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**QUESTION 1**

The Hierarchy of Needs developed by Abraham Maslow was intended to be followed in exact order to achieve successful personal development. If any of the stages are not completed, others will be affected or diminished.

What is the correct order?

- A. Biological and physical, safety, belongingness and love, esteem, self-actualization
- B. Safety, biological and physical, esteem, belongingness and love, self-actualization
- C. Safety, belongingness and love, biological and physical, self-actualization, esteem
- D. Belongingness and love, biological and physical, safety, self-actualization, esteem

Correct Answer: A

Abraham Maslow developed his Hierarchy of Needs in the order of: 1) biological and physiological needs such as air, food, drink, warmth, shelter, sex and sleep 2) safety needs include protection from the elements, order, law, security, stability and limits 3) belongingness and love needs for family, affection, relationships and work 4) esteem needs such as achievement, mastery, independence, prestige and status 5) self-actualization needs for realizing personal potential, seeking personal growth and self-fulfillment.

QUESTION 2

The Jacobs family has decided to incorporate the services of a clinical social worker due to intense conflict between parents and children. During the first session, the Jacobs take turns discussing their issues while the social worker listens intently. There is no focus on what is wrong, but rather on the complex interplay of risks and strengths. This type of assessment is known as what?

- A. Strength-based assessment
- B. Family-centered assessment
- C. Conflict resolution assessment
- D. All of the above

Correct Answer: A

In strength-based assessment, formal and informal supports are examined to create a service plan based on the family's specific needs and strengths. A clinical social worker will look at the family as a unit and the environmental factors surrounding them. The focus is on the family's assets (meaning all resources, not just material goods), attributes, and attitudes on which they can build solutions to their problems.

QUESTION 3

Karen has been caring for her elderly mother the last 3 years. During that time, Karen has watched as her parent slowly



lost all recollection of her past life and surroundings due to Alzheimer's. A once close -knit relationship has now become a strained one, due to the elderly woman thinking of Karen as a stranger. The daughter is devastated and suffering from high levels of grief. Karen is at risk of developing:

- A. A mental disorder
- B. Burnout
- C. A physical illness
- D. All of the above

Correct Answer: D

Large amounts of emotional distress put a person at risk for developing pathological coping mechanisms across a variety of venues - physical and emotional. Researchers have long recognized the symptom links between the mind and the body, which is one of the reasons social workers assess a person not only by history and symptoms, but also by environment.

QUESTION 4

Clinical social workers will have success with self-determined goals when the client feels it is within their capacity. Commitment can be obtained when the individual feels the goal is important through their active participation. Performance is affected through four mechanisms. Which of the following is not related?

- A. leads to the discovery of task-relevant knowledge
- B. persistence
- C. attention is moved away from irrelevant activities
- D. acknowledgement of interaction

Correct Answer: D

The fourth mechanism is the energizing function. This theory also recognizes the relevance of task performance based on goal commitment, feedback and self-efficacy. It is the focus of the clinical social worker to ensure the goal set forth by the client is attainable.

QUESTION 5

Shayla has never owned a dog and fears them greatly. She grew up in the city and only saw dogs from afar when walking past the park. The client has ambitions to become a veterinarian's assistant but cannot complete the task until she overcomes this one hurdle. Which of the following types of therapies could Shayla benefit from?

- A. Cognitive-Behavioral
- B. Phobia
- C. Ego-functional

Correct Answer: A



Shayla could benefit from cognitive-behavioral therapy. Treatments might include desensitization to help Shayla overcome her phobia. The process would take place in steps and eliminate the need for situational avoidance. Other treatments for Shayla might include desensitization and relaxation training.

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