# Licensing Exam Practice Questions
## July 2013

A female client comes to see a social worker to discuss her relationship issues. According to the psychosocial perspective, the social worker should:

(A) have her tell you about the issues affecting her life
(B) begin training behavioral techniques
(C) provide a referral to a psychologist for testing
(D) refer to a marriage and family therapist

The correct answer is A o Á Ç • š l š ] u š } o ] • š v v Æ ‰ o } Œ Ç } µ Œ o ] v š • [ v Exploration and learing are vital parts of the beginning of any therapy. Clients often need to feel heard and understood. Often, you may be the only person in their life who will listen and hear their feelings, thoughts, ideas, etc.

B IS INCORRECT Training behavioral techniques is a very specific process for use with very limited modalities of treatment. It is generally considered a specialty and should not be used by anyone without the proper training.

C IS INCORRECT There is nothing specific here that you cannot handle. Psychologists are necessary for testing and certain functions.

D IS INCORRECT This is not a specialization issue. You can always refer later.

As a new clinical social worker you find yourself being told by your supervisor you need to be more confrontational. This seems at odds with the social work mission, until you supervisor explains the primary purpose of confrontation is to:

A) demonstrate accurate understanding
B) help a client change her view of a problem
C) make a client aware of inconsistencies
D) help the client identify alternatives to her present behavior

The correct answer is C Client's often have inconsistent views and values concerning a specific problem. This is a HUMAN problem we all fight with. Conflicts between what a client 'thinks' should be the solution and what the actual solution will be is the bread and butter of therapy. Just because we know we should do something does not mean we will act in the appropriate manner. (Rather than passively saying...Uh huh...

B is INCORRECT. This is the ultimate goal of many therapies and an end result you should always look to achieve. However, there are many ways to achieve it without confrontation.

promotion includes the basic activities of a healthy lifestyle: good nutrition and hygiene, adequate exercise and rest, and avoidance of environmental and health risks.
Reference: http://www.libraryindex.com/pages/721/Prevention-Disease-PRIMARY-PREVENTION.html

You have been hired as a social work case manager for an urban based agency. Your mission is to assess the needs of the client, the client's family, and to arrange for, coordinate, monitor, evaluate and advocate for a package of multiple services to meet the V S H F L I L F F O L H Q W ¶ V F R P S O H [ H Q H G V distinct from other forms of case management because it addresses all of the following EXCEPT:

A) the client's Biopsychosocial status and the state of the social system in which the client operates.
B) the need for the client to accept the services provided because they are identified as necessary by the social work case manager.
C) intervention occurs at both client (micro) and system (macro) levels.
D)

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The correct answer is D. It would be very unusual for you to see a highly supportive mother-daughter relationship, given the role reversals and changes in role expectations which sustain the father-daughter incest cycle.

A, B, & C are INCORRECT. These are something you would expect to see.

You are seeing a client who brings in a plastic bag full of prescription bottles. Most are empty but you locate one which is half full. You realize, from this prescription the client probably is being treated for a seizure disorder. The medication you discovered was...

A) Oxycontin
B) Depakote
C) Zoloft
D) Abilify

The correct answer is B. Depakote is used to control seizures and seizure disorder.

A IS INCORRECT. Oxycontin is a powerful opiate-based pain medication.

C IS INCORRECT. Zoloft is a Serotonin Selective-Reuptake Inhibitor used for treatment of Depression.

D IS INCORRECT. Abilify is used to treat Bipolar Disorders and as a supplement to treat Major Depressive Disorder.

B is INCORRECT. This will buy you trouble. You are essentially dealing with a person who is one step away from a Delusion, regarding the value or your relationship.

D is INCORRECT. [illegible] challenge the projection [illegible] seasoned practitioner but I would never recommend this action to anyone without thousands of hours of face-face therapy experience.

You have been asked by a colleague to consult with a young couple who have two children, ages 6 and 2. They have recently been told, their 6-year-old child has an Affective Disorder. The diagnosis was made after a school referral to a clinical social worker. The FIRST thing \RX VKRXOG GR IRU WKLV FRXSOH LV«

A) Complete a thorough BioPsychoSocial Assessment of the family
B) Empower the parents through education about the disorder
C) Refer the family to a support group for families with children of similar diagnoses.
D) Help the parents identify different social supports for the child.

The correct answer is B. This family is coming from another clinician. You need to assume that an [illegible] aware of the issues addressed in an Affective Disorder. In truth, it is difficult to address an affective disorder without knowing more about the type e.g. Bipolar, Unipolar, etc. This family system needs information and knowledge in order to understand the tasks and obstacles in their future.

A is INCORRECT. You do not need to know all the details of their family before you provide them with information. The most primary issue is education, family information and history is important but can be obtained from the prior therapist or you can complete a full assessment later.

C is INCORRECT. [illegible] your priority list.

D is INCORRECT. There is nothing in

The correct answer is B. Denoting aspects of a person's thoughts, impulses, and behavior that are felt to be repugnant, distressing, unacceptable, or inconsistent with the self-concept.

A is INCORRECT. Personality disorder enables the individual to think, feel, and act in a coherent manner.

C is INCORRECT. Denoting aspects of a person's thoughts, impulses, attitudes, and behavior that are felt

The correct answer is B. This is not a concern of the behavioral model. Behavioral models deal with

serotonin, a natural substance in the brain that helps maintain mental balance. Reference: http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0000885

D is INCORRECT. Lithium is used to treat and prevent episodes of mania (frenzied, abnormally excited mood) in people with bipolar disorder (manic-depressive disorder; a disease that causes episodes of depression, episodes of mania, and other abnormal moods). Lithium is in a class of medications called anti-manic agents. It works by decreasing abnormal activity in the brain. Reference: http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0000531

You are evaluating an agency you intend to use as a referral agency . You are looking first and foremost at their use of evidenced-based practice models. This is MOST IMPORTANT E H F D X V H \ R X Q H H G W R «

A) determine whether the agency is spending quality time with its clients.
B) decide whether clients are being adequately served.
C) verify that clinical staff are conducting utilization reviews.
D) verify that services are provided in the most verifiable manner and with the best client outcomes.

You have been asked to consult with another social worker who is working with a 15 year-old girl. During her first visit the youth stated "I wish I could convince my parents to take me to a plastic surgeon". She presented with the following issues. She is preoccupied with her "large" jaw, "small" breasts and "uneven" skin and will ask her mother whether she looks okay at least a dozen times per day. She has begun to use heavy makeup and has also started wearing long sleeves and pants at all times in order to cover her skin. Her appearance concerns are so time-consuming and distressing that she has ceased to spend time with her friends and has dropped her extracurricular activities. What is her probable diagnosis according to DSM-IV or DSM-IV-TR symptoms?

A) Schizophreniform Disorder
B) Obsessive-Compulsive Disorder
C) Body Dysmorphic Disorder
D) Post Traumatic Stress Disorder

D is INCORRECT. The best way to show empathy is to listen carefully, ask questions which allow the client to provide you with clarity and allow them to be in control. The fact that the client has come to you places you in the expert role, you do not need to prove it.

The correct answer is D.
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so. If the client later denied giving you authorization, it is a hearsay issue and cannot be resolved. A
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event of litigation or complaint. I usually ask my clients to sign in BLUE INK, because it does not

would not be effective without this aspect being considered in treatment planning and at the beginning of every session.

D is INCORRECT. Without tribal and familial affiliation, the individual ceases to exist. Unlike Western Culture where our socialization teaches that the individual must break free of family and be able to live on their own, independent of background and upbringing, Native American culture uses tribal and family affiliations as the backbone of its existence.

## Licensing Exam Practice Questions
## February 2013

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who has scrapes on his knees and shins. At the classroom the teacher states this is not the first time the child has come to school with scrapes on his legs. As a mandated reporter your next

client is ready, or their insurance plan is done paying and they do not want to continue, or other factor in their life have come up and they need to put their time and resources elsewhere.

A is INCORRECT Your client is never required to give you feedback on your performance. The relationship is very complicated and not of equal power. In any counseling session, there are transference issues and projection issues. Asking a client to rate you would be inappropriate.

B is INCORRECT

C IS INCORRECT Group sessions generally last between one hour fifteen minutes and one hour thirty minutes. They can go shorter or longer depending on the content of the group. However group therapy sessions tend to be the same length of time regardless what's being discussed, so you don't have to worry about the length of time in a group setting.

D IS INCORRECT The personalities of each individual involved in the group will vary widely and will have a great impact on the group. However, it should be clear that you do not need to know this information before you start the group.

You are in your fourth session with a man who is 32 years old, there's been married for six years. He and his wife have two small children. He states to you that he recently had a homosexual experience, and now realizes that he has been gay all of his life. He wants to talk to his wife but he is afraid she will become angry and he will not be able to see his children. Your best next course of action would be?

A) Help the client plan for any upcoming legal actions.
B) Tell the client they should remain in the closet until society is more accepting of their lifestyle.
C) Explore with the client the possible outcomes of his revelation, and the possible issues he will face in the future.
D) Explore with the client whether or not the single experience is worth giving up his marriage

The correct answer is C This is a great idea. The road he chooses to take must be his own, but your role is to help him look at all aspects of his situation and make a decision with as much consciousness as he can bring to bear on the situation.

A IS INCORRECT This is definitely not your role. Do not go down that path. You could accidentally end up "Practicing Law without a License" which is often a felony.

B IS INCORRECT Never give this advice to a client. In fact, it is best to never give any advice to a client.

D IS INCORRECT Exploring is good, but this type of exploration is judgmental and biased towards staying in the relationship.

You are clinical social worker being trained in the use of cognitive behavioral therapy. Which of the following BEST describes the progress achieved as a result of the CBT intervention?

A) The behavior of the family system
B) Whether specific goals have been reached
C) Behavior the client exhibits
D) Cognitions the client exhibits

C) Summarize the progress and goals you have achieved
D) Determine referral needs

The correct answer is C At the termination of the counseling relationship, your PRIMARY responsibility is to summarize goals and achievements. Remember, termination may occur because the client is ready, or their insurance plan is done paying and they do not want to continue, or other factors in their life have come up and they need to put their time and resources elsewhere.

A is INCORRECT Your client is never required to give you feedback on your performance. The relationship is very complicated and not of equal power. In any counseling session, there are transference issues and projection issues. Asking a client to rate you would be inappropriate

B is INCORRECT You should be asking the client hoe they feel continually during therapy. There is no specific need to start or stop this process during termination.

D is INCORRECT This should have been done in the beginning and referrals and linkage should be completed during therapy. If the referral has not been successful you may want to follow up. If the termination is unplanned, you may want to follow up. However, your primary objective is to summarize goals and objectives.

A common complication in alcohol dependence is elevated pulse and blood pressure, often in the hypertension range. The BEST description for this is?

A) Direct toxicity to striated muscle
B) Alcohol's effect on the liver
C) How the kidneys remove alcohol from the blood
D) Occurs only with binge drinking episodes

The correct answer is A. According to Lee (2002), people who had 6 or more drinks a day were twice as likely to suffer from hypertension than moderate drinkers (2 or less drinks a day) or v } v Œ ] v l Œ • X / v Œ • • Œ µ u ' ' d o À o • u Ç v ] v ] š } Œ } ( v ] v ] À ] hypertensive effect of alcohol. The good news is when drinking stops, the blood pressure returns to normal over a period of a few days.

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A is INCORRECTµ š } v } u Ç W v ] v ] À ] µ k o [ ŠŒ ] P Z v š } ( u

B is INCORRECConfidentiality: The duty to respect privacy and trust and to protect information

D is INCORRECBeneficence: The duty to do good

You solicit information about a client via an email request. The colleague sends you an email response with a summary of therapy. The email is not encrypted. You are concerned that the client's confidentiality may have been violated because you were not expecting an emailed response. The LEAST chance of the email being intercepted is When:

A) The email is sent
B) The email is received
C) You print the email for the client's file
C) The email is subpoenaed

The correct answer is COnce received and printed it is in your hands and you can protect the information

A is INCORRECWhen the email is sent it goes to an email server and can be intercepted.

B is INCORRECJust before the email is received by the recipient, it leaves their email server on its was to their computer. It can be intercepted at this time.

D is INCORRECYour Internet or email provider keeps a copy of everything you send and will release it pursuant to a legal court order request.

You are a clinical social worker with an on-line presence on a social media platform. You receive a request to be connected to or befriended by a client. The issue which should bring you the GREATEST concern regarding ceihet13 Tm5(b)3(l.96 .yce)4(i(ce)13(o )-2(a)4(n)4( )-2(o) 0 04( )-2(