



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

ASWB Clinical Level Social Work Licensing Exam

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**QUESTION 1**

Person-centered therapy places most of the responsibility for treatment on the client. Professionals take a back seat and perform in a nondirective role. Therapy takes place in a supportive environment with a comfortable client/social worker relationship. What are the two goals of person-centered therapy?

- A. Increased self-esteem and openness to experience
- B. Increased self-determination and internal control
- C. Improvement in aggressive tendencies and control
- D. Improvement in attitude and external forces

Correct Answer: A

Person-centered therapy revolves around the goals of self-esteem and experience. Individuals will learn to be in agreement with themselves, demonstrate low levels of guilt, and encounter more positive relationships.

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**QUESTION 2**

Clinical social workers require the ability to understand their own emotions, limitations, strengths, and motives. This self-awareness prevents confusion between the professional and client. Self-awareness is just one of four components necessary to express appropriate empathy. Which one of the following is not a part of this network?

- A. Mental flexibility
- B. Affective sharing
- C. Emotion regulation
- D. Conscious reaction

Correct Answer: D

Empathy can only be experienced to its fullest capacity when 4 components come into play: self-awareness, mental flexibility, emotion regulation, and affective sharing. Empathy is the ability to envision what another person is thinking or feeling.

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**QUESTION 3**

A clinical social worker is helping a client who has had a tumultuous past. The client's main issue is the way his history has come full circle and now presents current problems. After a thorough assessment, the social worker decides to focus on the here and now. What therapy might she utilize?

- A. Holistic therapy
- B. Brief therapy
- C. Gestalt therapy



D. Cognitive behavioral therapy

Correct Answer: C

Gestalt therapy utilizes the past to solve a current problem. Clients are shown how to expand on their awareness through dialogue and experimental methods. They are taught self-regulation and lead through activities geared toward tackling the past.

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#### QUESTION 4

Loss of mental functions such as thinking, reasoning, and memory can be associated with this disorder. The symptoms are severe enough to interfere with daily functioning and normally affect the elderly population. In some cases, it can be cured or treated. Untreatable causes include AIDS complex, Parkinson's, and Creutzfeldt-Jakob disease. What is being described?

- A. Alzheimer's
- B. Dissociative disorder
- C. Dementia
- D. Alcoholism

Correct Answer: C

Dementia is a group of symptoms rather than a disease. It develops when parts of the brain associated with learning and memory are affected by infection or disease. There are as many as 50 known causes, ranging from excessive alcohol use to Alzheimer's. Research indicates that half of all individuals over the age of 80 have dementia.

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#### QUESTION 5

Susan holds power of attorney over her great aunt's estate. Doctors have diagnosed the elderly woman with Alzheimer's disease and recommended she be taken care of in a nursing home facility. Susan realizes there is no cure and her great aunt will not be coming home. She signs the house over to herself and sells off all personal possessions belonging to the great aunt to purchase a car. This is an example of what?

- A. Guardianship
- B. Elder neglect
- C. Material exploitation
- D. Relatives' rights

Correct Answer: C

Material exploitation is defined as the improper or illegal use of an elderly person's funds, property, or assets. Other examples include forging a person's signature, misusing money, cashing an elderly person's checks, or coercing an elderly person into signing a document.

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#### QUESTION 6



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 7

A small community is located across from a town garbage dump. There are no fences surrounding the unsanitary grounds, methods to prevent water seepage, or attempts to keep the pest problem to a minimum. A clinical social worker decides to take these concerns to town hall with the threat of notifying the Board of Health. Soon, changes begin to be noticeable, and the community can be comfortable in their environment. What authority was exercised by the professional?

- A. Competency
- B. Knowledge
- C. Behavior Modification
- D. Advocacy

Correct Answer: D

The clinical social worker utilized advocacy skills to bring about positive changes to the community. To advocate means to step in and support individuals or communities who lack the leadership, skills, resources, or access to help themselves.

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#### QUESTION 8

John walks past a fellow clinical social worker's desk and overhears parts of a conversation. The colleague is making demeaning comments about another professional to someone on the other end of a phone line. Later, during lunch, John asks his colleague about the conversation. The colleague states he was talking with a client. What ethical standard has been violated by the fellow social worker?

- A. Respect
- B. Consultation
- C. Privacy and confidentiality



D. Competence

Correct Answer: A

Clinical social workers should always avoid negative criticism towards other colleagues while in the presence of other professionals or clients. Respect should be demonstrated by accurately describing the views, obligations and qualifications of other colleagues. Demeaning comments may refer to race, sex, gender, age, color, marital status, political beliefs and competency.

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#### QUESTION 9

Once a clinical social worker has assessed a client, they together formulate a document to address issues that the assessment has identified. This document is called a

- A. Contract
- B. Collaboration
- C. Treatment Plan
- D. Leading Guide

Correct Answer: C

A treatment plan identifies in a concrete way what goals the client and social worker will work in what order, using what methods, and by what target dates. It is also the document most insurance companies, courts, agencies, and anyone else require who might have interest in the outcome of treatment for the client.

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#### QUESTION 10

Abusiveness in families tends to repeat itself in future generations. The cycle reoccurs when the abused individual leaves their family for another and becomes the abuser. There are many traits to an abusive personality. Which of the following would not be a characteristic?

- A. Emotional volatility
- B. Low self-esteem
- C. Fear of abandonment
- D. Empowerment

Correct Answer: D

Empowerment is achieved through assertiveness rather than aggression or manipulation. A person who is abusing someone seeks power through aggressive or manipulative means.

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#### QUESTION 11

Richard is an eight year old living in an unstable environment. He resides in subsidized housing with his parents and sister. The child has observed his father's chronic spousal abuse towards his mother his whole life. Richard knows not



to interfere or there will be violent consequences. He is isolated from having social contact with his friends and other adults. Richard's father communicates with him by calling the boy stupid, dumb and retarded. What form of neglect is being described?

- A. Medical
- B. Physical
- C. Emotional/psychological
- D. Educational

Correct Answer: C

This situation is an example of emotional/psychological neglect, a pattern of which can result in a child's poor self-image, drug or alcohol abuse, destructive behaviors or even suicide. Examples of emotional child maltreatment include ignoring, rejecting, verbally assaulting, terrorizing and exploitation.

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#### QUESTION 12

Many clinical social workers utilize a therapy-not to be confused with classical conditioning-that deals with modifications of voluntary behaviors caused by environmental influences. This kind of therapy includes four basic consequences: positive reinforcement, negative reinforcement, positive punishment and negative punishment. Which of the following therapies is described above?

- A. Focused Change
- B. Solution Focused Therapy
- C. Behavior Modification
- D. None of the above

Correct Answer: C

Behavior modification looks at the antecedent and consequences that cause negative behaviors. Reinforcement and punishment are the main tools of this therapy.

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#### QUESTION 13

All clinical social work services should be directed at meeting a specific goal with a pre-determined outcome defining the time of termination. Professionals can provide their opinions based on the need for further care and help the client achieve these recommendations. Termination of services is primarily up to what party?

- A. Psychologist
- B. Clinical social worker
- C. Client
- D. Referent

Correct Answer: C



Clients have the responsibility of determining when to terminate clinical social work services. Recommendations can be given for further treatment, but the client can deny them. The only time a professional can interfere with this decision is when there are foreseen dangers or violations of legal codes.

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**QUESTION 14**

Kenneth recently lost his only son in a horrific car accident. What behavioral goal would you want to work towards in your therapy with Kenneth?

- A. Finding suitable distractions to take his mind off of the tragedy.
- B. Developing additional systems as new ways of managing his feelings.
- C. Begin a healthy grieving process around the loss.
- D. Finding ways to help him make sense of his tragic loss.

Correct Answer: C

When a person experiences loss, it is difficult for him or her to move forward without grieving the loss. Some would rather push feelings away than experience them. With loss, the best place to begin is helping the person to mourn and normalizing their feelings regarding their loss.

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**QUESTION 15**

One particular personality disorder is more prevalent in females than males and involves 3% of the general population. Symptoms include a pattern of attention seeking behavior that may even become provocative in nature. Victims of this disorder may display rapidly shifting expressions of emotions, show self-dramatization and use physical appearance to draw attention to them. What disorder is described above?

- A. Histrionic personality disorder
- B. Narcissistic personality disorder
- C. Schizoid personality disorder
- D. Dependent personality disorder

Correct Answer: A

People with histrionic personality disorder have difficulty achieving and maintaining intimacy in romantic relationships. Victims will often act out a role and seek to control their partner. Same-sex friend relationships are also hindered due to the provocative interpersonal style that may seem threatening. Patients often crave stimulation, excitement and novelty.

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