



LCSW

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1. Which of the documents below highlights a student's academic and/or behavioral barriers and interdisciplinary interventions?

- A. Section 529 Plan
- B. Advanced Directive
- C. SSDI statements
- D. Individualized Education Plan

2. What child-centered treatment approach would be most effective for Emily, a four-year-old girl referred for services from the Rape and Domestic Violence Center, who is currently residing in a homeless shelter and witnessed her mother being subjected to a severe beating by her live-in boyfriend?

- A. Anger management therapy
- B. Domestic violence therapy
- C. Play therapy

3. What is the significance of the therapeutic alliance in the therapeutic relationship?

- A. It promotes trust, collaboration, and positive treatment outcomes
- B. It ensures compliance with treatment
- C. It establishes professional boundaries
- D. It focuses on the clinician's expertise and authority

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4. The parenting with love and limits program has six stages of readiness to change. The stage in which a parent sits back in a session with the therapist with arms crossed, insisting that she is not part of her child's problem, is which of the following stages?

- A. action
- B. precontemplation
- C. contemplation
- D. preparation



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**5. Martha's client, Claire, reports impulsive spending and cannot pay her bills on time. Martha suggests, while in the store, Claire hold the item in her hand for a period of time and ask herself whether or not Claire truly needs the item instead of going straight to the checkout lane.

Which complementary therapeutic approach did Martha suggest?**

- A. Behavior modification
- B. Mindfulness
- C. EMDR
- D. Cognitive restructuring

6. Which of the following statements about eclectic therapy is least accurate?

- A. No one single theory of abnormal development is followed.
- B. Different therapy models must be chosen to meet the client's individual needs.
- C. Cultural influences and limitations are not taken into account.
- D. The eclectic therapist is a coach rather than a healer.

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7. The application of feminist theory in Social Work practice advances which of the following values?

- A. The social welfare of women impacts the well-being of individuals and families
- B. Social Work as a profession is dominated by women
- C. Both A and C
- D. Elimination of gender injustice

8. According to Maslow's hierarchy of needs, which stage in the five-stage model exemplifies a growth need?

- A. self-actualization
- B. safety
- C. social
- D. esteem

9. Which of the following statements are true about a person's sex?

- A. Sex is a distinction between male and female based on norms of cultural differences.
- B. Sex and gender are the same thing.
- C. Sex is a label assigned based on external genitalia a person is born with.



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**10. Motor development is guided by several fundamental principles, with each principle being influenced by numerous factors. Ethnicity, birth size, nutrition, genetics, and social class all contribute to this process. Additionally, motor development is influenced by familial patterns and environmental factors.

What is the definition of motor development?**

- A. Fine motor skills
- B. Stages of development
- C. Process by which a child manipulates movement
- D. Process by which a child learns movement

**11. Sarah was in a serious automobile accident but cannot remember how it happened; she can only remember riding in the ambulance to the hospital.

This type of loss of memory is which of the following?**

- A. generalized amnesia
- B. localized amnesia
- C. selective amnesia
- D. continuous amnesia

12. According to the Systems Theory approach, what are the motivations or factors that drive change?

- A. changes in the individual
- B. changes in the individual, environment, or in the interaction between the individual and the environment
- C. changes in the interaction between the individual and the environment
- D. changes in the environment

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13. Earthquakes, acts of terrorism, and rape or murder are examples of which of the following types of crises?

- A. abnormal
- B. maturational
- C. situational
- D. adventitious



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14. Which question is asked under "C" of the CAGE Assessment?

- A. Have you ever considered increasing your alcohol intake?
- B. Have you ever cursed yourself for drinking too much?
- C. Have you ever felt you should cut down on your drinking?
- D. Have you ever thought about calling a friend when you've had too much to drink?

15. Economic justice can be defined as:

- A. An economic system where everyone has the same income
- B. A set of moral principles for equal opportunity
- C. Taxing the rich more than the poor

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16. Which of the following statements about adult learners is least accurate?

- A. Adults do not need a reason for learning.
- B. Adults are voluntary learners.
- C. Adults are problem-centered learners.
- D. Most adults are self-directed in their learning.

17. The persistent or recurrent feeling of being detached from one's mental processes or body that is accompanied by intact reality testing is which of the following?

- A. dissociative fugue
- B. dissociative amnesia
- C. dissociative identity disorder
- D. depersonalization disorder

18. Of the following, which is an antidepressant commonly used?

- A. Thioridazine.
- B. Buspirone.
- C. Lamotrigine.
- D. Amitriptyline.

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19. Which of the following assumptions is NOT typically made in Trauma-Related social work practice regarding human behavior?

- A. Resilience is defined as an innate capacity to self-regulate after experiencing a stressor so extreme as to be traumatic.
- B. Resilience can only be derived from environmental resources.
- C. Resilience can be more difficult to achieve or sustain when the trauma is more severe.

**20. One of the less common psychotic disorders is delusional disorder. The DSM-5 categorizes delusional disorders into six groups.

Which is not one of the groups of delusional disorder?**

- A. Grandiose.
- B. Erotomanic.
- C. Somatic.
- D. Atypical.

21. According to the DSM-V definition of PTSD, which of the following is the second criteria?

- A. The person must have 2 or more symptoms of negative alterations in cognitions and mood...
- B. The person must have at least one symptom of persistently reexperiencing the traumatic event, including intrusive images or thoughts, dreams about the event, a sense that the event is recurring, intense distress when reminded of the event, or physiological reactivity to event-related cues.
- C. The person must directly experience the trauma, witness the trauma happen to others, learn the trauma occurred to a close family member/friend, or experience repeated or extreme exposure to aversive details of trauma.
- D. The person must display avoidance of stimuli that are associated with the trauma and numbing of general responsiveness.

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22. Which psychological test is utilized to diagnose individuals with psychopathology?

- A. Myers-Briggs Type Indicator
- B. Wechsler Intelligence Scale
- C. Rorschach Inkblot Test
- D. Minnesota Multiphasic Personality Inventory



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23. Which of the following sleep disorders would NOT be considered a parasomnia?

- A. sleep apnea
- B. sleepwalking
- C. nightmare disorder
- D. sleep terror disorder

24. In group supervision, a supervisor presents you with the following information and asks whether there is a problem with the diagnosis: The client is a 24-year-old male who presents with delusions, hallucinations, and disorganized speech. These symptoms lasted for nearly three weeks then subsided. He denies any substance use and bipolar disorder. The patient was diagnosed with Schizophrenia. Which of the following represents the problem with the diagnosis of Schizophrenia?

- A. The symptoms are more accurately described by Schizophreniform Disorder due to the lack of catatonia and/or negative symptoms.
- B. The symptoms are more accurately described by Delusional Disorder due to the presence of delusions and the duration of symptoms.
- C. The diagnosis fits due to presence of delusions, hallucinations, and disorganized speech.
- D. The symptoms are more accurately described by Brief Psychotic Disorder due to the presence of delusions and hallucinations and the duration of symptoms.

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25. Which specific standard under the category of "Social Workers' Ethical Responsibilities to Colleagues" states the importance of clearly defining the ethical and professional duties of individual team members and the group as a whole?

- A. Standard 2.02
- B. Standard 2.04
- C. Standard 2.03
- D. Standard 2.01

26. Collectivism refers to a cultural concept where the emphasis is placed on serving the group to which individuals belong. This cultural mindset values teamwork and emphasizes the shared recognition of personal achievements by all members. Which group of individuals can be considered the complete opposite in terms of their approach, beliefs, or values?

- A. Individualism
- B. Universalism
- C. Diversified



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27. Consent must meet how many criteria?

- A. 2.
- B. 5.
- C. 6.
- D. 3.

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28. With regard to a client's self-determination, social workers have the responsibility of what?

- A. To discourage it.
- B. Show enthusiasm for it, only in particular clients.
- C. Both disregard and demote it.
- D. Both promote and respect it.

29. Participants in peer group supervision learn better ways to manage professional problems and reduce stress. There are six phases of peer group supervision, the first of which is

- A. casting
- B. case presentation
- C. method choice
- D. key question

30. The concept of ethics encompasses several important ideas and terms. Which of the following refers to the fundamental standards of right and wrong that an individual learns and incorporates into their values?

- A. morals
- B. norms
- C. ideals
- D. values



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Answer Key & Explanations

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1. D — Individualized Education Plan

Individualized Education Plan (IEP)'s are used for students with academic or behavioral issues. They are created by teams consisting of various systems in the student's life: medical, psychiatric, educational, and parental. Advanced Directives are written medical documents highlighting end of life wishes. Section 529 plans ensure kids with disabilities get their needs met, but are in less vulnerability to folks with an IEP. SSDI statements review a client's Social Security and Disability Income.

2. C — Play therapy

Play therapy is a child-centered treatment approach that would be most effective for Emily, a four-year-old girl who has witnessed her mother being subjected to a severe beating by her live-in boyfriend. Play therapy provides a safe and supportive environment for children to express their emotions, process their experiences, and recover from traumatic events. Through play, children can communicate their feelings, thoughts, and experiences in a developmentally appropriate and non-threatening way. Play therapy allows the therapist to observe and understand the child's inner world, identify areas of concern, and provide the necessary support and intervention. It helps children build resilience, develop coping skills, and promote healing and growth.

3. A — It promotes trust, collaboration, and positive treatment outcomes

The therapeutic alliance refers to the collaborative and trusting relationship between the clinician and client. It is an essential factor in therapeutic success, influencing client engagement, motivation, and treatment outcomes.
Option A) Ensuring compliance with treatment is not the primary focus of the therapeutic alliance, which should be based on collaboration and shared decision-making.
Option B) Establishing professional boundaries is important but is not the primary purpose of the therapeutic alliance.
Option D) The therapeutic alliance should focus on a collaborative partnership rather than the clinician's expertise and authority.

4. B — precontemplation

The six stages of the parenting with love and limits program are: precontemplation; contemplation; preparation; maintenance, action and termination. The parent who insists that she is not part of the problem is in the precontemplation stage. She may feel that the situation is hopeless and wants others to change rather than herself.

5. B — Mindfulness

Mindfulness (is considered a complementary approach to use in tandem with primary approaches as in options A, B, and C.

6. C — Cultural influences and limitations are not taken into account.

This is the least accurate statement. Since techniques are chosen in eclectic therapy treatment to match the client's needs, cultural influences and limitations are taken naturally into account.

7. C — Both A and C

Feminist theory is an important part of Social Work practice and included in the value base of the profession



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through social justice and emphasis on human relationships.
Eliminating gender injustice and understanding how the welfare of women impacts the well-being of individuals and families are key components of Social Work practice.
The predominance of women in Social Work practice is irrelevant to the application of feminist theory in Social Work practice.

8. A — self-actualization

According to Maslow's hierarchy of needs, self-actualization is the stage that exemplifies a growth need. This stage is the highest level in the hierarchy and represents the need for personal development, self-fulfillment, and reaching one's full potential. It involves pursuing interests, goals, and activities that align with one's values and passions.
Option A (esteem) is incorrect. The esteem stage in Maslow's hierarchy of needs is about the need for recognition, respect, and self-worth. While it is an important psychological need, it does not exemplify a growth need like self-actualization does.
Option B (social) is incorrect. The social stage in Maslow's hierarchy of needs focuses on the need for belongingness, love, and meaningful relationships. While social connections are essential for well-being, this stage does not represent a growth need.
Option D (safety) is incorrect. The safety stage in Maslow's hierarchy of needs relates to the need for security, stability, and protection. While feeling safe is crucial for overall well-being, it does not represent a growth need like self-actualization does.

9. C — Sex is a label assigned based on external genitalia a person is born with.

Sex and gender are not the same thing. Sex is the designation of male or female based on external genitalia at the time of birth. Gender is the distinction between male and female that is based on norms of cultural and social differences rather than biological differences. Factors determining the biological make up of a person's sex begin as early as fertilization.

10. D — Process by which a child learns movement

Motor development refers to the progression of physical abilities and skills related to movement in a child. It encompasses the development of gross motor skills (such as crawling, walking, and running) as well as fine motor skills (such as picking up small objects and using utensils). It is a complex process by which a child gradually acquires and improves their movement abilities.
Option B (Stages of development) is incorrect. While motor development does involve different stages of development, this answer is not specific enough to capture the full meaning of motor development.
Option C (Fine motor skills) is incorrect. While fine motor skills are a component of motor development, they alone do not encompass the entire concept.
Option D (Process by which a child manipulates movement) is incorrect. While this option captures the idea of a child interacting with movement, it does not fully capture the broader concept of motor development, which also includes the acquisition and improvement of movement abilities.
In summary, motor development refers to the process by which a child learns and improves their movement abilities, encompassing both gross motor skills and fine motor skills. It is influenced by various factors such as ethnicity, birth size, nutrition, genetics, social class, familial patterns, and environmental factors.

11. C — selective amnesia

Sarah has **selective amnesia**.
This is the ability to recall only certain incidents associated with a traumatic event for a specific period after the event.

12. B — changes in the individual, environment, or in the interaction between the individual and the environment

According to the Systems Theory approach, change is driven by different motivations or factors. These include changes in the individual, changes in the environment, and changes in the interaction between the



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individual and the environment. This means that any change that occurs can be attributed to one or more of these factors.

Option B (changes in the environment) This answer is incorrect. While changes in the environment can be a motivation for change, according to the Systems Theory approach, it is not the only factor. Changes in the individual and the interaction between the individual and the environment are also important.

Option C (changes in the interaction between the individual and the environment) This answer is incorrect. While changes in the interaction between the individual and the environment can be a motivation for change, according to the Systems Theory approach, it is not the only factor. Changes in the individual and the environment are also important.

Option D (changes in the individual) This answer is incorrect. While changes in the individual can be a motivation for change, according to the Systems Theory approach, it is not the only factor. Changes in the environment and the interaction between the individual and the environment are also important.

In summary, the Systems Theory approach recognizes that change can be driven by changes in the individual, environment, or in the interaction between the individual and the environment.

13. D — adventitious

An **adventitious crisis** is not a part of everyday life; it results from events that are unplanned and may be accidental, caused by nature, or human-made. Earthquakes, acts of terrorism, and rape or murder are examples of adventitious crises. Commonly experienced, post-trauma phenomena include acute stress disorder, posttraumatic stress disorder, and depression.

14. C — Have you ever felt you should cut down on your drinking?

According to the CAGE Assessment, the following questions are asked:

C - Have you ever felt you should cut down on your drinking?

A - Have people annoyed you by criticizing your drinking?

G - Have you ever felt bad or guilty about your drinking?

E - Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (eye-opener)?

15. B — A set of moral principles for equal opportunity

Economic justice is a set of moral principles for building economic institutions. The primary goal of economic justice is to create individual opportunities for persons needed to build foundations for living a productive life. Economic justice does not guarantee that everyone will have the same income. It does however help to preserve the necessary conditions for equal opportunity in developing a material foundation for adequate quality of life.

16. A — Adults do not need a reason for learning.

Adults *need* a reason for learning. They want to know why it is important for them to participate in an educational activity. Their interest tends to focus on immediate application of that which has been learned.

17. D — depersonalization disorder

Depersonalization disorder is a persistent or recurrent feeling of being detached from one's mental processes or body that is accompanied by intact reality testing. It is a type of dissociative disorder in which the individual copes with internal conflict and anxiety through psychological detachment or by experiencing the feeling of being in an unreal situation.

18. D — Amiltriptyline.

Thioridazine is an antipsychotic drug. Amiltriptyline is an antidepressant. Buspirone is an antianxiety drug. Lamotrigine is an anticonvulsant used as a mood stabilizer. All of these are commonly used drugs.



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**19. B — Resilience can only be derived from environmental resources.**

In Trauma-Related social work practice, resilience refers to an individual's ability to bounce back and recover after experiencing trauma. It is not solely dependent on environmental resources. Resilience can also be influenced by internal factors such as personal strengths, coping mechanisms, and individual characteristics.

Option A (Resilience is defined as an innate capacity to self-regulate after experiencing a stressor so extreme as to be traumatic) is incorrect. While resilience does involve self-regulation, it is not limited to extreme stressors only. Resilience can be developed and displayed in response to various levels of stress and trauma.

Option C (Resilience can be more difficult to achieve or sustain when the trauma is more severe) is incorrect. Trauma severity can certainly impact the level of difficulty in achieving resilience, but it does not imply that resilience cannot be achieved or sustained. Individuals can still develop resilience and find ways to overcome and thrive despite severe trauma.

In summary, the assumption that resilience can only be derived from environmental resources is not typically made in Trauma-Related social work practice regarding human behavior. Resilience can stem from various sources, including internal factors and personal strengths.

20. D — Atypical.

Categories of delusional disorders include: Erotomaniac, Grandiose, Jealous, Persecutory, Somatic, Mixed.

21. B — The person must have at least one symptom of persistently reexperiencing the traumatic event, including intrusive images or thoughts, dreams about the event, a sense that the event is recurring, intense distress when reminded of the event, or physiological reactivity to event-related cues.

There are a total of eight criteria under the definition of PTSD, according to the current DSM-V. Of the above:

Criterion 1: The person must directly experience the trauma, witness the trauma happen to others, learn the trauma occurred to a close family member/friend, or experience repeated or extreme exposure to aversive details of trauma.

Criterion 2: The person must have at least one symptom of persistently reexperiencing the traumatic event, including intrusive images or thoughts, dreams about the event, a sense that the event is recurring, intense distress when reminded of the event, or physiological reactivity to event-related cues.

Criterion 3: The person must display avoidance of stimuli that are associated with the trauma and numbing of general responsiveness.

Criterion 4: The person must have 2 or more symptoms of negative alterations in cognitions and mood...

22. D — Minnesota Multiphasic Personality Inventory

The Minnesota Multiphasic Personality Inventory (MMPI) is a psychological test used to diagnose individuals with psychopathology. It consists of a series of questions or statements that the individual must respond to, and the test is designed to assess various aspects of their personality and mental health. The MMPI has been widely used in clinical settings and research studies to evaluate individuals for a wide range of psychopathologies, including depression, anxiety disorders, schizophrenia, personality disorders, and other mental health conditions. It has established norms and scoring systems that allow clinicians to interpret the results and make diagnostic decisions.

Option B (Rorschach Inkblot Test) is not the correct answer. The Rorschach Inkblot Test is a projective psychological test in which a person's responses to ambiguous inkblot images are analyzed to determine their personality traits and psychological functioning. While it can provide valuable insights into an individual's thought processes and emotional functioning, it is not specifically designed to diagnose psychopathology.

Option C (Wechsler Intelligence Scale) is not the correct answer. The Wechsler Intelligence Scale is a series of tests used to measure intelligence and cognitive

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abilities in individuals. It assesses various aspects of cognitive functioning, including verbal comprehension, perceptual reasoning, working memory, and processing speed. While intelligence testing can be a part of a comprehensive psychological assessment, it is not specifically used to diagnose psychopathology.

Option D (Myers-Briggs Type Indicator) is not the correct answer. The Myers-Briggs Type Indicator (MBTI) is a self-report questionnaire that measures an individual's preferences and tendencies in how they perceive the world and make decisions. It classifies individuals into different personality types based on four dichotomies: extraversion/introversion, sensing/intuition, thinking/feeling, and judging/perceiving. While the MBTI can provide insights into an individual's personality style, it is not used for diagnosing psychopathology.

In summary, the correct answer to the question is A) Minnesota Multiphasic Personality Inventory. This test is specifically utilized to diagnose individuals with psychopathology, as it assesses various aspects of their personality and mental health. The other options mentioned (B) Rorschach Inkblot Test, (C) Wechsler Intelligence Scale, and (D) Myers-Briggs Type Indicator) are not designed for this purpose and serve different psychological assessments.

23. A — sleep apnea

Sleep apnea is a dysomnia, not a parasomnia. The parasomnias involve abnormal behavioral or physiological events occurring in association with sleep stages or the transitions between sleep stages.

24. D — The symptoms are more accurately described by Brief Psychotic Disorder due to the presence of delusions and hallucinations and the duration of symptoms.

The DSM 5 diagnostic criteria for Brief Psychotic Disorder include the presence of hallucinations, delusions, and disorganized speech with last between one day and one month. Under the DSM-5, Delusional Disorder has a duration of one month or longer.

25. C — Standard 2.03

Standard 2.03 under the category of "Social Workers' Ethical Responsibilities to Colleagues" states the importance of clearly defining the ethical and professional duties of individual team members and the group as a whole. This standard recognizes that effective teamwork requires a clear understanding of everyone's roles and responsibilities within the group. It emphasizes the need for social workers to engage in open and honest communication with their colleagues to establish and maintain a strong ethical foundation within the team.

Option A (Standard 2.02) is incorrect. Standard 2.02 focuses on confidentiality and privacy in the context of social workers' professional relationships with colleagues. While maintaining confidentiality is important, it does not specifically address the need to define ethical and professional duties of team members.

Option C (Standard 2.04) is incorrect. Standard 2.04 addresses conflicts of interest in social workers' relationships with colleagues. It emphasizes the need for social workers to be mindful of any personal, financial, or organizational interests that may compromise their professional obligations. However, it does not directly relate to defining the ethical and professional duties of individual team members and the group as a whole.

Option D (Standard 2.01) is incorrect. Standard 2.01 focuses on the need for social workers to treat colleagues with respect, fairness, and courtesy. It emphasizes the importance of fostering collaborative and supportive relationships within the profession. While this standard promotes a positive work environment, it does not specifically address the importance of defining ethical and professional duties within the team.

In summary, Standard 2.03 specifically addresses the importance of clearly defining the ethical and professional duties of individual team members and the group as a whole, making it the correct answer in this context.



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26. A — Individualism

Individualism is the complete opposite of collectivism. It refers to the belief in the supreme worth and importance of the individual over the collective or society as a whole. Individualists prioritize personal freedom, autonomy, and self-reliance. They value individual rights and responsibilities and believe in limited government intervention in personal affairs.

Option A (Universalism) is not the opposite of collectivism. Universalism is a belief system that promotes equal rights, justice, and inclusivity for all individuals, regardless of their cultural, religious, or social background. It focuses on finding commonalities and promoting unity among people.

Option C (Diversified) is not the opposite of collectivism. Diversified refers to the state of being diverse or varied, emphasizing the presence of different elements or qualities within a group or society. It recognizes and values different perspectives, experiences, and identities. Since options A and C are not the opposite of collectivism, it makes option D incorrect as a whole.

Therefore, the correct opposite of collectivism is individualism (option B).

27. D — 3.

All competent adults have the right to refuse treatment. Consent must meet three criteria. It must be informed, voluntary, and competent.

28. D — Both promote and respect it.

Social workers must follow a code of ethics. Social workers have the responsibility of promoting and respecting a client's right to self-determination. When working with clients, social workers should only provide services that they are competent in.

29. A — casting

The first phase of peer group supervision is **casting**.

In casting the group agrees on who will be the moderator. The moderator guides the process of selecting case presenter. All other group members become consultants for the peer group supervision session.

30. A — morals

Morals are the principles of right and wrong typically acquired during early childhood development. An individual's moral orientation is often shaped by religious beliefs, with societal influence playing a significant role in this development.



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