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QUESTION 1

This theory, unlike most psychological and behavioral theories, focuses on the inner relational transactions between systems. All existing elements play an equal role in maintaining balance. Which theory describes individuals as being surrounded by supportive networks?

- A. Environmental systems approach
- B. Strength-based theory
- C. Nature vs. nurture theory
- D. Ecological systems perspective

Correct Answer: D

The ecological perspective is based on the idea that people are in continual interaction with their environment. Individuals are always creating, restructuring, and adapting. The ecological theory looks at people, families, cultures, politics, and community as a way to identify systemic strengths or weaknesses.

QUESTION 2

Cognitive Behavior Therapy works with clients to first identify inappropriate or maladaptive behaviors, then to change these behaviors through physical and/or mental interventions. This type of therapy relies on what for it to have a chance of being successful?

- A. Following prescribed practices
- B. Client awareness of the behaviors
- C. Group treatment for positive outcomes and practice
- D. Development of particular protocols to address behavior

Correct Answer: B

A client must first have an awareness of the problem behavior before they can begin to address behavioral change. That is the cognitive connection.

QUESTION 3

Trauma is expressed best by recognizing not just objective facts but also the subjective emotional experiences of an event. It is a situation that leaves you feeling overwhelmed and alone. A stressful event is more likely to be traumatizing if:

- A. It happens unexpectedly
- B. One feels powerless to prevent it
- C. Someone was intentionally cruel

D. Any of the above

Correct Answer: D

A stressful event is more likely to be traumatic if it happens unexpectedly, is unpreventable or if it involves intentional cruelty. Psychological and emotional trauma is the result of extraordinary events that underplay one's sense of security, making them vulnerable and helpless. It can be caused by a one-time occurrence or an ongoing stressor. Commonly overlooked sources of trauma may include sports injuries, surgery, or humiliating experiences.

QUESTION 4

Survivors of a traumatic experience will often revisit the experience mentally, emotionally, and physically. Some individuals turn to avoidance techniques. They may shut down emotionally or feel unconnected to the world. A social worker may work with such a client by using counter-intuitive methods. This means:

- A. Using your feelings in working with the client instead of your training.
- B. Relying on the client's intuition about how to proceed.
- C. Utilizing supervision to develop a treatment plan.
- D. Moving into a space where the client may be afraid to go.

Correct Answer: D

Counter-intuitive measures literally mean doing something that does not appear to be logical initially. In the case of trauma, one method of working with clients is to have them re-visit the trauma, but process it in ways that are different from the initial reactions, such as the client seeing him or herself as empowered, rather than helpless. Because clients are trying to "get away" from the trauma, this approach seems counter to what they are hoping to achieve.

QUESTION 5

A high profile company demonstrates success through its diverse work force. Each employee is a part of a team that has learned to accept gender, race and nationality differences. The focus instead, is on building trust and respect through individual commonalities. What is being practiced at this level?

- A. Cultural diversity
- B. Gender diversity
- C. Ethnic diversity
- D. All of the above

Correct Answer: D

Diversity works at many levels. There can be cultural diversity but not gender diversity. There can be cultural diversity but not ethnic diversity, as cultures are often comprised of many ethnic groups. Respecting individuals as individuals encompasses all of the above.