The following pages include:

- Career resources
- Sample questions
- Practice tests
Clinical Social Work “Buzz” Words to Help Boost Your Resume/Interview

1. Multidisciplinary Team
2. Psychotherapy
3. Assessment and Intake
4. Case Management
5. Culturally Competent Practice
6. Consultant
7. Direct Service
8. Discharge Planning
9. Empathy
10. Engagement
11. Follow-up Care
12. Ecological Model
13. Psychoanalysis
14. Group Facilitator
15. Outreach
16. Advocate
17. Holistic Approach
18. Evidenced-Based
19. Treatment Planning
20. Strengths-Based
21. Liaison
22. Referral Source
23. Psycho-educational
24. Counseling
25. Safety Planning
26. Documentation
27. Crisis Intervention
28. Brief Treatment
29. Bereavement
30. Service Planning
31. Individualized Education Plan
32. Program Evaluation
33. Non-profit Management
34. Developmental Disabilities
35. Learning Impairment
36. Gerontology
37. Aging
38. Separation and Loss
39. Full Case Management Responsibilities
40. Community Organization
41. Person-In-Environment Perspective
42. Human Growth and Development
43. Macro or Micro Systems
44. Clinical Theory
45. Clinical Practice
46. Social Welfare
47. Cultural Competency
48. PTSD (Post-traumatic Stress Disorder)
49. Crisis Treatment
50. Hospice
51. Direct Practice
52. Generalist 1st Level Experience
Job Sites To Help You Jumpstart Your Career

Illinois Department of Employment Security
https://illinoisjoblink.illinois.gov/ada/skillmatch/jobseeker_sm/jbs_joboverview_dsp.cfm

Greater Chicago Midwest Higher Education Recruitment Consortium
http://www.gcerc.org/home/index.cfm?site_id=1684

NPO.net
http://www.npo.net

Idealist.org
http://www.idealist.org/

Indeed
http://www.indeed.com/

CareerBuilder
www.careerbuilder.com

Social Service
http://www.socialservice.com/search.cfm

USAJobs
http://www.usajobs.gov/

HigherEd Jobs
http://www.higheredjobs.com

City Colleges
http://projects.ccc.edu/JobList/joblist.aspx

Simply Hired
http://www.simplyhired.com

LinkedIn.com
www.linkedin.com

Social Work Ptn
www.socialworkpm.com

I Hire Social Services
www.ihiresocialservices.com

Work for Illinois
www.work.illinois.gov

USA Jobs
www.usajobs.gov/JobSearch/

America Job
http://www.americajob.com/

Social Work Job Bank
www.socialworkjobbank.com/site

The Social Work Career Center
http://www.socialworkers.org/joblinks/

Specific to Schools Specializations:

Illinois Network of Charter Schools
http://incschools.org/jobs_board/

Illinois Education Job Bank
www.illinoiseducationjobbank.org

K12 Job Spot
www.k12jobspot.com
I. HUMAN DEVELOPMENT, DIVERSITY, AND BEHAVIOR IN THE ENVIRONMENT 28%

I.A. THEORIES AND MODELS

This section of the exam may include questions on the following topics:

- Developmental theories
- Systems theories
- Family theories
- Group theories
- Psychodynamic theories
- Behavioral, cognitive, and learning theories
- Community development theories
- Person in environment
- Addiction theories and concepts
- Communication theories
- Defense mechanisms
- Normal and abnormal behavior
- Indicators of normal physical growth and development
- Adult development
- Effects of life crises
- Impact of stress, trauma, and violence
- Emotional development
- Sexual development
- Aging processes
- Family life cycle
- Family dynamics and functioning
- Cognitive development
- Social development
- Child development
- Basic human needs
- Adolescent development
- Human genetics
- Gender roles
- Impact of environment on individuals
- Impact of physical, mental, and cognitive disabilities on human development
- Interplay of biological, psychological, and social factors
- Effects of family dynamics on individuals
- Dynamics of grief and loss
- Impact of economic changes on client systems
- Effects of body image on self and relationships
- Cultural, racial, and ethnic identity development
- Strengths perspective

I.B. ABUSE AND NEGLECT

This section of the exam may include questions on the following topics:

- Abuse and neglect concepts
- Indicators and dynamics of sexual abuse
- Indicators and dynamics of psychological abuse and neglect
- Indicators and dynamics of physical abuse and neglect
- Characteristics of abuse perpetrators
- Indicators and dynamics of exploitation
I.C. DIVERSITY, SOCIAL/ECONOMIC JUSTICE, AND OPPRESSION
This section of the exam may include questions on the following topics:

- Influence of culture, race, and/or ethnicity on behaviors and attitudes
- Influence of sexual orientation and/or gender identity on behavior and attitudes
- Influence of disability on behaviors and attitudes
- Effects of differences in values
- Impact of cultural heritage on self-image
- Impact of spirituality and/or religious beliefs on behaviors and attitudes
- Effects of discrimination
- Systemic (institutionalized) discrimination
- Professional commitment to promoting justice
- Impact of social institutions on society
- Impact of diversity in styles of communicating
- Influence of age on behaviors and attitudes

II. ASSESSMENT AND INTERVENTION PLANNING 24%

II.A. BIOPSYCHOSOCIAL HISTORY AND COLLATERAL DATA
This section of the exam may include questions on the following topics:

- Psychopharmacology
- Components of a biopsychosocial history
- Components of a sexual history
- Common prescription medications
- Components of a family history
- Basic medical terminology
- Symptoms of mental and emotional illness
- Symptoms of neurologic and organic processes
- Indicators of sexual dysfunction
- Indicators of psychosocial stress
- Indicators of traumatic stress and violence
- Indicators of substance abuse and other addictions

II.B. USE OF ASSESSMENT METHODS AND TECHNIQUES
This section of the exam may include questions on the following topics:

- Use of collateral sources to obtain relevant information
- Methods used to evaluate collateral information
- Process used in problem identification
- Methods used to assess the client’s communication skills
- Use of observation
- Methods of involving clients in identifying problems
- Indicators of client’s strengths and challenges
- Use of assessment/diagnostic instruments in practice
- Methods used to organize information
- Current Diagnostic and Statistical Manual diagnostic framework and criteria
- Components and function of the mental status examination
- Process of social work assessment/diagnosis
- Methods used in assessing ego strengths
- Methods used to assess community strengths and challenges
- Methods used in risk assessment
• Indicators of client danger to self and others
• Indicators of motivation and resistance
• Methods used to identify service needs of clients
• Use of interviewing techniques
• Process of assessing the client’s needed level of care

II.C. INTERVENTION PLANNING

This section of the exam may include questions on the following topics:
• Factors used in determining the client’s readiness/ability to participate in services
• Criteria used in selecting intervention modalities
• Components of an intervention or service plan
• Human development considerations in the creation of an intervention plan
• Methods used to develop an intervention plan
• Techniques used to establish measurable intervention or service plans
• Methods used to involve clients in intervention planning
• Methods for planning interventions with groups
• Methods for planning interventions with organizations and communities
• Cultural considerations in the creation of an intervention plan

III. DIRECT AND INDIRECT PRACTICE 21%

III.A. DIRECT/MICRO
• This section of the exam may include questions on the following topics:
  • Client advocacy
  • Empowerment process
  • Methods used in working with involuntary clients
  • Psychosocial approach
  • Components of the problem-solving process
  • Crisis intervention approach
  • Task centered practice
  • Short-term interventions
  • Methods used to provide educational services to clients
  • Methods of conflict resolution
  • Use of case management
  • Techniques used to evaluate a client’s progress
  • Use of contracting and goal-setting with client systems
  • Use of timing in intervention
  • Phases of intervention
  • Indicators of client readiness for termination
  • Techniques used for follow-up in social work practice
  • Use of active listening skills
  • Techniques used to motivate clients
  • Techniques used to teach skills to clients
  • Use and effects of out-of-home placement
  • Methods used to develop behavioral objectives
  • Client self-monitoring techniques
  • Technique of role play
  • Assertiveness training
  • Role modeling techniques
  • Limit setting
  • Methods used to develop learning objectives with clients
  • Models of intervention with families
  • Couples intervention/treatment approaches
  • Interventions with groups
• Techniques for working with individuals within the group context
• Use of expertise from other disciplines
• Approaches used in consultation
• Processes of interdisciplinary collaboration
• Methods used to coordinate services among service providers
• Multidisciplinary team approach
• Case recording and record-keeping
• Methods used to facilitate communication
• Verbal and nonverbal communication techniques
• Techniques that explore underlying meanings of communication
• Methods used to obtain/provide feedback
• Methods used to interpret and communicate policies and procedures
• Methods used to clarify the benefits and limitations of resources with clients
• Use of case recording for practice evaluation or supervision
• Use of single-subject designs in practice
• Evaluation of practice
• Interpreting and applying research findings to practice
• Process used to refer clients for services
• Use of cognitive behavioral techniques
• Culturally competent social work practice

III.B. INDIRECT/MACRO
This section of the exam may include questions on the following topics:
• Applying concepts of organizational theories
• Impact of social welfare legislation on social work practice
• Methods used to establish service networks or community resources
• Techniques for mobilizing community participation
• Techniques of social planning methods
• Techniques of social policy analysis
• Techniques to influence social policy
• Techniques of working with large groups
• Use of networking
• Approaches to culturally competent practice with organizations and communities
• Advocacy with communities and organizations
• Impact of agency policy and function on service delivery

IV. PROFESSIONAL RELATIONSHIPS, VALUES, AND ETHICS 27%

IV.A. PROFESSIONAL VALUES AND ETHICAL ISSUES
This section of the exam may include questions on the following topics:
• Professional values and ethics
• Client self-determination
• Intrinsic worth and value of the individual
• Client's right to refuse service
• Ethical issues regarding termination
• Bioethical issues
• Identification and resolution of ethical dilemmas
• Applying ethics to practice issues
• Responsibility to seek supervision
• Use of professional development to improve practice
• Professional boundaries
IV.B. CONFIDENTIALITY
This section of the exam may include questions on the following topics:
• Legal and ethical issues regarding confidentiality, including electronic communication
• Use of client records
• Ethical and legal issues regarding mandatory reporting
• Obtaining informed consent

IV.C. SOCIAL WORKER ROLES AND RELATIONSHIPS
This section of the exam may include questions on the following topics:
• Social worker-client relationship patterns
• Concept of empathy
• Process of engagement in social work practice
• Concept of a helping relationship
• Principles of relationship building
• Professional objectivity in the social worker-client relationship
• Concepts of transference and countertransference
• Use of the social worker-client relationship as an intervention tool
• Social worker-client relationships in work with communities and organizations
• Social worker-client relationships in work with small groups
• Methods used to clarify roles of the social worker
• Social worker’s roles in the problem-solving process
• Client’s roles in the problem-solving process
• Influence of the social worker’s values on the social worker-client relationship
• Dual relationships
• Influence of cultural diversity on the social worker-client relationship

ASWB offers an online practice exam for $75
http://www.aswb.org/SWLE/onlinepracexams.asp

ASWB offers a study guide for $30
http://www.aswb.org/SWLE/studyguides.asp
Sample Questions (this is just a sample and is not meant to be representative of all the questions asked in the exam)

1. Which correlation indicates the strongest relationship?
   A. +.15
   B. -.89
   C. +.78
   D. -.25

2. When would it be ethical for a social worker to accept a gift from a client?
   A. It is never ethical for a social worker to accept a gift from a client.
   B. If it is appropriate in the client’s culture to give gifts of appreciation.
   C. If a client is ready to terminate treatment after a long-term therapeutic relationship.
   D. If the gift is small, has little monetary or sentimental value, if it would offend the client to refuse the gift, if the client is emotionally stable, and if the social worker appropriately documents the gift-giving in the client’s file.

3. A social worker has been assigned to work with a client from a different cultural background and the social worker knows little about this culture. What should the social worker do NEXT?
   A. Ask the client to educate the social worker about his/her culture.
   B. Refuse to see the client until the social worker has done research on the client’s culture.
   C. Transfer the client to another social worker who is from the same culture as the client.
   D. Begin to see the client without addressing the client’s culture.

4. A client presents to a social worker with a loss of interest in activities she used to enjoy, feelings of guilt, difficulty concentrating, weight loss, and hypersonnia. The client reports she has been feeling this way for 3 weeks, and has difficulty getting out of bed to go to work. According to the DSM-IV-TR, which of the following diagnoses BEST describes the client?
   A. Generalized Anxiety Disorder
   B. Major Depressive Disorder
   C. Agoraphobia without History of Panic Disorder
   D. Social Phobia

5. A female client invites a female social worker to her birthday party. What is the FIRST thing the social worker should do?
   A. Tell the client she has a previous engagement at that time.
   B. Explore with the client the meaning of the social worker attending the party.
   C. Inform the client she cannot attend the party because it is against the NASW Code of Ethics.
   D. Ignore the client’s request.

6. A social worker sees a client in the grocery store. How should the social worker respond?
   A. Immediately leave the store.
   B. Remain in the store but do not acknowledge the client as someone the social worker knows.
   C. Go up to the client and say “hi.”
   D. Acknowledge the client only if the client is alone.
7. Which defense mechanism is associated with a lack of object constancy?
   A. Projection
   B. Projective Identification
   C. Rationalization
   D. Splitting

8. Which of the following is a common medication used to treat Bipolar Disorder?
   A. Paxil
   B. Adderall
   C. Lithium
   D. Prozac

9. Freud's Latency stage coincides with which of Erikson's stages?
   A. Identity vs. Role Confusion
   B. Autonomy vs. Shame and Doubt
   C. Initiative vs. Guilt
   D. Industry vs. Inferiority

10. Which is the most important skill for a social worker to have?
    A. Warmth and Empathy
    B. Listening
    C. Assessment
    D. Grant writing

11. Triangulation is most closely associated with which theory?
    A. Structural family theory
    B. Family systems theory
    C. Strategic family therapy
    D. Object relations theory

12. What is the BEST treatment for a client diagnosed with Schizophrenia?
    A. Psychodynamic therapy
    B. Cognitive-behavioral therapy
    C. Psychotropic medication
    D. Solution-focused therapy
Answers to Sample Questions

1. B
2. D
3. A
4. B
5. C
6. B
7. D
8. C
9. D
10. A
11. B
12. C
How to take your practice test
On a separate piece of paper, number from 1 to 50. Write down your answers to each question next to the appropriate number. The answers to the practice test appear at the end of the test.

Timing yourself
If you would like to give yourself an idea of the time constraints of the actual test, we suggest you allow yourself 70 minutes to complete this practice test.

Determining performance on the overall test
When you have finished score your answers against the key on the last page of the practice test, and count the number of questions you had correct. Enter this number into the box on the bottom right column of the Diagnostic Worksheet on page 61. Divide by 50 to determine how you performed on the overall practice test.

Determining performance by category
The Diagnostic Worksheet on page 61 also shows the number of questions in each content area. To determine how you performed in each area, we suggest that you cross out the numbers of questions you answered incorrectly in each area. Add up the number of questions you answered correctly and enter the total into the box provided. Divide by the number indicated to calculate the percentage by category.

Practice Item Rationales
This study guide also contains brief rationales and explanations of the individual practice test items. Rationales can be found beginning on page 62.
1. A breach of ethical conduct may exist when a social worker:

   (A) discusses sports scores with a client during a session
   (B) uses the client's first name
   (C) exchanges books to be read for pleasure with a client
   (D) exchanges sessions for babysitting by the client

2. A social worker sees a seven-year-old child, who for the past two months has been exhibiting worry about the parents' whereabouts, won't sleep away from home, cries when leaving for school, often complains of stomachaches. The social worker believes the child is MOST likely exhibiting:

   (A) adjustment disorder
   (B) separation anxiety disorder
   (C) conduct disorder
   (D) panic disorder

3. A 19-year-old male diagnosed with social phobia is referred to a social worker by a psychiatrist who has just prescribed medication for the client. The MOST appropriate therapy for the social worker to use in treating the client is:

   (A) reality
   (B) rational-emotive
   (C) client-centered
   (D) cognitive-behavioral

4. A client, referred by his wife, comes into the social worker's office talking in a loud and threatening manner. He states that there is no problem except his wife and it is she who should be in therapy. The social worker should FIRST:

   (A) explain to the client that there will be time to discuss the wife later
   (B) suggest to the client that this behavior indicates that there is a problem
   (C) tell the client to leave the office until he has calmed down
   (D) ask the client why he believes his wife needs treatment

5. A social worker who is seeing a family in which incestuous relationships have occurred will MOST likely find:

   (A) confusion of role boundaries
   (B) distorted patterns of communication
   (C) symbiotic mother-child relationships
   (D) relaxed attitude toward sexuality
6. Social workers in a nonprofit agency are worried about the financial health of the agency and possible loss of staff positions. The social work administrator agrees to meet with staff to discuss employee issues. The administrator should **FIRST:**

(A) explain the fiscal environment of non-profit organizations  
(B) acknowledge the legitimacy of employees' concerns  
(C) charge a committee with developing an alternative budget  
(D) ask the employees which programs should have priority

7. A 28-year-old client with a long-standing history of drug use is referred to a social worker by a concerned relative. In the assessment interview, the client tells the social worker about frequent cocaine use. The social worker should **FIRST:**

(A) conduct a family interview  
(B) begin treatment, focusing on the reason for drug abuse  
(C) refer the client to a substance abuse program  
(D) evaluate the client’s motivation for change

8. Parents see a social worker because of their 11-year-old daughter’s behavior. They report that the daughter is an average student and has a group of good friends. Within the family, however, she barely speaks to her parents, refuses to clean her room, and rarely brings her friends home. In describing the daughter’s behavior, the parents contradict each other, argue about the severity of the behavior, and disagree on methods of discipline. The social worker should **FIRST:**

(A) focus on the interpersonal communication within the family  
(B) recommend marital therapy for the parents  
(C) suggest individual therapy with the daughter  
(D) obtain an assessment from the daughter’s school

9. The therapeutic approach that assumes that the client’s dysfunction stems from maladaptive schemas is known as:

(A) dialectic behavior therapy  
(B) cognitive therapy  
(C) interpersonal therapy  
(D) psychodynamic therapy
10. A client tells her social worker that she hates the way she looks. She is overweight and unable to use makeup well. She appears sloppy and unkempt, and has difficulty in keeping a job. She ends by saying “It’s overwhelming to even think about how to change.” The social worker should FIRST:

   (A) teach the client stress reduction techniques  
   (B) focus on the client’s strengths and skills  
   (C) establish specific behavioral objectives  
   (D) help the client to prioritize her concerns

11. When a social worker and a client are of different racial backgrounds, what is the MOST important factor in determining the success of treatment by the social worker?

   (A) The social worker’s ability to identify with the client  
   (B) The client’s ability to develop transference toward the social worker  
   (C) The social worker’s awareness of self  
   (D) The client’s ability to communicate openly

12. After an intake interview, a social worker is assigned a client for the first treatment session. The client appears tense and anxious and tells the social worker that it is frustrating to tell someone new here story “all over again.” After acknowledging the client’s frustration, the social worker should NEXT:

   (A) encourage the client to begin wherever she feels most comfortable  
   (B) tell the client what the social worker does know about the client’s problem  
   (C) clarify the basis for the agency having separate intake and treatment staff  
   (D) wait quietly for the client to begin talking about why she is being seen

13. A first year graduate social work student with no previous social work experience avoids giving the supervisor the process recordings that are required during the first weeks of placement. In talking with the student, the supervisor should:

   (A) attribute the avoidance to the newness of the experience  
   (B) review policies regarding process recordings with the student  
   (C) recommend that the student enter therapy  
   (D) ask the student what is getting in the way of the process recordings
14. A social worker asks a young child during an assessment interview, "If I asked your parents what they think about you, what would they say?" The social worker is assessing the child's:

(A) dependence on parents  
(B) self-concept  
(C) conscience  
(D) reality testing

15. The use of silence by a social worker during a session with a client who is expressing a high degree of emotion will be MOST effective in demonstrating:

(A) empathy with the client  
(B) acceptance of the client's feelings  
(C) rapport with the client  
(D) that the social worker is not listening

16. An adolescent in an inpatient group conducted by a social worker is about to be discharged. The treatment staff recommends that the child be referred to a group home placement rather than returning to a chaotic family situation. The group members identify with the adolescent's feelings of wanting to go home. In a group session, they express anger with the staff recommendation and verbally attack the social worker. The social worker should FIRST:

(A) explain why the child should go to a group home  
(B) explore past negative experiences with group homes  
(C) explain to the group that some of the reasons are confidential  
(D) help identify the issues underlying the anger

17. A client has just learned that he has a terminal illness and has a short time left to live. When his family attempts to talk with him about getting his affairs in order, he changes the subject or expresses confidence that he will "beat" his illness, so they should stop worrying about him. Which of the following stages of grief is the client experiencing?

(A) Denial  
(B) Anger  
(C) Bargaining  
(D) Acceptance
18. A client who is blind is referred to a social worker due to symptoms of depression. When the
client calls for an appointment, the social worker states that the initial session is normally an hour
and a half, and that sessions after that will be one hour each. The social worker explains that the
extra time during the first session is needed to complete the paperwork. The client asks that the
blank forms be mailed, so they can be filled out by the person who handles mail and other similar
tasks. The social worker’s MOST appropriate action is to:

(A) make sure mailing the forms is not against agency policy
(B) explain that the forms must be filled out in the office with agency personnel
(C) agree to mail the blank forms as a reasonable accommodation to the client
(D) discuss the need to treat the information with confidentiality

19. A social worker is seeing a woman whose five-year-old child has just been diagnosed with Type
1 Diabetes. The mother is distraught, and expresses feelings of helplessness, fear, and anger
about her child having this illness. She says she doesn’t know what she has done to “deserve this
punishment.” The social worker should FIRST:

(A) refer the client to community resources dealing with diabetics
(B) suggest that the client talk with clergy about her reactions
(C) acknowledge the client’s feelings about the current situation
(D) help the client increase her coping skills

20. During a utilization review phone call, a social worker is asked by the managed care representa-
tive to provide specific details of the sexual abuse incidents the client experienced. The social
worker should FIRST:

(A) provide all requested information to the reviewer
(B) refuse to give specific information to protect the client’s privacy
(C) review the release of information with the client
(D) review the managed care contract with the supervisor

21. After experiencing increased anxiety and fear of loss of impulse control, a client decides to seek
voluntary inpatient admission. The social worker arranges a psychiatric evaluation by a provider
approved by the client’s managed care insurance company. The psychiatrist prescribes medica-
tion, stating the patient can be stabilized and maintained in the community with appropriate
therapy. The social worker should NEXT:

(A) send the client to another psychiatrist for a second opinion
(B) explain to the client the requirements of medical necessity and levels of care
(C) explore the possibility of the client paying for inpatient care
(D) mobilize family members to find resources in order to provide the needed protection
22. In adult survivors of childhood sexual abuse, the **MOST** frequently used defense mechanism is:

(A) denial  
(B) intellectualization  
(C) suppression  
(D) projection  

23. In an initial session with a social worker, a client mentions having been hospitalized several times for depression. When the social worker attempts to explore the hospitalizations, the client becomes tense and guarded, saying it is "old history." The client refuses to give permission for those records to be released. The social worker should **FIRST**:  

(A) explore why this topic appears to be upsetting the client  
(B) acknowledge the client's right to decide about release of records  
(C) reassure the client that the focus will be on present issues  
(D) assess the client's current level of depression  

24. When using the current DSM classification, psychosocial stressors and environmental problems that may affect the diagnosis, treatment and prognosis of mental disorders are coded on which of the following?  

(A) Axis I  
(B) Axis II  
(C) Axis III  
(D) Axis IV  

25. A hospital social worker is helping a family plan for the home convalescence of a nine-year-old child injured in an automobile accident. The family reports difficulty with the school district in arranging for a home teacher. When the social worker attempts to contact the administrator responsible for home teacher assignments, the phone calls are not returned. The child's discharge is one week away. The social worker should **FIRST**:

(A) contact the superintendent of schools about the urgent need for action  
(B) request that the primary physician contact the superintendent of schools  
(C) send a registered letter to the administrator  
(D) arrange for follow-up services with the public health nurse
26. A client whose mother died recently following a long-term illness tells the social worker that he believes that his angry thoughts about his mother caused her death. The client's thoughts are an example of:

(A) delusions  
(B) grandiosity  
(C) ideas of reference  
(D) magical thinking

27. Parents of a four-year-old child are referred to a social worker after an examination reveals no physical problem preventing the child from being toilet trained. The parents reveal that the child has not been able to separate from them to attend nursery school, and often sleeps with them even though they have tried to get the child to sleep alone. During the assessment phase, the social worker's **MOST important** focus is the:

(A) parents' use of rewards and punishments with the child  
(B) early developmental history of each parent  
(C) parents' understanding of the child's developmental processes  
(D) ways in which the child affects the parents' own relationship

28. An adult who has come to a hospital emergency room complains of visual hallucinations, confusion, and restlessness. Physical symptoms include chills, dilated pupils, and nausea. When interviewed by the social worker, the client states: "Nothing is wrong; I just need some sleep." Which of the following substances is **MOST** likely the cause of the client's condition?

(A) Alcohol  
(B) Marijuana  
(C) Cocaine  
(D) Barbiturates

29. An individual who believes, despite evidence to the contrary, that feelings, thoughts or actions are imposed by an external source, is suffering from:

(A) delirium  
(B) delusion  
(C) dissociation  
(D) dysphoria

30. Which of the following medications is used primarily for the treatment of psychosis?

(A) Haloperidol (Haldol)  
(B) Alprazolam (Xanax)  
(C) Bupropion (Wellbutrin)  
(D) Fluoxetine hydrochloride (Prozac)
31. A client is diagnosed with the early stages of Alzheimer's Disease. To help the family cope with the diagnosis, the social worker should **FIRST** focus on:

- (A) an understanding of the client's past behavior
- (B) referring family members to an Alzheimer's support group
- (C) treatment sessions structured around family issues
- (D) helping the family to accept the client's personality and behavior changes

32. A new client tearfully reports to the social worker that her father, with whom she is very close, is terminally ill. The client's mother, described by her as very dependent, has already been calling the client frequently for support and reassurance. The client says "I just don't know how to cope with dad's illness, my mother's demands and my family's needs," and begins to sob. The social worker should **FIRST**:

- (A) acknowledge the client's feelings of being overwhelmed
- (B) discuss a referral for hospice care for the father
- (C) identify the client's social and family support network
- (D) begin exploring ways the client can set limits for her mother

33. A social worker is seeing a lesbian client who is experiencing feelings of frustration, depression, and sadness related to her inability to conceive a child after unsuccessful treatment for infertility problems. She and her partner have applied to adopt a child, but have been rejected by a local agency because of their same-gender relationship. The client feels helpless, and does not think she will be successful in fighting the agency bias against same-gender couples. In assisting the client to formulate treatment goals, the social worker should:

- (A) explore the client's motivation to pursue adoption at this time
- (B) evaluate where the client is in her coming out process
- (C) help the client to confront the agency's discriminatory policies
- (D) refer the client for medication evaluation for depression

34. A client is complaining about her friend, stating that she is selfish and insensitive. The social worker asks if this is the same friend whom the client had described the week before as caring and a true friend. The client confirms that it is the same person. The social worker comments that this is a complete change in the client's way of thinking. The social worker is using the intervention of:

- (A) interpretation
- (B) reality testing
- (C) confrontation
- (D) paradoxical intent
35. Which of the following actions by a social worker is considered unethical?

(A) Providing treatment in exchange for personal services by the client
(B) Informing the client of fees in advance of services
(C) Engaging in private practice while being employed by an agency
(D) Establishing rates for professional services not commensurate with those of other professionals

36. A client is being seen for an intake interview. In discussing the client’s medical history, it appears that the client has many medical problems and is taking a lot of medications. When the social worker attempts to explore the medical conditions, the client says “I don’t have a clue” about what medication is for what problem. The client changes the subject to talk the reasons for seeing the social worker. The social worker should FIRST:

(A) obtain the client’s written permission to contact the physician
(B) comment on the change of topic by the client
(C) redirect the client back to the medical history
(D) allow the client to shift the focus of the session

37. When authorization for treatment from a managed care company is requested, the PRIMARY determinant for approval is based on:

(A) treatment goals that are explicit and measurable
(B) a diagnosis covered by the insurance plan
(C) documentation that medical necessity criteria are met
(D) a treatment plan providing the least restrictive level of care

38. After six marital therapy sessions with a social worker, a couple continue their destructive pattern of fighting. During the next session, the couple begin yelling at each other in a loud and threatening manner. The social worker stops them and says, “Your situation is hopeless; fight as often as you wish.” This technique is known as:

(A) encouragement
(B) reframing
(C) prescribing a ritual
(D) paradoxical intent

39. Projective identification is a concept that describes the process of:

(A) unconsciously perceiving others’ behavior as a reflection of one’s own attitudes
(B) consciously imitating the characteristics of a significant other
(C) showing another person how to develop a better self-image through modeling
(D) associating characteristics from a significant person in the past with another in the present
40. The PRIMARY purpose of evaluating the effectiveness of social work treatment in an agency is to determine:

(A) if adequate clinical staff time is being allotted
(B) whether other services can be offered
(C) which treatment decisions are resulting in favorable outcomes
(D) the level of clinical staff involvement in case review

41. A social worker is seeing a single mother and her 17-year-old son. The mother is concerned over her son’s drop in grades since he began working. The son says he received two Bs on his report card and that the rest were As. He explains that with his job he has become fully responsible for the cost of his car and personal care items. The mother talks about the fact her son only appears to need her to cook and clean for him. The son yells “You never miss an opportunity to point out what I’m doing wrong.” Which action should the social worker take?

(A) Suggest the son reevaluate the importance of work versus school
(B) Talk about the need each person has for positive feedback
(C) Refer the son to an anger management group
(D) Explore the son’s relationship with his father

42. Which of the following characteristics is true of ALL defense mechanisms?

(A) They provide relief from anxiety
(B) They reflect intrapsychic processes
(C) They operate unconsciously
(D) They may be interpersonally triggered

43. A couple in their mid-50s and their adult daughter who lives with them are seeing a social worker. They describe marital difficulties which began after the husband suffered a mild stroke. The wife said that he has frequent outbursts of anger, has lost interest in his personal care, and is fearful of being left alone. The husband states that his wife is overprotective of him, and describes the daughter as “nervous when I try to do anything for myself.” Using a structural family therapy approach, the social worker would:

(A) continue the discussion to obtain a history of the marital and family relationships
(B) create a situation during a session to place the husband in a dependent role
(C) explore all family members’ feelings about the effects of the stroke
(D) arrange individual treatment sessions for each member of the family
44. A social worker needs to design an experiment that explicitly controls for history. Which of the following designs would be the BEST choice?

(A) Solomon four-group design  
(B) Cohort design  
(C) Statistical control charting  
(D) Single System Design (AB)

45. A 24-year-old woman tells the social worker that she has felt depressed for the past two to three years. She describes herself as feeling sad, with little energy for work or social activities. She also has difficulty making decisions and concentrating on her work, and has a poor appetite. Assessment information does not reveal an apparent reason for the onset of the depressed mood. The client evidences no delusions or hallucinations. According to DSM criteria, the MOST likely diagnosis for the client is:

(A) dysthymic disorder  
(B) bipolar disorder, depressed  
(C) cyclothymic disorder  
(D) major depressive episode, recurrent

46. After several sessions in individual treatment with a social worker, a married woman client reveals that she has had an ongoing affair during the last five years. She says that she is unhappy in her marriage but wants to remain with her husband until her children are in college. She believes her husband does not suspect her infidelity but is often upset that she does not spend enough time with him. The social worker should:

(A) focus the treatment on the client’s feelings  
(B) schedule sessions with the entire family  
(C) see the couple together  
(D) refer the husband to another therapist

47. A social worker has been appointed to the board of directors of a family service agency. All of the following are appropriate actions for the social worker as a board member EXCEPT:

(A) determining the performance criteria for the agency director position  
(B) reviewing data about utilization of agency services by clients  
(C) acting as a paid consultant to agency staff who deliver direct services  
(D) serving as chair of a board committee on service delivery
48. For the fifth session with a social worker, a client arrives ten minutes late. Upon entering the social worker's office, the client remains standing and says in an anxious tone, "I know I'm late, but I couldn't help it, I just couldn't leave work today." The social worker's **BEST** response would be to say:

(A) "Can you think of any reason why you want to avoid talking today?"
(B) "Maybe we need to explore what it means to you to come here for our sessions."
(C) "I know that your work is important, but we will just have less time together today."
(D) "You seem to feel the need to explain; let's talk about it."

49. When reviewing a social worker's performance, the supervisor notes that the social worker conveys little empathy toward clients who have recently left welfare and are holding first jobs. In order to help the social worker develop greater empathy with clients, the supervisor should:

(A) explain welfare-to-work procedures from the client's perspective
(B) suggest that the social worker enter therapy to become a more empathic person
(C) model empathic communication when engaging with the social worker
(D) clarify the agency's reasons for supporting these clients

50. In working with a client who is diagnosed with borderline personality disorder, the social worker can expect the client to:

(A) manipulate boundaries
(B) form long-term relationships
(C) control aggressive drives
(D) develop insight

**ANSWERS TO PRACTICE TEST:**

1 - D; 2 - B; 3 - D; 4 - D; 5 - A; 6 - B; 7 - C; 8 - A; 9 - B; 10 - D; 11 - C; 12 - B; 13 - D; 14 - B; 15 - B; 16 - D; 17 - A; 18 - C; 19 - C; 20 - C; 21 - B; 22 - A; 23 - B; 24 - D; 25 - C; 26 - D; 27 - C; 28 - C; 29 - D; 30 - A; 31 - D; 32 - A; 33 - C; 34 - C; 35 - A; 36 - D; 37 - C; 38 - D; 39 - A; 40 - C; 41 - B; 42 - C; 43 - B; 44 - A; 45 - A; 46 - A; 47 - C; 48 - D; 49 - C; 50 - A.
Evaluate Your Test Results

After completing the practice test, use this page to determine your total score and to assess the percentage of items you answered correctly in each content area. The sequence numbers of the items on the practice examination are listed by content area in the examination outline. The diagnosis of your performance will help you determine where to focus your further review.

I. Human development and behavior in the environment
   ITEMS: 5, 7, 9, 17, 22, 27, 28, 29, 32, 39, 42
   Number of items answered correctly:
   \[ \square \div 11 = \square \% \]

II. Issues of diversity
    ITEMS: 11, 19, 33
    Number of items answered correctly:
    \[ \square \div 3 = \square \% \]

III. Diagnosis and assessment
     ITEMS: 2, 14, 24, 26, 30, 36, 45, 50
     Number of items answered correctly:
     \[ \square \div 8 = \square \% \]

IV. Psychotherapy and clinical practice
    ITEMS: 3, 8, 10, 16, 31, 38, 43, 46
    Number of items answered correctly:
    \[ \square \div 8 = \square \% \]

V. Communication
   ITEMS: 15, 34, 41, 48
   Number of items answered correctly:
   \[ \square \div 4 = \square \% \]

VI. The therapeutic relationship
    ITEMS: 4, 12, 18
    Number of items answered correctly:
    \[ \square \div 3 = \square \% \]

VII. Professional values and ethics
     ITEMS: 1, 20, 23, 35, 47
     Number of items answered correctly:
     \[ \square \div 5 = \square \% \]

VIII. Clinical supervision, consultation and staff development
      ITEM: 13, 49
      Number of items answered correctly:
      \[ \square \div 2 = \square \% \]

IX. Practice evaluation and the utilization of research
    ITEMS: 44
    Number of items answered correctly:
    \[ \square \div 1 = \square \% \]

X. Service delivery
    ITEMS: 21, 25, 37
    Number of items answered correctly:
    \[ \square \div 3 = \square \% \]

XI. Clinical practice and management
     ITEMS: 6, 40
     Number of items answered correctly:
     \[ \square \div 2 = \square \% \]

TOTAL NUMBER OF ITEMS ANSWERED CORRECTLY:

\[ \square \div 50 = \square \% \]