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QUESTION 1

Person-centered therapy revolves around the demonstration of empathy, congruence, and unconditional positive regard. Active listening is very important. In order for the approach to be successful, what kind of technique should the therapist be including in treatment?

- A. Confrontative
- B. Professional use of self
- C. Interactive socialization
- D. Standard psychotherapy

Correct Answer: B

Professional use of self allows the therapist to be human to the client without violating professional relationship boundaries. All information the therapist shares about him or herself should be done in the context of how it will help the clients.

QUESTION 2

Personality theories offer many suggestions for individual behavior. Carl Rogers believed that an individual's nature is generally positive and everyone is born a good person. People have an underlying urge to move towards autonomy. What theory is being described?

- A. Person centered
- B. Gestalt
- C. Maslow's Hierarchy of Needs
- D. Biopsychosocial

Correct Answer: A

The Person-centered theory incorporates the desire of a person to experience oneself in a consistent view. Self-actualization and self-concept are learned in childhood and noted as being secondary needs.

QUESTION 3

Cognitive therapy is often used to promote professionalism within a diverse community. Sessions may involve ego psychology and multicultural perspectives. Which specific practice within cognitive therapy would be most effective in such sessions?

- A. Direct practice
- B. Self-determination
- C. Diversity practice



D. Indirect practice

Correct Answer: D

Advancing the social conditions within a community is a method utilized in indirect practice. Psychological counseling, guidance and assistance are often made available to disadvantaged individuals.

QUESTION 4

Alan has been providing clinical social work services to a client for two weeks. When the issue of payment as set forth in the signed contract arises, the client is unable to come up with the money. The social worker, however, is offered a free gym membership since the client works at the local fitness center part-time. What is the social worker's next move?

- A. Decline.
- B. Accept the membership as partial payment
- C. Contact an attorney for illegal bartering
- D. Notify a supervisor

Correct Answer: A

Bartering arrangements should be avoided at all times to prevent the potential for exploitation and conflict. All written fee-for-service contracts should be approved and signed by both parties. Alan has the option to work with the client over payment arrangements.

QUESTION 5

Although humanistic therapy takes into account the influences of society and the unconscious are taken into account, its main emphasis is on freedom of choice in creating one's experience. Humanistic therapy also emphasizes fulfillment and growth. Characteristics of this type of therapy include open-ended responses and tentative interpretations. Which of the following is also an important aspect of humanistic therapy?

- A. Changing behaviors
- B. Altering ego perceptions
- C. Reflective listening
- D. Decision-making

Correct Answer: C

Humanistic clinical social workers demonstrate reflective listening and empathy. Success is measured by self-examination and creative expression.