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QUESTION 1

Psychoanalysis is part of Sigmund Freud's structural id-ego-superego model of an individual's mind. Practice components focus on pathological development and management of aggressive impulses. How one adapts to reality is called:

- A. Reality theory
- B. Ego functioning
- C. Behaviorism
- D. Cognitive development

Correct Answer: B

Freud's theory studies the normal ego functions of judgment, defensive planning, affect regulation, synthesis and object relations. There are two main forces known as external and internal world responses.

QUESTION 2

Melanie's husband has reported problems he is observing in the home with his wife. The couple has three school-aged children. When the siblings get home from school, Melanie is usually sleeping on the couch. She fails to help with homework due to bad headaches and forgets important school events. Dinner is rarely cooked because Melanie reports feeling pain in her joints. She dozes off at odd times during the day and even during important events. What disorder might a therapist diagnose for Melanie?

- A. Dementia
- B. Anti-social disorder
- C. Amnesia
- D. Chronic fatigue syndrome

Correct Answer: D

Individuals who suffer from chronic fatigue syndrome do not see much improvement with rest. Excessive fatigue worsens with mental and physical activity. When completing an assessment, symptoms are often difficult to measure. The important signs to look for include headaches, joint or muscle pain, loss of memory, and extreme exhaustion.

QUESTION 3

Anger management helps the individual deal with their feelings in an assertive not aggressive manner.

This is the healthiest way to express oneself without hurting others. Being assertive helps make a person's needs clear without behaving in a demanding manner. Expression is just one of three approaches utilized by clinical social workers when dealing with anger management. What are the other two?

- A. Suppressing and calming

- B. Passive-aggressive and transference
- C. Criticism and behavior
- D. Respect and hostility

Correct Answer: A

The correct manner of suppressing anger is by redirecting it into something constructive. If this is not done in an outward expression, anger can remain inward and cause hypertension, depression and high blood pressure. Unexpressed anger can often lead to passive-aggressive behavior or a hostile personality.

QUESTION 4

Many individuals with this mental condition demonstrate symptoms such as confusion, false beliefs, losing touch with reality, mistaken perceptions, hallucinations and depression. False ideas may occur of what is taking place, and individuals with the condition may see or hear things or have delusions. Which of the following mental conditions is described above?

- A. Encopresis
- B. Psychosis
- C. Dementia
- D. Mania

Correct Answer: B

Psychosis is a severe mental condition in which there is a loss of contact with reality. Causes for this disorder include alcohol, drugs, brain tumors, dementia, epilepsy, stroke, and bi-polar disorder. Individuals may also display disorganized thoughts and speech.

QUESTION 5

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.

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