Counseling and Social Work

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Question: 1

Name the four kinds of reinforcement used in Operant Conditioning Theory, as established by B.F. Skinner:

A. positive reinforcement, conditioned stimulus, consequence responses, and negative reinforcement.
B. negative reinforcement, punishment, conditioned responses, and antecedent events.
C. consequence responses, deprivation responses, rewards, time-out responses.
D. positive reinforcement, negative reinforcement, punishment, and extinction.

Answer: D

Explanation:
Positive reinforcement, negative reinforcement. punishment, and extinction are the four kinds of reinforcement used in the Operant Conditioning Theory. Positive reinforcement (the most powerful of all) iS the additton of something pleasurable following a desirable behavior. Negative remforcement involves taking something away to support the behavior (i.e„ taking a break from an unpleasant task). Punishment involves adding something burdensome when an undesirable behavior CCCurs. Extinction the gradual withdrawal Of a reinforcement until the target behavior has been fully modified (i.e., reducing the break period from a difficult task if the classroom gets norsy),

Question: 2

Fritz Perls' gestalt theory differs from Freud's psychoanalytic theory in all but which of the following ways?

A. Issues and problems are integral to personal experiences
B. Behavior is not driven by unconscious drives
C. Personality development is idiosyncratic, not "step-wise"
D. Actions are conscious and immediately controllable

Answer: A

Explanation:
Gestalt theory and Freud's psychoanalytic theory agree that issues and problems are integral to personal experiences. Both gestalt theory and psychoanalytic theory recognize the influence Of past experiences and the environment in shaping current behavior. However. gestalt theory primarily focuses on the present, while psychoanalytic theory is intensely focused on the past Gestalt theory also differs from psychoanalytic theory in that personality structure is seen as largely

integrated (as opposed to interrelated) but distinctly separate systems. Finally, gestalt theory sees each mdzvtdual from a holistic, total-person perspective (Indeed, the word gestalt derived from a German word for wholeness), as opposed to evaluating fragments of the self.

Question: 3

According to Lawrence Kohlberg, the stage of development in which an individual fully appreciates the need to conform to social rules and laws is:

A. the Conventional Level, stage 4.
B. the Pre-Conventional Level, stage 2.
C. the Post-Conventional Level, stage 5.
D. the Conventional Level, stage 3.

Answer: A

Explanation:
According to Lawrence Kohlberg, an individual fully appreciates the need to conform tc social rules and laws at the Conventional Level, stage 4 cf moral development.

Question: 4

In a conversation with a case manager she describes some of her caseload as consisting of "numerous schizophrenics, several bipolars, and some borderlines," after which she proceeds to discuss some of the unique challenges the caseload presents. A primary problem with describing a caseload in this way is that it:

A. depersonalizes the clients.
B. stereotypes the clients.
C. diminishes the clients.
D. all of the above.

Answer: D

Explanation:
It can become easy to use short-hand descriptors to refer to one's caseload. However, doing so C:an subtly but alter the way a ease manager feels and even interacts With clients. Far better to descnbe a caseload as numerous people vet schizophrenia. several people with bipolar disorder, and some other clients struggling '.hth borderline personality disorder." The use of the words and clients lets them retam their humanity. Everyone needs to be seen as an individual with umque qualities and contributions. Casually categonzmg and stereotyping clients can lead to losing Sight of their humanity, individuality, and uruqueness. Casework is and must remain client-focused, respectful. and understanding of clients' unique circumstances, needs, and potential. Usmg care in the verbiage chosen to speak about clients can help social work case managers avoid the biases, prejudices, and cultural '.nsensttivittes that can othervnse enter the case management process.

Question: 5

A young man with autism shows swift improvement when he is paired with a horse and starts learning to ride. His parents remove him from the program, citing an inability to drive him to the stables, and they refuse to allow the social worker to provide alternative transportation. The man speedily reverts to his self-harming behaviors and has to be hospitalized. From a systems standpoint, what is the MOST likely explanation for his parents' decision?

A. They simply could not provide the needed transportation
B. Systems cannot tolerate change
C. The parents were protecting their son from outside influences
D. The parents were unconsciously reestablishing the homeostasis of their system

Answer: D

Explanation:
Systems theory notes that even a positive change tn one family member—especially that of the identified client—disrupts the system. so that other family members attempt to get the family member to change back. Preventing change in one family member means the rest of the family can avoid change, even when it also means certain suffering,

Question: 6

According to social learning theory, one of the best ways to teach individuals better relationship skills is with:

A. diagrammatic illustration.
B. structured lectures.
C. rehearsal.
D. role play.

Answer: D

Explanation:
Social learning theory (Bandura, 1973, 1977) postulates that observation, imitation, and modeling are primary routes cf learning. Therefore, when a social worker demonstrates enhanced communication skills by way of role play or dialogue modeling. social learning theory is being applied. The environment also reinforces or punishes modeling (i.e„ by means of acceptance or rejection), leading to accelerated acceptance or exungurshment of the interaction patterns selected. The theory has often been called a badge between behaviors and cognitive leering theories, although an increased cognitive emphasis has been noted in recent years.

Question: 7

A practice framework that approaches a client's issue or presenting problem from the perspective of gender, sex roles, and related stereotyping and discrimination, along with the influence that these elements may bring to bear on the issue or presenting problem, is called a:

A. gender framework
B. roles framework
C. strengths framework.
D. feminist framework.

Answer: D

Explanation:
This is called a feminist framework Although largely used only when working with female clients, the framework can be extended to male clients, especially when the presenting problem

Question: 8

A very shy client works with an abusive, heckling, unkind coworker. The client wishes to be more assertive and defensive of himself, but his shyness prevents him from taking any self-protective action. Instead, he feels anger at himself for perceived cowardice. He's taken to biting his inner lip in frustration, berating himself when alone, and his anger is fast turning inward into depression and despair. From the perspective of gestalt therapy, the client is experiencing:

A. confluence.
B. retroflection.
C. projection.
D. introjection.

Answer: B

Explanation:
This client is experiencing retroflection. A person experiencing retroflexed behavior treats himself as he actually wanted to treat other persons or objects. Introjection is to do as others want one to do, Projection occurs when a person acts toward others what he accuses them of acting to him. A person experiencing confluence does not know who is doing what to whom because the boundaries between self and others are toc vague. Finally, a person experiencing the retroflection acts toward himself as he would like to act toward others. Prolonged and/or intense retroflection can lead to depression and even self-destructive behavior.

Question: 9

According to Piaget, a child develops the capacity for abstract thinking during which developmental stage?

A. Formal operational
B. Sensorimotor
C. Pre-operational
D. Concrete operational

Answer: A

Explanation:
The concrete operational stage extends from 7-11 years Of age, and characterized by an awareness that any Single item or substance, divided into smaller parts, still the same quantity as that of the undivided original whole (called conservation cf substance); and the capacity for logical mampulatton of symbols (i.e., re-organizing things changes only the order, not the things themselves). The formal operational Stage IS Of age) is characterized by adult-like thinking, including abstract thinking (also known as hypothetical thinking).

Question: 10

The social worker is working on a project with a coworker who persists in berating the social worker for missing a meeting scheduled when the social worker had to deal with a client emergency. The social worker needs to ask for information but realizes this will give the coworker another opportunity to complain. Which of the following exemplifies the most effective assertive communication?

A. "Can you review the data with me so I can get up-to-date."
B. -rmso sorry that I missed the meeting. but can you review the data with me."
C. I realize I missed the meeting and that was inconvenient for you, but what did the data show?"
D. TII tyto review the data before we meet again.-

Answer: C

Explanation:
If the social worker is working on a project with a coworker who persists in berating the social worker for missing a meeting scheduled when the social worker had tc deal with a client emergency and must ask for information but realizes this will give the coworker another opportunity to complex, the most effective assertive communication - I realize I missed the meeting and that was inconvenient for you, but what did the data show?' This response begs With anr statement and defuses the possible complaints by stating them upfront and then asks directly for information needed.

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