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QUESTION 1

Alysha meets with a clinical social worker and discusses self-perceived problems. She reports complex mood swings that last for weeks and sometimes months. Alysha's main concern is that her manic behaviors may one day become life threatening. When the client is in a more sullen mood, she feels sad but somewhat safer. When completing a full assessment, what might the social worker diagnose Alysha as having?

- A. Dissociative identity disorder
- B. Major depressive disorder
- C. Bi-polar disorder
- D. Post-traumatic stress disorder

Correct Answer: C

Individuals with bi-polar disorder suffer from both euphoric periods that can lead to risk-taking behaviors and sudden bouts of depression with symptoms of sadness, crying, and a sense of worthlessness.

QUESTION 2

It is the clinical social worker's ethical responsibility to expand opportunities for all individuals. Special provisions should be made for those who are oppressed, vulnerable, exploited or disadvantaged. In regards to social and political action, what stand should a professional take?

- A. Clinical social workers should never take part in politics
- B. Political campaigning is unethical
- C. Professionals should engage in political action
- D. Clinical social workers should donate funds to political candidates

Correct Answer: C

Clinical social workers should take part in social and political action when it ensures equal access to resources for all individuals. Whenever possible, one should advocate for changes in legislation that will improve conditions for meeting human needs and encouraging diversity.

QUESTION 3

Madison is aware of a fellow colleague with a drug abuse problem. Until recently, it did not appear to be affecting job performance. Now the colleague is missing work and failing to meet with clients as required. Madison does not want to get her fellow worker in trouble and feels someone else will eventually notice the problem. How else could this be handled?

- A. Surprise drug testing at the workplace
- B. Tell another colleague about the problem



- C. Tell a supervisor immediately
- D. Talk to the colleague having a problem

Correct Answer: D

Madison should first talk to her coworker with the drug abuse problem. Clinical social workers are professionals in many fields, and this should also fall into place with their own colleagues. If there is direct knowledge of a fellow worker's impairment, that individual should first be consulted and assisted in taking action.

QUESTION 4

Andrew takes his grandson to the local convenience store one evening to get milk. When they pull up, he notices five teenagers hanging out in the parking lot. They all have hooded sweatshirts and are wearing dark colors. Andrew immediately acknowledges the teens as part of a gang and knows there will be trouble. Negative feelings have occurred due to the characteristics observed by Andrew. This dislike for something or someone is described as what?

- A. Descriptive behavior
- B. External perception
- C. Sympathetic disorder
- D. Interpersonal antipathy

Correct Answer: D

Interpersonal antipathy is the opposite of sympathy. Certain mannerisms and physical characteristics are perceived with automatic loathing. The behavior is often irrational and individuals do not put much thought into their reflective consciousness.

QUESTION 5

When utilizing cognitive therapy as a form of direct practice, a clinical social worker's main goal is to bring about which of the following changes in behavior?

- A. Diminishing anger
- B. Becoming more aggressive
- C. Controlling mood swings
- D. Controlling emotional responses

Correct Answer: D

Cognitive therapy helps one overcome difficulty by identifying and making changes to behaviors, emotional responses and dysfunctional thinking.

QUESTION 6



Clinical social workers providing treatment to individuals have the responsibility to allow full participation of the client when determining goals. Expected outcomes and the treatment of termination should be clearly specified and understood by both parties. What is the best way to develop this mutual understanding?

- A. Therapeutic observation
- B. Treatment contracts
- C. Court order
- D. Task-centered education

Correct Answer: B

Treatment contracts help define interventions, length of treatment, goals established and the method of termination. If changes occur along the way, both client and social worker will reestablish the contract. Services that may reach beyond the agreement should be specified.

QUESTION 7

The first interactive relationship of an infant's life is the emotional attachment with a caregiver. This nonverbal experience determines how an individual will relate to other people throughout their life. A successful attachment gives one the ability to find happiness in being with others and maintain an emotional balance. If this connection is unsuccessful, there may be a failure to shape future intimate relationships. Children who become unable to attach to their caregiver are often diagnosed with which of the following?

- A. Reactive Attachment Disorder
- B. Conduct Disorder
- C. Failure to Thrive
- D. Attachment Conduct Disorder

Correct Answer: A

Children who become unable to attach to their caregiver are often diagnosed with an attachment disorder like RAD. The ability to shape all future relationships is based on the first emotional attachment with a mother or caregiver. Mothers who respond to their infant's needs create a sense of security. The strong basis of an attachment bond enables the child to be trusting, self-confident, and comfortable in the face of conflict. In cases where children's lives are disrupted at an early stage, such as being placed in a series of different foster homes, these children are at risk for being unable to form a bond with a caregiver, as they have no consistent caregiver in their lives.

QUESTION 8

People with Munchausen are aware they are exaggerating medical issues. What is the difference between that disorder and hypochondriasis?

- A. Hypochondriacs believe they actually have a medical problem.
- B. Munchausen sufferers actually get treatment.
- C. Hypochondriacs do have a medical problem.



D. There is no difference.

Correct Answer: A

Hypochondriacs have an excessive preoccupation with contracting a serious illness. They tend to be alarmed about any medical symptom they suspect, even minor ones. This disorder persists although a doctor may state there is no medical illness.

QUESTION 9

A local hospital refers a regular patient to the facility's clinical social worker. Madeline is considered a "frequent flyer" by the nurses due to her high number of visits for a wide variety of physical complaints. The patient exaggerates or creates symptoms of illness in an effort to seek treatment, attention, and sympathy. What disorder will the social worker want to focus on for intervention?

- A. Factitious disorder
- B. Psychological trauma
- C. Munchausen syndrome
- D. Hypochondriasis

Correct Answer: A

Most individuals who suffer from fictitious disorders are quite knowledgeable about the practice of medicine. They are able to produce symptoms resulting in lengthy medical analysis. Risk factors include childhood trauma and inattentive parents.

QUESTION 10

Persistent unhappiness, loss of appetite, changes in sleep patterns, withdrawal and a decrease in energy are all symptoms of what mental illness?

- A. Chronic fatigue syndrome
- B. Depression
- C. Bi-polar disorder
- D. Alter-ego

Correct Answer: B

Depression is a mood disorder in which feelings of sadness, frustration, loss and anger interfere with day-to-day life for an extended period of time. Low self-esteem and anger are common. The degree of depression may be mild, moderate or severe, determining the amount of treatment required by a professional.

QUESTION 11

Borderline personality disorder makes individuals feel uncertain about their identity and self-image. Those suffering from



this problem tend to take little responsibility for their predicaments and view themselves as victims. This disorder can have long-term chronic patterns, often affecting work and relationships. Which of the following symptoms is not associated with borderline personality disorder?

- A. Impulsiveness
- B. Obsession
- C. Substance abuse
- D. Sexual relationships

Correct Answer: B

Symptoms of borderline personality disorder include impulsiveness, substance abuse, and irresponsible sexual relationships, but not obsession. Other symptoms include the intolerance of being alone, feelings of emptiness, frequent anger episodes, and self-injury. Individuals with this problem often avoid real or imaginary abandonment and demonstrate impulsive tendencies. Group therapy is the most successful with borderline personality disorder.

QUESTION 12

Collectivism is a term used to describe a culture that serves the group in which they belong. Attitudes are favored towards teamwork and personal recognition is shared by all. What group of individuals is the exact opposite?

- A. Universalism
- B. Individualism
- C. Diversified
- D. All of the above

Correct Answer: B

Individualism describes a culture based on independence and self-reliance. They often prefer activities at work and in life to be individual. Instead of an extended family approach, people of this culture prefer to only care for themselves and immediate relatives.

QUESTION 13

Clinical social workers need to obtain informed consent prior to services provided by telephone, computer, radio or television. Client approval is also necessary prior to:

- A. Third party observations
- B. Audio taping
- C. Videotaping
- D. All of the above

Correct Answer: D



All of the above situations require client approval and consent. Valid informed consent is the basis of a professional relationship between clinical social worker and client. Should there be language barriers, comprehension problems or literacy issues, steps need to be taken to ensure understanding.

QUESTION 14

Madeline is a single parent who works for a very controlling boss. He is demeaning and gives her jobs that others refuse. Madeline is afraid to speak up for herself due to needing the money to support her family. When she comes home in the evenings, immediately Madeline begins yelling at her children because the house is a mess. What behavior is the mother displaying?

- A. Mental abuse
- B. Mental abuse
- C. Displacement
- D. Anxiety

Correct Answer: C

Madeline is redirecting her thoughts and impulses onto the children. The mother knows she cannot honestly express her feelings to the boss without losing her employment. This defense mechanism is an ineffective way to transfer anger.

QUESTION 15

One test stands out as the most widely used personality assessment. It was developed in the late 1930s and mental health professionals find it quite accurate for diagnosing mental illness. The test is often used in court cases that include custody disputes and criminal offenses. Treatment programs will test their clients with this tool to determine effectiveness. Which exam is being described?

- A. MMPI-2
- B. Psychodynamic assessment
- C. DSM-5
- D. Rorschach

Correct Answer: A

The Minnesota Multiphasic Personality Inventory is composed of 567 test questions. Professionals with specific training administer, score and interpret the results. The MMPI-2 can be given individually or in groups, designed for individuals over the age of 18. It is the most researched psychological test in existence.

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