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QUESTION 1

Sandra is the single mother of two teenage girls. She has very few demands on her children and does not expect anything in return. Both girls refuse to help around the house, even though their mother is working two jobs. When Sandra's daughters want something, they will cry until they get it. Avoiding confrontation appears to be Sandra's main focus, and she tries to keep peace in the home. What parenting style is Sandra demonstrating?

- A. Authoritarian Parenting
- B. Permissive Parenting
- C. Authoritative Parenting
- D. Uninvolved Parenting

Correct Answer: B

Sandra is demonstrating permissive parenting, which is sometimes referred to as indulgent parenting. Children with these caretakers are rarely disciplined due to low expectations for self-control and maturity. Permissive parents are more lenient and avoid confrontation. They prefer to be a friend to their children instead of a parent.

QUESTION 2

A clinical social worker is providing services for a client who suffered years of sexual abuse by a guardian. There is very little rapport, and the professional understands the challenges ahead. What needs to be established before therapy can be successful?

- A. Completion of a thorough assessment
- B. Foundation based on a trusting relationship
- C. Intimate relationship
- D. None of the above

Correct Answer: B

Before therapy can be successful, an intimate relationship must be established between the clinical social worker and the client. A relationship in social work is defined as a beginning and end with human encounters between two or more people.

QUESTION 3

Anger management helps the individual deal with their feelings in an assertive not aggressive manner.

This is the healthiest way to express oneself without hurting others. Being assertive helps make a person's needs clear without behaving in a demanding manner. Expression is just one of three approaches utilized by clinical social workers when dealing with anger management. What are the other two?

- A. Suppressing and calming
- B. Passive-aggressive and transference



- C. Criticism and behavior
- D. Respect and hostility

Correct Answer: A

The correct manner of suppressing anger is by redirecting it into something constructive. If this is not done in an outward expression, anger can remain inward and cause hypertension, depression and high blood pressure. Unexpressed anger can often lead to passive-aggressive behavior or a hostile personality.

QUESTION 4

Shayla has never owned a dog and fears them greatly. She grew up in the city and only saw dogs from afar when walking past the park. The client has ambitions to become a veterinarian's assistant but cannot complete the task until she overcomes this one hurdle. Which of the following types of therapies could Shayla benefit from?

- A. Cognitive-Behavioral
- B. Phobm
- C. Ego-functional

Correct Answer: A

Shayla could benefit from cognitive-behavioral therapy. Treatments might include desensitization to help Shayla overcome her phobia. The process would take place in steps and eliminate the need for situational avoidance. Other treatments for Shayla might include desensitization and relaxation training.

QUESTION 5

Nathan is 21 years old and has confided in her clinical social worker about serious behaviors that concern him. He self-reports having hallucinations, paranoia, and disorganized speech. To avoid many of these problems, Nathan has learned to isolate himself from social situations. Additionally, the biopsychosocial history shows a prevalence of mental illness in the family. Since the disorder is mainly affecting cognition, what should the social worker attempt totreat?

- A. Schizophrenia
- B. Dissociative disorder
- C. Bipolar
- D. Alter-ego

Correct Answer: A

Schizophrenia has a typical onset in early adulthood, with cases rarely developing beyond the age of 45. According to the National Institute of Mental Health schizophrenia is a chronic, severe, and disabling brain disorder diagnosed in about 1 percent of the population. People with the disorder may hear voices other people don't hear. They may believe other people are reading their minds, controlling their thoughts, or plotting to harm them. This can terrify people with the illness and make them withdrawn or extremely agitated. People with schizophrenia may not make sense when they talk. They may sit for hours without moving or talking. Sometimes people with schizophrenia seem perfectly fine until they



talk about what they are really thinking.

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