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QUESTION 1

Melanie's husband has reported problems he is observing in the home with his wife. The couple has three school-aged children. When the siblings get home from school, Melanie is usually sleeping on the couch. She fails to help with homework due to bad headaches and forgets important school events. Dinner is rarely cooked because Melanie reports feeling pain in her joints. She dozes off at odd times during the day and even during important events. What disorder might a therapist diagnose for Melanie?

- A. Dementia
- B. Anti-social disorder
- C. Amnesia
- D. Chronic fatigue syndrome

Correct Answer: D

Individuals who suffer from chronic fatigue syndrome do not see much improvement with rest. Excessive fatigue worsens with mental and physical activity. When completing an assessment, symptoms are often difficult to measure. The important signs to look for include headaches, joint or muscle pain, loss of memory, and extreme exhaustion.

QUESTION 2

Cassandra works as a clinical social worker for Child Protective Services. A new family she has been helping has a parent that is starting to raise red flags. The mother is the sole caretaker for the children but is demonstrating some peculiar behaviors. She has not kept consecutive doctor's appointments, has difficulty utilizing public transportation and fails to follow through with basic directions. This parent is always accompanied by another adult when she leaves the home on an errand. When Cassandra starts questioning the mother on her background, it is discovered that she attended special education classes and did not graduate from high school. These factors should arouse concern in what area?

- A. Child neglect
- B. Child abuse
- C. Intellectual limitations
- D. Financial distress

Correct Answer: C

Parents with intellectual limitations often demonstrate less positive child-rearing practices. They fail to recognize their children's needs and lack the skills to advocate for them. A clinical social worker should help the parents become aware of eligible community resources. The social worker should keep in mind that the mother's difficulties may result from a lack of resources and life skills. In social work, problems do not always have to be pathological. People of lower socioeconomic status, in particular, may suffer as a result of lack of resources, education, social status, training, etc.,

QUESTION 3

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.

QUESTION 4

Cynthia is a clinical social worker in a hospital setting. She is currently taking an online course that explains medical terminology and consults daily with physicians to clarify any questions she may have. Clinical social workers assume the responsibility to increase and specialize in their practice knowledge. Self-study, consultation, and on-going education are all part of what essential activity?

- A. Supervision
- B. Collaboration
- C. Professional development
- D. Resource collection

Correct Answer: C

Quality social work services can be assured when there is strong dedication to credentials, publications, training courses, education and consultation. Professionals are ethically required to be current on research, techniques and theories that guide social work practice.

QUESTION 5

When clinical social work services have been terminated, this does not mean that treatment has necessarily ended. Many clients will require long-term supportive care to ensure stability. With these factors in mind, there are two elements to the definition of termination. The first is the accomplished improvements that can be maintained on an on-going basis by case managers. The second includes:

- A. Achievement of predefined treatment goals
- B. Collaboration with long-term care providers
- C. Recommendations by third-party providers
- D. Education of third party entities

Correct Answer: A

When clients feel they have successfully met the definition of termination, they may end services. Clinical social workers are still responsible for helping the individual locate on-going support, if necessary, and provide further care if the client so desires.

QUESTION 6

The study of how children's minds work has been quite influential within the educational theory. One such theorist proposed that thinking does not develop at the same level in a smooth manner. There are times when thinking transitions into new areas and capabilities. This overall vision was brought to life by what famous biologist?

- A. Erik Erikson
- B. Sigmund Freud
- C. Albert Bandura
- D. Jean Piaget

Correct Answer: D

Jean Piaget completed his studies by observing, talking and listening to children. His particular interest was in maturation skills and the capacity for individuals to understand their surrounding world. He identified transitions taking place at different ages from birth up.

QUESTION 7

When there is death of a loved one, basic assumptions about relationships and emotions begin to change. This is a disruption of what principle of organization?

- A. Homeostasis
- B. Continuity
- C. Holistic
- D. Endurance

Correct Answer: A

Homeostasis is the principle where systems attempt to remain constant and consistent. A disruption to the system(s) requires adaption by reorganizing in new ways of thinking or behaving.

QUESTION 8

Lisa is a clinical social worker who has received a case referred for possible child abuse. She realizes keeping the children safe is her top priority. The household consists of two parents and three children. There are steps to determine if abuse may have occurred or if the family is at-risk. What kind of assessment should she use to determine the best possible assistance for this referral?

- A. Financial assessment
- B. Child welfare assessment
- C. Parent assessment
- D. Family-centered assessment

Correct Answer: D

The family-centered assessment focuses on the family as a whole with full participation. All cultures and ethnicities are considered throughout. Families will identify their strengths, needs and resources in an effort to develop a functioning service plan to maintain safety and permanency.

QUESTION 9

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.

QUESTION 10

Jeremiah grew up in a family where college is of utmost importance. His parents and siblings have all graduated from prestigious colleges. When Jeremiah does not get accepted to the college of his choice, he decides to change his plans for the future. He begins to feel that education is overrated and that it would be better to seek employment before getting any older. This motivation to change a belief or behavior to avoid a distressing feeling is part of what theory?

- A. Avoidance
- B. Cognitive dissonance
- C. Identity perception
- D. Psychosocial

Correct Answer: B

Changing a belief or behavior to avoid a distressing feeling is an example of cognitive dissonance. Social psychologist Leon Festinger is known for his theories on cognitive dissonance. Individuals will change their attitude towards something if they feel it may result in failure. Important issues with greater discrepancy between behavior and belief will

cause a higher degree of dissonance.

QUESTION 11

Cognitive Behavior Therapy works with clients to first identify inappropriate or maladaptive behaviors, then to change these behaviors through physical and/or mental interventions. This type of therapy relies on what for it to have a chance of being successful?

- A. Following prescribed practices
- B. Client awareness of the behaviors
- C. Group treatment for positive outcomes and practice
- D. Development of particular protocols to address behavior

Correct Answer: B

A client must first have an awareness of the problem behavior before they can begin to address behavioral change. That is the cognitive connection.

QUESTION 12

Mrs. Humberson is a second grade teacher at NiiMlle Elementary. She makes a referral to a social worker in regards to a child in her classroom named Emily. Mrs. Humberson has many concerns about the child's home life and worries she may need medical care. Emily has missed several days of school and does not give a reason nor does the parent send in an absence note. She comes to school with a distinct body odor, wearing the same set of clothes for days. During lunch, Emily appears very hungry and eats everything on her tray; however, she is very thin. What type of abuse may be taking place?

- A. Medical
- B. Physical
- C. Sexual
- D. Neglect

Correct Answer: D

Emily is showing signs of neglect. Neglect is a maltreatment characterized by an ongoing pattern of inadequate care, easily observed by individuals in everyday contact with a child. This is the most prevalent form of child abuse in the United States. 62.8% of children who suffered from abuse were the victims of neglect. 42.2% of child fatalities occur as a result of this maltreatment.