LMSW PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. **How might a therapist handle silence during the first group therapy session with new members?**

   A. Ask open-ended questions to prompt discussion

   B. Announce the goals of the group

   C. Perform group activities directly involving all members

   D. Allow silence to assess comfort levels

2. **AIDS ACTION best represents an example of**

   A. a community development approach.

   B. a consumer organization.

   C. a self-help organization.

   D. an advocacy-brokerage program.

3. **To diminish a client's resistance in a treatment relationship the worker would**

   A. acknowledge the client's ambivalence about accepting help in solving his problem

   B. be firm with the client and insist an answer to all questions

   C. increase the client's anxiety about problems to increase his motivation

   D. remind the client of the reason for seeking assistance and stress the importance of cooperation

4. **What is the first step in dealing with a patient when referred to social services for help in planning for an operation?**

   A. Establish a relationship with the patient to find out what surgery means to him

   B. Help the patient handle his anxiety about the operation by describing his procedure

   C. Investigate community resources about helping the patient with his surgical plan

   D. Refer the patient to the psychiatrist for evaluation of his readiness for surgery

5. **If a child expresses extreme reluctance to go home and fear of parents, what should be the primary concern of a social worker?**

   A. Parental guidance on child behavior management

   B. Ensuring child safety and investigating potential abuse

   C. Providing family counseling

   D. Investigating the child's school environment for bullying issues

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6. A therapy patient who is overly talkative, restless, and grandiose might be suspected of which condition?

A. Amphetamine intoxication.

B. Alcohol intoxication.

C. A psychotic episode.

D. Dissociation.

7. A senior manager discovers security lapses in the computerized system that compromise client confidentiality. What is the first action the manager should take?

A. Find out who has been accessing files and fire those who have violated that agency policy.

B. Notify clients of the problems.

C. Notify the agency attorneys.

D. Shut down the system and implement temporary procedures to assure that only authorized staff have access to confidential files.

8. One disadvantage of self-help programs is that

A. community groups involved in self-help rarely acquire the necessary financial resources

B. participants are never fully equipped to offer the services they claim to provide

C. their scope is too limited to be of true service to the community

D. they rarely influence the larger institutional system

9. What should an intake worker at an adolescent shelter do first when assigned a 14-year-old girl who has run away from her family and does not wish them to know her whereabouts?

A. Allow her to discuss taboo subjects

B. Interview the parents

C. Notify the parents that she is at the shelter and request that they come in for a family interview

D. Tell her that when she is ready to talk, a social worker is available

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10. In joint or multiple interviewing, a social worker will focus on

A. dividing the interviewing time evenly

B. interactions between people and with the therapist

C. issues to be resolved

D. basic personality patterns of each individual

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Answers

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1. A
2. A
3. A
4. A
5. A
6. A
7. D
8. A
9. A
10. B

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Explanations

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1. How might a therapist handle silence during the first group therapy session with new members?

A. Ask open-ended questions to prompt discussion

B. Announce the goals of the group

C. Perform group activities directly involving all members

D. Allow silence to assess comfort levels

While asking open-ended questions can indeed encourage involvement and prompt discussion, the most effective approach during the first group therapy session with new members often involves allowing silence to assess comfort levels. This technique can provide valuable insights into how participants are feeling within the group setting. Silence can create a space for reflection and may help members process their thoughts and feelings without immediate pressure to respond. It also allows members to observe one another and gauge the group dynamics, which can be particularly important for new members. By allowing some quiet time, the therapist can help establish a safe environment where individuals feel comfortable to share when they are ready. In contrast, while announcing the goals of the group and performing activities can structure the session, these approaches might inadvertently overwhelm new members who are still acclimating to the group dynamic. Immediate activity might push individuals who are feeling insecure or uncertain to engage before they are ready, which may not foster an effective therapeutic atmosphere.

2. AIDS ACTION best represents an example of

A. a community development approach.

B. a consumer organization.

C. a self-help organization.

D. an advocacy-brokerage program.

The correct answer highlights that AIDS ACTION exemplifies a community development approach, which involves mobilizing community resources and engaging in collaborative efforts to address health disparities and improve the overall well-being of individuals affected by AIDS. This type of approach focuses on empowering communities by enhancing their capacity to take collective action and implement programs that meet their unique needs. A community development approach emphasizes the involvement of local stakeholders in decision-making processes and fosters a sense of ownership and responsibility among community members. By doing so, it can effectively create sustainable health initiatives that not only respond to immediate health challenges but also promote long-term social change. The other options, while relevant in different contexts, do not fully encapsulate the essence of AIDS ACTION. For instance, a consumer organization would primarily focus on representing the needs and rights of individuals who utilize specific services, while a self-help organization centers on peer support and mutual aid among individuals facing similar challenges. Similarly, an advocacy-brokerage program typically involves connecting clients with resources and services, which may not encompass the broader community engagement aspect that defines a community development approach.

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3. To diminish a client's resistance in a treatment relationship the worker would

A. acknowledge the client's ambivalence about accepting help in solving his problem

B. be firm with the client and insist an answer to all questions

C. increase the client's anxiety about problems to increase his motivation

D. remind the client of the reason for seeking assistance and stress the importance of cooperation

Acknowledging the client's ambivalence about accepting help is an effective approach to diminish resistance in a treatment relationship. This strategy fosters a therapeutic alliance by validating the client's feelings and experiences. It demonstrates empathy and understanding, allowing clients to feel heard and seen. When a social worker recognizes ambivalence, it provides an opportunity for honest dialogue about the client's preferences, fears, and motivations, which can alleviate anxiety surrounding the treatment process. This approach encourages clients to explore their feelings more openly, ultimately leading to a better understanding of their need for support. By creating a safe space where clients can express doubts without judgment, social workers can help clients move past resistance and engage more effectively in their treatment. This method is rooted in client-centered practice, emphasizing respect for autonomy while helping clients navigate their internal conflicts.

4. What is the first step in dealing with a patient when referred to social services for help in planning for an operation?

A. Establish a relationship with the patient to find out what surgery means to him

B. Help the patient handle his anxiety about the operation by describing his procedure

C. Investigate community resources about helping the patient with his surgical plan

D. Refer the patient to the psychiatrist for evaluation of his readiness for surgery

Establishing a relationship with the patient is fundamental because it creates a trusting environment where the patient feels safe to express their feelings and thoughts regarding the surgery. Understanding what the surgery means to the patient allows the social worker to tailor their support according to the individual's emotional and psychological needs. This step is vital for effective communication and ensures that subsequent interventions, whether addressing anxiety, exploring community resources, or considering referrals, are rooted in a clear comprehension of the patient's perspective. A strong therapeutic alliance is the foundation of any successful intervention in social work. By prioritizing the establishment of a relationship first, social workers can foster a more understanding and supportive dialogue, leading to better outcomes in assisting the patient throughout the surgical planning process.

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5. If a child expresses extreme reluctance to go home and fear of parents, what should be the primary concern of a social worker?

A. Parental guidance on child behavior management

B. Ensuring child safety and investigating potential abuse

C. Providing family counseling

D. Investigating the child's school environment for bullying issues

In the scenario where a child shows extreme reluctance to go home and expresses fear of their parents, the primary concern of a social worker should focus on ensuring the child's safety and investigating potential abuse. When a child demonstrates such significant distress regarding returning home, it often raises red flags about the home environment. This distress could be indicative of various forms of maltreatment, including physical, emotional, or verbal abuse. The child's safety must always be the top priority; therefore, it is crucial for the social worker to assess the situation accurately and thoroughly, which could involve interviewing the child in a safe environment, gathering information from caregivers, and potentially involving the appropriate child protective services. While parental guidance on child behavior management, family counseling, and investigations related to the school environment can be important, they would be secondary to immediately ensuring the child's safety in light of the alarming signs of fear and reluctance. Addressing potential abuse takes precedence to protect the child's wellbeing.

6. A therapy patient who is overly talkative, restless, and grandiose might be suspected of which condition?

A. Amphetamine intoxication.

B. Alcohol intoxication.

C. A psychotic episode.

D. Dissociation.

The presence of characteristics such as being overly talkative, restless, and grandiose points toward symptoms that are often associated with stimulant use, particularly amphetamines. When someone is under the influence of amphetamines, they can become unusually energetic, euphoric, and talkative, exhibiting a rapid flow of thought and speech. This elevated mood can also be accompanied by increased activity levels and a heightened sense of self-importance or grandiosity. In contrast, alcohol intoxication typically leads to a more subdued state, with characteristics such as slurred speech and decreased motor skills, which do not align with the symptoms described. A psychotic episode could involve grandiosity or racing thoughts, but it is more commonly associated with delusions or hallucinations, which are not mentioned in the scenario. Dissociation is characterized by a disconnect from one's thoughts or sense of identity, leading to a lack of cohesive conversation or engagement, which also does not match the patient's described behavior. Thus, the signs presented strongly suggest amphetamine intoxication as the most likely condition.

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7. A senior manager discovers security lapses in the computerized system that compromise client confidentiality. What is the first action the manager should take?

A. Find out who has been accessing files and fire those who have violated that agency policy.

B. Notify clients of the problems.

C. Notify the agency attorneys.

D. Shut down the system and implement temporary procedures to assure that only authorized staff have access to confidential files.

The most appropriate first action for the senior manager in this situation is to shut down the system and implement temporary procedures to ensure that only authorized staff have access to confidential files. Taking immediate action to secure the system is crucial in order to prevent any further breaches of confidentiality. Shutting down the system temporarily stops any ongoing unauthorized access, which is vital in protecting client information and maintaining trust. Implementing procedures helps to create a controlled environment where access can be regulated and monitored until the security lapses are fully addressed. This proactive measure demonstrates a commitment to client confidentiality and the integrity of the organization's operations. It also allows for a thorough investigation to be conducted without the risk of further violations occurring during that process. This step is foundational and necessary to restore security before any other actions, such as notifying clients or attorneys, can be appropriately and effectively handled without further risk to client information.

8. One disadvantage of self-help programs is that

A. community groups involved in self-help rarely acquire the necessary financial resources

B. participants are never fully equipped to offer the services they claim to provide

C. their scope is too limited to be of true service to the community

D. they rarely influence the larger institutional system

The chosen answer highlights a significant challenge that many self-help programs face: the difficulty in securing adequate financial resources. Funding is crucial for any program's sustainability, including those that are community-based or self-led. Without sufficient financial backing, these programs may struggle to provide consistent and comprehensive services, which can limit their effectiveness. In many cases, community groups may rely on volunteer support or donations, which can be unpredictable and may not cover all necessary expenses such as training, materials, or outreach efforts. This financial limitation can hinder the capacity of self-help programs to reach their full potential and serve the needs of the community effectively. In contrast, while other options present valid points of consideration regarding self-help programs, they do not encapsulate this particular issue of resource acquisition as directly. For instance, the concern about participants being inadequately trained to offer services addresses quality but overlooks the inherent operational challenges related to funding. Similarly, while there may be limitations in the scope of self-help programs or their ability to influence larger systems, these aspects do not necessarily impede the immediate functionality and reach of the programs in the community in the same way that financial constraints do.

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9. What should an intake worker at an adolescent shelter do first when assigned a 14-year-old girl who has run away from her family and does not wish them to know her whereabouts?

A. Allow her to discuss taboo subjects

B. Interview the parents

C. Notify the parents that she is at the shelter and request that they come in for a family interview

D. Tell her that when she is ready to talk, a social worker is available

When working with a 14-year-old girl who has run away from her family and does not want her whereabouts to be known, the first thing an intake worker should do is to allow her to discuss taboo subjects. This option is correct because it respects the girl's autonomy and provides a safe space for her to open up about her experiences without feeling judged or pressured. Option B is incorrect because it immediately involves the parents, which may make the girl feel even more unsafe and reluctant to share her thoughts and feelings. Option C is also incorrect because it disregards the girl's wishes and violates her privacy. Option D is incorrect because it does not actively address the issue at hand and may not be helpful in building trust and rapport with the girl. By allowing her to discuss taboo subjects, the intake worker can establish a respectful and understanding relationship with the girl, which can then facilitate a discussion about her situation and potential solutions.

10. In joint or multiple interviewing, a social worker will focus on

A. dividing the interviewing time evenly

B. interactions between people and with the therapist

C. issues to be resolved

D. basic personality patterns of each individual

In joint or multiple interviewing, the social worker's primary focus shifts to understanding the dynamics of the interaction among the participants as well as their engagement with the therapist. This approach allows for the exploration of relational patterns, communication styles, and conflicts that may arise within the group setting. By observing how individuals respond to one another, the social worker can gain insights into the underlying issues that may not be as readily apparent when individuals are interviewed separately. The interactions can reveal key information about relationships, power dynamics, and emotional responses, which are critical for effective assessment and intervention. The other options, while potentially relevant to the interviewing process, do not capture the essence of what makes joint or multiple interviewing distinct. For example, dividing interviewing time evenly might seem fair but doesn't reflect the importance of focus on relationships. Concentrating only on issues to be resolved or personality patterns limits the scope of understanding by ignoring how individuals interact with each other within the context of the interview.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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