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QUESTION 1

Individuals will develop poor personalities if they only receive unconditional positive regard with no conditions of worth. The need for positive regard from others and self allows there to be congruence between identity and experiences. This ideal human condition embodies the fully functioning person, one who is open to trust, expressing feelings, creativity and the experience to live existentially. Who developed this theory?

- A. Carl Rogers
- B. Sigmund Freud
- C. Erik Erikson
- D. Abraham Maslow

Correct Answer: A

Carl Rogers was a clinical psychologist who developed the humanistic personality theory. He believed that man's nature is fundamentally positive and trustworthy. Rogers's conception of personality has been a valuable contribution to the study of free will and the importance of self.

QUESTION 2

There are many milestones to achieve in child development from birth to the age of five. Many studies specify time frames of normal development. Children may achieve these milestones earlier or later, but still remain within a normal range of development. At what age does a child become self-sufficient in many routines?

- A. 2 to 3 years
- B. 3 to 4 years
- C. 4 to 5 years
- D. 1 % to 2 years

Correct Answer: B

Children at 3 to 4 years of age become quite comfortable with their self-sufficiency. They have the motor ability to jump and stand on one leg. At this stage, youngsters develop cooperative play with others and begin imitating their parents.

QUESTION 3

Pamela has wanted to be a teacher her whole life. She completed the required courses in college, but by her senior year, she was still terrified of walking into an actual classroom for her internship. Pamela feels she has made a huge mistake and may need to look into other career options. She has severe inhibitions about performing in front of people. What kind of therapy would benefit Pamela the most?

- A. Shyness awareness therapy
- B. Anti-social therapy



- C. Group therapy
- D. Career-based therapy

Correct Answer: C

Pamela would benefit most from group therapy. The goal of group therapy is to remove discomfort from situations involving collaboration. It helps build confidence and serves as a bridge for interaction in a safe environment.

QUESTION 4

OJima sees a professional for post-traumatic stress disorder. She was the victim of a house fire that left 25% of her body scarred and she suffers from recurring nightmares. The clinical social worker has decided to approach OJima's problem with a technique-driven treatment in a group setting. All members of the group will focus on present issues and ways to disrupt automatic reactions by developing and utilizing pattern changes. What type of therapy is being utilized?

- A. Stress disorder therapy
- B. Exposure therapy
- C. Cognitive behavioral therapy
- D. Sleep deprivation therapy

Correct Answer: C

Cognitive behavioral therapy is a psychotherapeutic approach to solving dysfunctional emotions. It combines behavior therapy and cognitive therapy to provide direct treatment for specific disorders. Rehabilitation can be completed in individual or group settings.

QUESTION 5

The incidence of child abuse has increased dramatically in the last 30 years. In 2009, more than 702,000 unique instances of child abuse were reported. Nearly 40% of these victims are in what age range?

- A. 6 to 10 years
- B. 11 to 13 years
- C. 14 to 17 years
- D. Birth to 5 years

Correct Answer: D

Children five years of age or younger make up 40% of all abused or neglected children. The greatest risk is during the first year of life. Maltreatment is inflicted by parents in 76% of these cases, while other family members make up 12% more. There are, on average, five deaths each day as a result of child abuse or neglect.