfairly excluded from community participation. Clinical social workers empower clients to influence social policies and gain equal access to resources.

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## QUESTION 11

Survivors of a traumatic experience will often revisit the experience mentally, emotionally, and physically. Some individuals turn to avoidance techniques. They may shut down emotionally or feel unconnected to the world. A social worker may work with such a client by using counter-intuitive methods. This means:

- A. Using your feelings in working with the client instead of your training.
- B. Relying on the client\'s intuition about how to proceed.

- C. Utilizing supervision to develop a treatment plan.
- D. Moving into a space where the client may be afraid to go.

Correct Answer: D

Counter-intuitive measures literally mean doing something that does not appear to be logical initially. In the case of trauma, one method of working with clients is to have them CK -visit the trauma, but process it in ways that are different from the initial reactions, such as the client seeing him or herself as empowered, rather than helpless. Because clients are trying to "get away;" from the trauma, this approach seems counter to what they are hoping to achieve.

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#### QUESTION 12

Professionals have gathered to help a family devastated by flood. The clinical social worker provides therapy to help promote empowerment among the family members. A housing program finds an affordable apartment and helps the clients relocate. The Red Cross provides food and clothing necessary for daily living. At a recent luncheon for flood victims, the work and contributions made by all were recognized. What ethical rule is being followed?

- A. Competency
- B. Respect
- C. Acknowledging the work of others
- D. Legitimate practice

Correct Answer: C

Clinical social workers should only take credit for the jobs they have actually performed. Cooperation with other professionals in different areas serves the well-being of clientele. All team members and their accomplishment should be acknowledged.

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#### QUESTION 13

Two clinical social workers are discussing a case in an open conference room. One of the colleagues is consulting with the other about a specific request from a client. Not sure how to handle the situation, expertise from another professional seemed like the best answer. Though consultation is ethically recognized, what issue is being violated in this setting?

- A. Confidentiality
- B. Professionalism
- C. Supervision
- D. Informed consent

Correct Answer: A

To maintain confidentiality the workers should discuss the case in an office or other private setting with the door closed. The fact that the conference room is open means anyone walking by, including other clients, can overhear details of the case.

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## QUESTION 14

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 15

Covert conditioning, or guided imagery, relies on a person's capacity to utilize imagery and is often a component of self-help methods. Psychologists have researched the ability of an individual's mind to generate these pictures as a solution to improve typical situation reactions. Guided imagery is an example of which basic principle?

- A. Positive reinforcement
- B. Stimuli
- C. Behavior modification
- D. Ancillary conditioning

Correct Answer: C

Guided imagery is an example of behavior modification. This technique is utilized in mental health treatment to improve clients' inner experiences and has been proven to be effective with sex offenders. Guided imagery relies on an individual's ability to use imagery for mental rehearsal.

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