Silberman School of Social Work at Hunter College
City University of New York

Clinical Practice I

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Mid-Term Evaluation

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This is a multiple-choice test. It is divided into two sections.
Section one has 27 questions. Section 2 has matching questions.
Please make sure you read the instructions and questions carefully.

Section I

Please circle the correct answer for each multiple-choice question.

1. Sue learns that she has cancer. She starts to learn everything she can about the illness, readings blogs, journals of medicine and research that is currently being done. Sue is utilizing what defense mechanism?

a) Sublimation
b) Regression
c) Repression
d) Intellectualization

2 John often experiences intense feelings of frustration and anger. In order to cope with these feelings, he enrolls in tai chi and boxing classes as an outlet for his emotions. John's actions are an example of which type of defense?

a) Displacement
b) Sublimation
c) Projection
d) Repression

3 Making a carefully planned suggestion during the course of treatment is an example of the following therapeutic intervention.

a) Direct Influence
b) Sustainment
c) Environmental manipulation
d) Developmental reflection

4 The part of the personality that contains the basic functions essential to the individual's successful adaptation to the environment is:

a) The superego
b) The unconscious
c) The ego
d) The id

5 Based on Hollis and Woods' treatment typology, a sustaining therapeutic technique that refers to the clinician's continuing goodwill toward the client, whether or not the worker approves of the client's opinions and actions is known as:

a) Reassurance
b) Acceptance
c) Ventilation
d) Reaching out

6 A worker for an elder care agency is meeting with a client, a man in his 80's with severe emphysema. The client is talking about his guilt for placing his wife in a nursing home when he felt that he could no longer deal with his wife at home. Her behavior towards him was abusive and he felt that he could no longer deal with her in addition to his own ailments. In dealing with his guilt, the clinician would first:

a) Dismiss his feelings as unreasonable under the circumstances
b) Help the client to see what the wife has done and that he had no choice
c) Help the client see that guilt is very unhealthy and find ways to rid the client of his guilt
d) Accept and understand the client's guilt. Allowing him to ventilate

7 The psychodynamic view emphasizes the role of _____ in development.

a) External rewards and punishment
b) Internal impulses, desires and conflicts
c) Subjective experiences, potentials and ideals
d) Physiology, genetics and evolution

8 What are the phases of The Life-Modeled practice?

a) Preparatory, First, Middle and Last
b) Onset, Beginning. Middle and Ending
c) Preparatory, Initial, On-going, and Ending
d) Preparatory, First, On-going and Termination

9 Paul is a social worker working in a mental health clinic. He begins to see a client who is mandated to attend services for anger management. In working with the client, Paul needs to do the following except:

a) Discuss and figure out if the client is the right fit for the Agency
b) Recognize and discuss the mandate with the client
c) Paul should know that it is the right Agency since he was mandated to receive the services
d) Paul needs to get signed releases from the client in order to answer to the mandating agency

10. In Life- Modeled Practice the term "enabled" is described as:

a) For the social worker to do most of the talking
b) To accept unconditionally what the client is stating
c) To share thoughts and feelings in an appropriate manner
d) To make interpretations about what the client presents

11. In the last phase of treatment in the Life Modeled Practice what needs to occur:

a) For the Social Worker to tell the client that he's not ready to terminate treatment
b) The Social Worker should remain empathic and detached
c) The Social Worker needs to think of Agency needs and therefore should encourage the client to remain in treatment
d) For the social worker to be sympathetic and detached

12 The concept "the person-in-his-situation" is central to casework theory and refers to a threefold configuration co-existing. Which configuration was not included:

a) The interaction between the Person/Situation
b) Person
c) Situation
d) The interactions between the Pressure/Situation

13 The ecological perspective holds the promise of extending the social worker's understanding of interacting:

a) Personal, social, and cultural factors
b) Personal, cultural, and familial factors
c) Personal, environmental, and cultural factors
d) Personal, environmental and social factors.

14 The ecological perspective is most concerned with the following except for:

a) Embraces indeterminacy in the human phenomena
b) Makes clear to view persons and their environment as a unitary system
c) Exchanges that take place over time
d) Cause and effect thinking

15 Sigmund Freud in his development of Transference believed that_____.

a) Transference is helpful in the therapeutic relationship
b) That the analysis of the Countertransference was the work to be done- not the transference
c) That the analysis of the transference was the work to be done
d) Transference is not necessarily needed, it depends on the person

16. The concept of transference:

a) Refers to feelings, fantasies and actions unconsciously directed toward the worker in the present that are a repetition of reactions to important figures from childhood
b) Provides important information about the client and can help worker and client recognize important behavioral patterns that are impinging on the client's current life
c) Transference may disrupt the working alliance if the client becomes convinced that distorted perceptions of the therapist and intense feelings are "real"
d) All of the above

17. The term *conflict-free ego functions* refers to:

a) id, ego and superego
b) mastery and competence
c) innate capacities of the human mind that include memory, attention, concentration, learning, perception and motor functions
d) affect and emotional regulation

18. The ego function of judgment is especially important for:

a) The ability to distinguish between fantasy and objective reality
b) The ability to make decisions about appropriate behaviors in a variety of circumstances
c) The ability to perceive and attend to stimuli and be organized
d) The ability to modulate one's emotions

19. The following is correct about *ego-supportive treatment* except for:

a) it focuses primarily on transferential and countertransferential phenomena between the therapist and client
b) it is reality oriented and deals with the here-and-now of current stressors
c) it's aim is to restore, maintain or enhance client's adaptive defenses, coping strategies and problem solving
d) it involves direct and indirect interventions, mobilizing environmental supports and resources

20. Countertransference can be described by all of the following except:

a) The worker's reality-based reactions to the client's behavior
b) The worker's unrealistic or inappropriate reactions to the client as a result of his or her own unconscious conflicts or developmental arrests
c) A sustained therapeutic impasse in the working alliance
d) That the client represents for the clinician an object of the past on whom past feelings and wishes are projected
e) The worker's hostile or erotic feelings towards the client that interfere with objectivity and limit the therapeutic effectiveness.

21. Resistance has been defined as anything that clients feel or do, consciously or unconsciously that interfere with the goals of therapy. When working with a resistant client one should do all of the following *except*:

a) reflect on how cultural differences may be contributing to the behavior
b) convey curiosity to the client about the phenomena that is occurring in treatment
c) monitor one's countertransference
d) confront the client's defensive operations

22. Four-year-old Emma constantly takes her tattered pink bunny with her and gets upset that her parents do not want her to take it to preschool. Her behavior reflects the normative childhood need for:

a) a holding environment
b) a transitional object
c) object usage
d) autonomous functioning

23. Michael, a 45 year old unemployed and divorced man, is struggling to cope with the unexpected loss of his dog. In providing counseling for grief, the worker should not do one of the following:

a) let the client know that he is in safe space where he can cry and where his grief is understood
b) explore what social supports the client has who are sympathetic to his loss
c) listen for earlier losses or traumas that may have been reactivated by this loss and allow client to make connections between the two
d) influence client to go to the shelter to get a new dog

24. Kristin is a 28 year old woman who began therapy enthusiastically. She now has been in treatment for four months, at which point her therapist notices that she has begun to try to reschedule appointments, shows up late for sessions and changes the subject when the therapist tries to further explore her feelings about her relationships. Kristin's behavior most likely reflects:

a) a lack of motivation for therapy
b) oppositionalism
c) resistance and possible early attachment issue
d) a counterphobic reaction

25. According to Hollis and Woods, "treatment continually uncovers diagnosis." This statement is reflective of the principle that:

a) the therapist's understanding of the client's presenting problem is subject to modification as new information emerges
b) client may bring a "safe" problem to the intake but later reveal other more threatening problems
c) reassessment is constantly occurring as client's feelings, motivation and circumstances change
d) all of the above

26. The following is true of crisis intervention *except*:

a) a crisis may be anticipated or unanticipated
b) clients experience the same crisis in different ways due to their past, their personality and coping capacity
c) phases of grief work occur in a prescribed linear manner
d) a goal of intervention is to restore the client to equilibrium
e) a crisis requires people to restructure their ways of viewing themselves, their world and their plans for living in it

27. According to Knight, a corrective emotional experience refers to:

a) the therapist's provision of a holding environment
b) the therapist's provision of an good experience for the client that is different from their earlier emotional experiences
c) the notion that clients find and recreate in the relationship with the therapist the same conflicts they have had with others previously
d) the therapeutic alliance between worker and client.

Section II

Make sure that your answers are clearly marked.
Please place your answer in the brackets.
A. Please match the following Ego Development Conflicts and their Stages of Development that were proposed and developed by Erickson:

( ) Initiative vs. Guilt	1. Toddler age
( ) Identity vs. Role Confusion	2. Maturity
( ) Ego Integrity vs. Despair	3. Adolescence
( ) Autonomy vs. Shame	4. Play age

B. Please match the following concepts:

1. changing something about oneself or one's environment to manage feelings evoked by stressors

2. a means to ward off anxiety and protect oneself from unacceptable urges or painful emotions

3. a unique developmental pathway each person takes from birth through old age

4. real or perceived harm or loss now or in the future that is externally generated

5. the focus on transactions between people and their environments

6. adaptive psychosocial functioning in the face of adversity

( ) Life Course	( ) Ecological Model
( ) Resilience	( ) Coping
( ) Ego Defenses	( ) Stressor

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Matching: A. _____
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