

# Counseling and Social Work

## ASWB-Bachelors

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## Question: 1

The theoretical perspective that focuses on the positive and negative effects of surroundings on an individual or group is known as:

- A. the ecological perspective.
- B. structuralism.
- C. person in environment.
- D. functionalism.

**Answer: C**

Explanation:

In the person in environment (PIE) perspective, a skilled social worker will recognize that individuals are in constant interaction with their environment, and are often profoundly affected by their surroundings. Aspects of the environment include: a) social: the reactions, expectations, and associations with others; b) environmental (weather, buildings, office space, seating arrangements, comfort or lack of it, etc.); c) mental and physical capacity and health issues (psychiatric conditions, personality, intelligence quotient, bodily wellness or illness, etc.); and d) personal strengths and weaknesses, etc. The PIE perspective was first theorized by James Karl and Karen Wandrei.

## Question: 2

Abraham Maslow.

- A. Wilhelm Wundt.
- B. B.F. Skinner.
- C. William James.

**Answer: B**

Explanation:

Wilhelm Wundt is most widely considered to be the "father of experimental psychology." To explore the basic elements (or structures) that make up human consciousness, Wundt established the first psychology laboratory in 1875, formally recognized in 1879. Located at the University of Leipzig, Germany, the laboratory was known as the Institute for Experimental Psychology. Using a process known as Introspection, Wundt asked research participants to observe and evaluate their thoughts and emotional responses when exposed to a controlled experience. From this research, he determined that the first response to an experience is emotional in nature. Only subsequently can the individual cognitively evaluate and respond to the experience. As a forerunner to Freud, Wundt did not have access to theories of the unconscious and subconscious mind. Rather, he focused on the conscious mind and related emotions. His theories of the constituent parts of the mind came to be known as

Structuralism—a term coined by one of his students, Edward Titchener. Wundt is also known as the Father of Psychology, as he refined psychology from a blend of biology and philosophy and developed it a scientific field of study.

### Question: 3

The concept of functionalism is most closely associated with which of the following theorists?

- A. Lawrence Kohlberg
- B. James Karl
- C. Margaret Mahler
- D. William James

**Answer: D**

Explanation:

William James is most closely associated with the theory of Functionalism. He is also widely known as the "American Father of Experimental Psychology," in recognition of his establishment of the first experimental psychology demonstration laboratory at Harvard University in 1875. With considerable background in biology and physiology, he was strongly influenced by Darwin's evolutionary theories. From his experiments, James determined that human reactions to an experience are first cognitive and second emotional (in direct opposition to Wundt's perspective). He also disagreed with Wundt's structuralism, feeling that the function of consciousness was more significant than its structure. Consequently, he viewed mental states (i.e., thoughts and feelings) as finding expression through functional processes, and shaped by environmental adaptation. He coined the phrase "stream of consciousness," suggesting that mental life is a flow of thought that is constantly changing.

### Question: 4

The social worker's client is a single mother with few resources and many issues: three young children, unemployed, homeless, victim of intimate partner abuse, and a long history of alcohol abuse. The client and her children are currently living in a temporary shelter. If utilizing the principle of prioritization, which of the following would the social worker do FIRST?

- A. Make a list of resources
- B. Ask the client what she wants to deal with first
- C. Choose one-half of problems to focus on
- D. Make a list of problems

**Answer: A**

Explanation:

If the social worker's client has few resources and many issues and the social worker is utilizing the principle of prioritization, the first actions should be to collaborate with the client in creating a list of problems and then to group them and identify the highest priority. The principle of prioritization aims

to help manage complex situations by focusing on one problem at a time and setting priorities with initial focus on the problem that is most critical.

### Question: 5

According to Sigmund Freud's Psychoanalytic Theory of Personality, thoughts, feelings and ideas of which an individual is not immediately unaware, but which can be brought voluntarily into awareness, are found in the following area of the mind:

- A. conscious.
- B. subconscious.
- C. preconscious.
- D. unconscious.

**Answer: C**

Explanation:

The preconscious mind houses thoughts, feelings and ideas of which an individual is not immediately aware but can be brought voluntarily into awareness. According to Freud's psychoanalytic theory of personality, the preconscious mind holds those thoughts, feelings and ideas of which one is not immediately aware, but which can be brought back into one's awareness by varying degrees of independent effort. The conscious mind holds those ideas, feelings and thoughts of which an individual is actively aware and utilizing to guide interactions and behaviors. The unconscious mind holds thoughts, feelings and ideas of which one is not aware, and which require special investigative techniques to uncover. Freud did not use the term subconscious in explicating his theories. Rather, he disclaimed the term as too ambiguous to be functional, as used by the lay public.

### Question: 6

Clients should be encouraged to openly share their emotions and feelings. Which of the following is NOT a benefit to sharing?

- A. Permitting insights into how acceptable or unacceptable the feelings are
- B. Helping the client and worker to see problems more clearly
- C. Reducing the emotional burdens the client may feel
- D. Offering insights into the client's emotional state and coping

**Answer: A**

Explanation:

Permitting insights into how acceptable or unacceptable the feelings are is a barrier to open sharing. A client's feelings should never be examined judgmentally. Instead, they should only be evaluated for the impact they are having on the client, and how they shape the processes of living and interacting with others. If received and handled well, the sharing of deep feelings in case management or treatment processes will strengthen the therapeutic bond between the social worker and the client, which in turn enhances the effectiveness of the relationship in addressing the client's challenges and problems.

Expressions of feelings can also provide an important window into how a client perceives his or her life situation, as well as their overall sense of well-being, security and safety. Finally, if feelings and emotions become overly negative and burdensome, it may become important to include management of the client's feelings in the ongoing evaluation and treatment plan.

### Question: 7

Freud's concept of the mind's censorship force (or, as Freud put it: "a force in the mind which exercises the functions of a censorship") is most closely associated with which of the following?

- A. Preconscious mind
- B. Unconscious mind
- C. Sleep state
- D. Dream interpretation

**Answer: B**

Explanation:

Unconscious mind is most closely associated with the mind's censorship force. Thoughts, experiences and memories that are sufficient distressing to the wellbeing of an individual can be "repressed" and relegated to the unconscious mind. Repressed material is maintained in the unconscious mind by force of unconscious "censorship." Such material cannot be retained in the preconscious mind, as it could potentially be drawn back into awareness. Freud contended that in the sleep state, censorship capacity was diminished enough for repressed material to be drawn from the unconscious mind and into an individual's dreams. However, repressed thoughts were still couched in protective symbolism and imagery that required interpretation. This led to Freud's work in dream interpretation. Free association expressions and slips of the tongue were also potential sources of repressed thoughts, which could then be evaluated to find root-causes for persistent psychological problems.

### Question: 8

According to Freud, certain instincts drive a part of the personality known as the id. He identified these instincts as:

- A. autonomic and reactive.
- B. higher and lower order.
- C. primitive and generative.
- D. life and death.

**Answer: D**

Explanation:

Life and death instincts drive the id. More specifically, he termed these instincts as Eros (life) and Thanatos (death). He postulated that these instincts provide direction and force to all psychological activities, with all behavior activated by the energy of one or the other. The source of these instincts is the id, or primitive pleasure-seeking part of the brain. Both Eros and Thanatos have multiple instinctual

elements, and each competes within the id for dominance. Eros (also called the sexual instincts) seeking to meet basic survival needs, to derive pleasure, and to engage in reproduction. These life instincts produce energy known as libido, and result in behaviors associated with prosocial action such as cooperation and love. Thanatos hosts the universal drive for death inherent in everyone, and best seen in self-destructive behaviors and preoccupation with traumatic events (such as those experienced in war). Common manifestations of Thanatos can be seen in outward expressions of aggression and violence. Thanatos, however, is largely tempered by Eros, allowing life to continue.

### Question: 9

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. "I'm so 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. "I'll try to 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 to deal with a client emergency and must ask for information but realizes this will give the coworker another opportunity to complain, the most effective assertive communication is: "I realize I missed the meeting and that was inconvenient for you, but what did the data show?" This response begins with an "I" statement and defuses the possible complaints by stating them upfront and then asks directly for information needed.

### Question: 10

Freud's psychosexual stages of development involve a focus on different parts of:

- A. the body.
- B. personality.
- C. the mind.
- D. the superego.

**Answer: A**

Explanation:

Freud's psychosexual stages of development involve a focus on different parts of the body. During psychosexual development, various parts of the body become preferred sources of erotic satisfaction. While described as stages, psychosexual development is not necessarily unidirectional, and stages can overlap or reassert themselves in various ways. When the needs associated with each stage are either

inadequately or excessively met, a fixation can result (termed arrested development). The processes associated with psychosexual development will shape future adult personality and the quality and nature of adult relationships. Failure to resolve each stage of psychosexual development can result in subsequent pathology. Of note, traumatic experiences can also produce fixations, as such experiences frequently result in deprivation and under-gratification of key needs.

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