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QUESTION 1

A clinical social worker named Richard is meeting with a juvenile for the first time. The client has been in a lot of trouble with the law. As Richard goes through the thick file of offenses, he notices that nothing good has ever been mentioned about the teen. Richard does not want to focus on all of the negative experiences, but rather on how he can collaborate in pursuing a better vision for the future. What type of therapeutic technique will be more effective with the juvenile?

- A. Strengths perspective
- B. Positive reinforcement
- C. Goal oriented
- D. None of the above

Correct Answer: A

The strengths perspective in therapy helps identify and respect the assets, resources and knowledge of every person. Clinical social workers utilizing this technique view others as having the ability and wisdom to accomplish their goals. It focuses on the right within people instead of the wrong.

QUESTION 2

Abusiveness in families tends to repeat itself in future generations. The cycle reoccurs when the abused individual leaves their family for another and becomes the abuser. There are many traits to an abusive personality. Which of the following would not be a characteristic?

- A. Emotional volatility
- B. Low self-esteem
- C. Fear of abandonment
- D. Empowerment

Correct Answer: D

Empowerment is achieved through assertiveness rather than aggression or manipulation. A person who is abusing someone seeks power through aggressive or manipulative means.

QUESTION 3

A short-term, problem-solving approach to clinical social work practice consists of three phases. The initial phase is centered on setting up initial tasks. The middle phase consists of evaluating the outcomes of tasks and identifying obstacles to achieve said outcomes. Lastly is the termination phase, which emphasizes what the client has learned or accomplished. Which of the following problem-solving approaches is described above?

- A. Psychoanalytic approach
- B. Cognitive behavioral approach



- C. Solution-focused therapy
- D. Self-centered approach

Correct Answer: C

Solution-focused therapy addresses problems that arise in people's interactions with their environments. Efforts are made to help individuals generalize problem-solving techniques for use in the future. Solution-focused therapy is short-term and highly focused.

QUESTION 4

Kenneth recently lost his only son in a horrific car accident. What behavioral goal would you want to work towards in your therapy with Kenneth?

- A. Finding suitable distractions to take his mind off of the tragedy.
- B. Developing additional systems as new ways of managing his feelings.
- C. Begin a healthy grieving process around the loss.
- D. Finding ways to help him make sense of his tragic loss.

Correct Answer: C

When a person experiences loss, it is difficult for him or her to move forward without grieving the loss. Some would rather push feelings away than experience them. With loss, the best place to begin is helping the person to mourn and normalizing their feelings regarding their loss.

QUESTION 5

A clinical social worker meets with a family to gather information that will help identify patterns of parental behavior, both positive and negative, over time. The family's strengths are distinguished to determine protective factors that aid in identifying resources helpful to meeting the household's needs. Overall requirements are addressed that affect the permanency and safety of the children. Information gathered through other assessments is also used to help develop a service plan or plan for intervention. What kind of evaluation is being described?

- A. Initial assessment
- B. Safety assessment
- C. Environmental assessment
- D. Comprehensive family assessment

Correct Answer: D

The comprehensive family assessment gathers all background information on its members and evaluates the home environment. Contributing factors are discussed, such as domestic violence, lack of employment, alcohol/drug usage, and educational background. A clinical social worker will also collect information on who lives in the home and the parent's culture, health and finances.



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