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Practice Questions

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1. In the bioecological model of human development, what does the 'chronosystem' focus on?

- A. Changes over time in the individual's environment which influence their behavior and development.
- B. Immediate environments such as family and school.
- C. Interactions among various settings, such as between home and school.

2. John has started neglecting his duties in school, exhibiting erratic behavior, having severe mood swings, isolating himself socially, experiencing disruptions in his eating habits, taking reckless actions, and encountering significant academic problems. What do these signs MOST likely indicate?

- A. Substance abuse
- B. Anxiety disorder
- C. Major depressive disorder

3. Alex is working with a client, Maria. Maria has recently gone through a major life transition, such as a divorce, but she remains engaged in her work and social activities. She has started attending personal development workshops and has joined a community support group. Which stage of change is Maria in?

- A. Precontemplation
- B. Preparation
- C. Action
- D. Contemplation

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4. Which of the following tools helps evaluate a client's cognitive functions, mood, memory, and thought processes during a therapy session?

- A. Mental status exam
- B. Personality assessment inventory
- C. Clinical diagnostic interview
- D. Behavioral observation report

5. Which of the following options is TRUE in regard to the use of the SWAPI-5 to gather information about a client's social environment?

- A. It is only supposed to be used by social workers to understand the structural environment of a neighborhood
- B. It is only supposed to be used by community organizers to plan interventions
- C. It is best to rely on anecdotal evidence when evaluating a client's social environment
- D. Best practice involves gathering comprehensive information about the client's social connections and their impact on the client's well-being

6. Emma is a social worker specializing in addiction recovery. As part of her assessment process, she employs a strengths-based approach. Which of the following would be an element of her assessment?

- A. Exploring the client's past failures in order to avoid repeating them
- B. Focusing on the severity of the client's addiction to create a treatment plan
- C. Identifying how past successes in overcoming challenges can help in current recovery efforts

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7. Which of the following terms refers to the behavioral expectations that maintain harmony and order within a family system?

- A. Boundaries
- B. Rules
- C. Rituals
- D. Roles

8. Which of the following is the primary function of the renal system?

- A. Secretion of hormones
- B. Production of neurotransmitters
- C. Filtration of blood and removal of waste
- D. Regulation of immune responses



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9. A client who recently lost a loved one smiles and laughs while discussing the event with their social worker. What is this an example of?

- A. Healthy functioning
- B. Anhedonia
- C. Emotional blunting
- D. Inordinate apprehension

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10. In the context of social work supervision, which term refers to the unconscious feelings a supervisor might project onto their supervisee?

- A. Parallel process
- B. Somatization
- C. Countertransference
- D. Transference

11. Which of the following is TRUE about ethical guidelines regarding social workers' use of social media?

- A. They are determined solely by individual agencies
- B. They vary significantly based on the professional organization's code of ethics
- C. They are uniformly outlined by national law
- D. They are consistent across all jurisdictions

12. Which of the following actions is LEAST appropriate for a social worker to perform when documenting a session with a client?

- A. Noting client progress
- B. Listing client goals
- C. Documenting informed consent
- D. Recording personal opinions

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13. In the context of social worker supervision, which of the following terms describes a supervisor projecting their own unresolved issues onto their supervisee?

- A. Identification
- B. Countertransference
- C. Transference
- D. Parallel process

14. David is providing therapy to a minor client, Alex, who has been referred by his parents to address behavioral issues in school. Alex is below the age of consent in their jurisdiction. Which of the following is TRUE about this situation?

- A. David should seek Alex's assent for treatment
- B. David should begin treating the child, as consent has been gained
- C. David should refuse to treat until Alex's consent is gained
- D. David should demand the family attend all sessions

15. You are currently providing therapy to an adolescent who has not disclosed their mental health care to their parents. One day, a new client contacts you for therapy and, during the initial consultation, you realize that this new client is the adolescent's parent. Which of the following actions should you NOT take?

- A. Consult the NASW Code of Ethics
- B. Refer the parent to another therapist to avoid a conflict of interest
- C. Inform the parent of the existing therapeutic relationship with their adolescent
- D. Seek advice from a colleague on how to handle the situation

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16. Mark is concerned about his colleague Emma, another social worker in a busy hospital setting. He has noticed that Emma has been increasingly forgetful and appears overly fatigued. Recently, he suspects that Emma has been taking patient medications for herself. According to the NASW Code of Ethics, what is the FIRST action Mark should take?

- A. Approach Emma's supervisor about the concerns
- B. Report Emma to the state licensing board based on the concerns
- C. Bring up the concerns in a team meeting with Emma present
- D. Approach Emma directly about the concerns



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17. A new policy has been enacted to reduce the hours of operation for a popular shelter that many homeless individuals utilize for overnight stays. What change is MOST likely to be observed as a result of this policy?

- A. Crime rates will decrease as people seek alternative solutions
- B. An increase in homelessness visibility on the streets during nighttime
- C. Clients will come less frequently due to discouragement from the reduced hours
- D. Shelter will see increased donations from the community

18. Mark is a social worker focused on helping adults transitioning into retirement. He is currently working with a couple, where both partners are retiring from their long-term careers. What type of family structure is Mark working with today?

- A. Empty nest family
- B. Extended family
- C. Nuclear family

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19. Samantha is a social worker implementing a Cognitive Behavioral Therapy (CBT) approach with her client, David, who frequently exhibits procrastination and negative self-talk. During their sessions, Samantha explores how David's past experiences with strict parenting have influenced his current behaviors and thoughts. Which aspect of CBT is Samantha focusing on?

- A. Core belief exploration
- B. Socratic questioning
- C. Behavioral activation
- D. Thought recording

20. In the context of motivational interviewing, with which of the following principles is the concept of ambivalence MOST concerned?

- A. Identifying the client's strengths
- B. Creating a structured intervention plan
- C. Evaluating the effectiveness of therapy over time
- D. Understanding conflicting feelings about change



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21. Which of the following is NOT addressed by the Americans with Disabilities Act of 1990?

- A. Federal tax incentives for small businesses
- B. Equal employment opportunities
- C. Public accommodations
- D. Transportation access

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22. Social workers may administer the Beck Depression Inventory-II (BDI-II) for various reasons, EXCEPT:

- A. To assess the level of depressive symptoms
- B. To create a baseline for treatment progress
- C. To aid in forming treatment plans
- D. To diagnose major depressive disorder by itself

23. What is the MOST common behavior issue encountered in adolescents aged 14-18?

- A. Oppositional Defiant Disorder (ODD)
- B. Attention-Deficit/Hyperactivity Disorder (ADHD)
- C. Anxiety

24. Sarah is responsible for taking care of her younger sibling due to their parents working long hours. Lately, Sarah has started neglecting her sibling's needs and well-being. Which of the following is the BEST possible warning sign that neglect is occurring?

- A. Sarah is increasingly irritable
- B. Sarah is regularly absent from school
- C. Sarah is becoming more socially withdrawn

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25. What is the most effective approach for a social worker to address ethical dilemmas encountered in practice?

- A. Rely solely on personal judgment and intuition
- B. Avoid making a decision until consulting with multiple colleagues
- C. Evaluate the situation using a standard ethical decision-making model



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26. At what developmental stage did Jean Piaget believe that children begin to engage in abstract thinking?

- A. Concrete Operational Stage
- B. Formal Operational Stage
- C. Sensorimotor Stage
- D. Preoperational Stage

27. Which of the following therapies are evidence-based practices commonly used to treat post-traumatic stress disorder (PTSD)?

- A. They involve medication as the primary treatment
- B. Prolonged exposure therapy, cognitive processing therapy, and eye movement desensitization and reprocessing
- C. They focus on providing information to patients about PTSD
- D. They are brief interventions focused on immediate symptom relief

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28. Maria recently started working at a new company where she has encountered a diverse group of colleagues, some interactions being positive and others challenging. She reflects on these experiences, seeks to understand different cultural backgrounds, and feels a deeper sense of confidence in her own cultural identity while appreciating others'. In which stage of cultural identity development is Maria currently?

- A. Internalization and commitment
- B. Pre-encounter
- C. Encounter
- D. Immersion-Emersion

29. Which aspect of human development is primarily concerned with how people interact socially and build relationships?

- A. Affective
- B. Social
- C. Cognitive
- D. Psychomotor



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30. Rachel is a social worker who has extensive experience working with marginalized populations facing chronic homelessness. Wanting to make a larger impact, she decides to engage in macro practice in addition to her individual and group work. Which of the following is an example of what she might do at the macro level?

- A. Organize a coalition to lobby for legislative changes to improve affordable housing policies
- B. Provide daily counseling sessions to homeless individuals
- C. Create a support group specifically for homeless youth



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Answer Key & Explanations

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1. A — Changes over time in the individual's environment which influence their behavior and development.

Answer: Changes over time in the individual's environment which influence their behavior and development. The bioecological model encompasses multiple layers of influence on development, including the chronosystem. The chronosystem refers to the patterning of environmental events and transitions over the life course, as well as socio-historical circumstances. The microsystem examines immediate surroundings like family and school. The mesosystem involves the interconnections between different microsystems, such as home and school.

2. A — Substance abuse

Answer: Substance abuse Neglecting duties in school, exhibiting erratic behavior, having severe mood swings, isolating socially, experiencing disruptions in eating habits, taking reckless actions, and encountering academic problems are signs of substance abuse. Someone with an anxiety disorder may exhibit similar symptoms, but they often also include chronic worrying, physical symptoms (such as heart palpitations), and sleep disturbances. Major depressive disorder shares some symptoms with substance abuse, but also involves persistent feelings of sadness, lack of motivation, and changes in sleep and appetite.

3. C — Action

Answer: Action Maria is in the action stage of change. In this stage, people have recently changed their behavior (defined as within the last 6 months) and intend to keep moving forward with that behavior change. People may exhibit this by modifying their problem behavior or acquiring new healthy behaviors. In this scenario, making a commitment publicly to a social worker can help formalize this process to make Maria more committed. She also can talk through her decisions with her social worker; in any event she has taken concrete steps in terms of personal development and community support groups. Precontemplation is the first stage of change where people do not intend to take action in the foreseeable future (defined as within the next 6 months). People are often unaware that their behavior is problematic or produces negative consequences. People in this stage often underestimate the pros of changing behavior and place too much emphasis on the cons of changing behavior. Contemplation is the second stage of change when an individual is considering the act of changing to fix their issue. In this stage, people are intending to start the healthy behavior in the foreseeable future (defined as within the next 6 months). People recognize that their behavior may be problematic, and a more thoughtful and practical consideration of the pros and cons of changing the behavior takes place, with equal emphasis placed on both. Even with this recognition, people may still feel ambivalent toward changing their behavior. Preparation (also known as determination) is the third stage of change. In this stage, people are ready to take action within the next 30 days. People start to take small steps toward the behavior change, and they believe changing their behavior can lead to a healthier life.

4. A — Mental status exam

Answer: Mental status exam The mental status exam (MSE) evaluates cognitive functions, mood, memory, and thought processes. This tool helps social workers gather essential information about a client's psychological state during therapy sessions. The Personality Assessment Inventory measures a client's



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personality characteristics and clinical symptoms. A Clinical Diagnostic Interview collects an in-depth history and current functioning, while the Behavioral Observation Report documents specific behaviors observed during the session.

5. D — Best practice involves gathering comprehensive information about the client's social connections and their impact on the client's well-being

Answer: Best practice involves gathering comprehensive information about the client's social connections and their impact on the client's well-being. The SWAPI-5 is used to assess the social environment of a client through various criteria related to their social connections and support systems. Often, a client's social environment may have multiple influencing factors; the social worker must gather detailed information to understand the different factors and how they impact the client's overall well-being. The SWAPI-5 is used by various professionals who work directly with clients to understand their social context, not just social workers or community organizers. The SWAPI-5 employs a systematic, criteria-based approach rather than relying on anecdotal evidence or assumptions.

6. C — Identifying how past successes in overcoming challenges can help in current recovery efforts

Answer: Identifying how past successes in overcoming challenges can help in current recovery efforts. In a strengths-based approach to assessment, the focus is on utilizing the client's past successes and abilities to address current challenges. This involves recognizing areas where the client has effectively managed difficulties in the past and leveraging those strengths for positive outcomes. The other options may be part of a broader assessment process but do not align specifically with the strengths-based approach.

7. D — Roles

Answer: Roles. Roles in a family system establish behavioral expectations, contributing to harmony and order. For instance, the role of 'parent' generally involves providing support and guidance, while the role of 'child' might involve following rules and seeking advice. Boundaries define personal space and autonomy. Rules are explicit guidelines dictating behavior, while rituals are traditional actions performed regularly by family members.

8. C — Filtration of blood and removal of waste

Answer: Filtration of blood and removal of waste. The primary function of the renal system (kidneys) is to filter the blood and remove waste products, which are excreted as urine. This system helps in maintaining the body's fluid and electrolyte balance, as well as regulating blood pressure. The renal system is not responsible for the regulation of immune responses, secretion of hormones, or production of neurotransmitters.

9. C — Emotional blunting

Answer: Emotional blunting. Emotional blunting is an apathetic response to content that would normally be expected to evoke a stronger reaction. This can be a sign of a mental disorder, a side effect of medications, or a very strong defense mechanism. Social workers whose clients display emotional blunting should be sensitive to the reasons behind it and should take time to sensitively explore the client's deeper feelings, if any. Inordinate apprehension refers to signs of fear, anxiety, or suspicion, such as hand-wringing and constant fidgeting. Healthy functioning refers to emotional reactions that are expected depending on the context, such as a client who becomes tearful when discussing a loss. Anhedonia is a condition in which individuals are unable to feel pleasurable emotions.

10. C — Countertransference

Answer: Countertransference. Countertransference refers to the unconscious feelings that a supervisor may



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project onto their supervisee during supervision. These feelings can be positive (e.g., liking a supervisee) or negative (e.g., feeling irritated by a supervisee). Transference refers to the supervisee's unconscious feelings projected onto the supervisor. Parallel process refers to the phenomenon in which the issues faced in one relationship or dynamic (such as client-therapist) are mirrored in another relationship (like supervisor-supervisee). Somatization involves the manifestation of psychological issues through physical symptoms and complaints with no apparent medical cause.

11. B — They vary significantly based on the professional organization's code of ethics

Answer: They vary significantly based on the professional organization's code of ethics. Ethical guidelines regarding the use of social media by social workers vary based on the specific professional organization's code of ethics. While national laws may influence certain aspects, guidelines are not uniformly outlined by them nor are they entirely consistent across jurisdictions. They are also not solely determined by individual agencies.

12. D — Recording personal opinions

Answer: Recording personal opinions Social workers must ensure their documentation is factual, precise, and contains only relevant client information related to their treatment and interaction. Personal opinions can bias the perception of the documented information and are considered unprofessional in maintaining objective and ethical records.

13. B — Countertransference

Answer: Countertransference Countertransference occurs when a supervisor, social worker, or practitioner develops inappropriate feelings towards their supervisee, often as a projection of their own unresolved issues. Transference is the opposite phenomenon, where a supervisee or client projects feelings from past relationships onto the supervisor or social worker. Parallel process refers to how a supervisor or social worker can over-identify with a supervisee's or client's issues, mirroring the client's struggles. Identification is not used in this context in the same way and does not describe projection of unresolved issues.

14. A — David should seek Alex's assent for treatment

Answer: David should seek Alex's assent for treatment. Although parents or guardians can provide legal consent for treatment, it is an ethical obligation for the social worker to seek the minor's, Alex's, assent or willingness for treatment. This approach respects Alex's autonomy and promotes a collaborative therapeutic relationship. It is not mandatory but highly recommended as an ethical practice.

15. C — Inform the parent of the existing therapeutic relationship with their adolescent

Answer: Inform the parent of the existing therapeutic relationship with their adolescent The NASW Code of Ethics emphasizes the importance of confidentiality (Section 1.07) and managing conflicts of interest (Section 1.06). Revealing the adolescent's involvement in therapy to the parent without the adolescent's consent would violate their right to privacy and confidentiality. Seeking the counsel of a colleague, consulting the Code of Ethics, or referring the client to another therapist are all appropriate ways to manage this ethical dilemma.

16. D — Approach Emma directly about the concerns

Answer: Approach Emma directly about the concerns. Unless Mark feels that there is some risk in doing so, it is generally best to approach his colleague Emma directly first. Going to Emma's supervisor is an option, but it might not be necessary if Emma can be reached with a more direct strategy. Reporting Emma to the state board would be less fair than a direct approach. Discussing the issue in a team meeting could embarrass Emma and exacerbate her problem.



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17. B — An increase in homelessness visibility on the streets during nighttime

Answer: An increase in homelessness visibility on the streets during nighttime. If the hours of operation for the shelter are reduced, many individuals will not have a place to stay overnight. This will likely lead to an increase in the visibility of homelessness, as more people will be seen on the streets seeking shelter. While other issues might arise, such as increased usage of other shelters or services, the immediate and most noticeable outcome will be the increased presence of homeless individuals on the streets at night.

18. A — Empty nest family

Answer: Empty nest family An empty nest family refers to a household where the children have grown up and moved out, leaving the parents to live alone. This couple is transitioning into retirement, fitting the description of an empty nest family. An extended family includes additional relatives such as grandparents, aunts, uncles, etc., living together. A nuclear family consists of parents and their biological children living as a unit.

19. A — Core belief exploration

Answer: Core belief exploration In CBT, core belief exploration involves identifying and challenging deeply held beliefs that influence an individual's behaviors and thoughts. Socratic questioning is a technique used to help clients question and modify their thoughts. Behavioral activation involves engaging in activities to counteract depression. Thought recording is a method where clients record their thoughts to identify patterns.

20. D — Understanding conflicting feelings about change

Answer: Understanding conflicting feelings about change Ambivalence in motivational interviewing refers to an individual's conflicting feelings about making a change. Understanding and resolving this ambivalence is crucial for facilitating the change process. It is not primarily concerned with identifying the client's strengths, creating a structured intervention plan, or evaluating the effectiveness of therapy over time.

21. A — Federal tax incentives for small businesses

Answer: Federal tax incentives for small businesses The Americans with Disabilities Act of 1990 is legislation that addresses the rights of individuals with disabilities. It ensures equal opportunities in employment, state and local government services, public accommodations, commercial facilities, and transportation. The Act does not address federal tax incentives for small businesses, which are instead covered by other specific legislation.

22. D — To diagnose major depressive disorder by itself

Answer: To diagnose major depressive disorder by itself The BDI-II is a self-report inventory that measures the severity of depression in individuals. Social workers use it to assess the level of depressive symptoms, create a baseline for treatment progress, and to aid in forming treatment plans. However, the BDI-II alone cannot be used to diagnose major depressive disorder; it should be used in conjunction with clinical assessments and professional judgment.

23. A — Oppositional Defiant Disorder (ODD)

Answer: Oppositional Defiant Disorder (ODD) Oppositional Defiant Disorder (ODD) is the most common behavior issue seen in adolescents aged 14-18. ODD is characterized by a pattern of angry or irritable mood, argumentative or defiant behavior, and vindictiveness. Studies indicate that ODD can be found in up to 11% of adolescents in this age group. While conditions like ADHD, Anxiety, and Depression also manifest significantly, ODD remains the most prevalent among adolescents.

24. B — Sarah is regularly absent from school

Correct answer: Sarah is regularly absent from school Frequent absences from school could indicate a



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caregiver is overwhelmed or neglectful, as they may be taking on too many responsibilities at home. Absenteeism is a direct reflection of the stress a caregiver might be under. Becoming more socially withdrawn could indicate stress but is not necessarily a sign of neglect. Increased irritability can also be a sign of stress but does not directly suggest neglect.

25. C — Evaluate the situation using a standard ethical decision-making model

Answer: Evaluate the situation using a standard ethical decision-making model. Addressing ethical dilemmas in social work requires a systematic approach. The best method involves evaluating the situation using a recognized ethical decision-making model to ensure that all aspects of the dilemma are considered. This approach helps in making informed and balanced decisions that align with ethical standards. While personal judgment plays a role, it should be guided by an established framework to minimize biases and ensure ethical integrity. Consulting colleagues can be helpful, but should not be the only step.

26. B — Formal Operational Stage

Answer: Formal Operational Stage Jean Piaget believed that children begin to engage in abstract thinking during the Formal Operational Stage, which starts around age 12. The other stages do not align with Piaget's theory on when abstract thinking emerges.

27. B — Prolonged exposure therapy, cognitive processing therapy, and eye movement desensitization and reprocessing

Answer: Prolonged exposure therapy, cognitive processing therapy, and eye movement desensitization and reprocessing Evidence-based practice is the use of proven interventions that have been tested and shown positive results in the social work field. Prolonged exposure therapy, cognitive processing therapy, and eye movement desensitization and reprocessing are all treatments for PTSD supported by research. The remaining answer options are incorrect because they do not apply to all the mentioned therapies. Prolonged exposure therapy focuses on helping individuals face and gradually decrease their fear. Cognitive processing therapy is a cognitive-behavioral approach that helps patients process their trauma. Eye movement desensitization and reprocessing uses guided eye movement to process traumatic memories.

28. A — Internalization and commitment

Answer: Internalization and commitment In the Internalization and commitment stage, an individual has had time to encounter and process new information about cultural differences. They have actively sought out further learning opportunities, becoming more comfortable and confident in their cultural identity while appreciating others'. The other stages do not match Maria's current level of cultural identity development.

29. B — Social

Answer: Social In the context of psychology, the social domain involves how individuals interact with others and develop relationships. It involves skills such as communication, empathy, and cooperation. The cognitive domain focuses on intellectual abilities and mental processes. The psychomotor domain involves physical skills and coordination. The affective domain relates to feelings and emotions.

30. A — Organize a coalition to lobby for legislative changes to improve affordable housing policies

Answer: Organize a coalition to lobby for legislative changes to improve affordable housing policies Macro social work practice includes activities conducted in organizational, community, and policy arenas, as opposed to clinical social work practice which focuses on the individual, family, or group. The other answer choices are incorrect because they focus on individuals or small groups, not organizations, communities, or policy arenas.



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