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QUESTION 1

A mother of three small children has sought help with parenting skills. The clinical social worker will gather family history, using this to help set goals for the client. It is important not to set these too high or beyond reach. The mother is educated on a positive view of human nature with the focus on controlling one's own fate instead of becoming a victim to it. This intervention is part of what kind of therapy?

- A. Life skills training
- B. Cognitive-behavioral therapy
- C. Interactive peer modeling
- D. Empowerment

Correct Answer: D

Empowerment is a core element of social work interventions. It puts the locus of control in the client's realm and it is the motivation utilized by clinical social workers to set goals, deal with tasks, and maintain social interest.

QUESTION 2

There is a wide range of symptoms and severity across the autistic spectrum disorders. Given this fact, which observation is most crucial in establishing a diagnosis of autism?

- A. Impairment in social interaction and communication
- B. Impairment in memory and thinking
- C. Impairment in physical abilities
- D. Impairment with directives from authority figures

Correct Answer: A

Autism is a spectrum of disorders that describe a set of behaviors that children and adults display in various ways. There is normally little interest in most activities and noticeable delays in spoken language. Nonverbal behaviors such as body posture and facial expressions can become a problem with autism. One third of patients with this diagnosis have an IQ within the normal range.

QUESTION 3

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 4

Beverly is a 72 year old female who suffers from diabetes. She lives independently, but her health was recently diagnosed by a doctor as slowly failing. The medical professional sees the cause as being a lack of nutrition and failure to take medication as prescribed. Beverly does not drive and stays within her home. Neighbors have noticed a lack of food in the house and Beverly not appearing to be very clean. A clinical social worker is assigned to handle case management. What will be this individual's main function?

- A. Short-term communication and planning
- B. Assessment, education and coordination of services
- C. Administering medication, daily living skills, assessment
- D. Preparing the individual for assisted living

Correct Answer: B

Case management is a service ideal for supporting individuals with chronic diseases. In Beverly's case, she is losing the ability to self-manage. The clinical social worker will assess appropriate long-term care needs. The focus is on collaboration between social and health care providers. Effective case management supports the individual in a manner that allows effective community involvement while maintaining that person in their home.

QUESTION 5

Covert conditioning, or guided imagery, relies on a person's capacity to utilize imagery and is often a component of self-help methods. Psychologists have researched the ability of an individual's mind to generate these pictures as a solution to improve typical situation reactions. Guided imagery is an example of which basic principle?

- A. Positive reinforcement
- B. Stimuli
- C. Behavior modification
- D. Ancillary conditioning

Correct Answer: C

Guided imagery is an example of behavior modification. This technique is utilized in mental health treatment to improve clients' inner experiences and has been proven to be effective with sex offenders. Guided imagery relies on an individual's ability to use imagery for mental rehearsal.



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