Eight Steps for answering questions

1. Read question carefully, don’t rush

2. Don’t add info that’s not in the question

3. Identify: PPL

P: Problem sentence you are going to address which is usually found before the sentence before the last sentence

P: person: who to address

L: Last sentence: the stem guides you to answer the problem and the person

4. Read each choice—every word counts

5. Eliminate two given answers from the four by using two skills:

Distracters:

Keywords including PPL:

6. Choose the correct answer using the RUSAFE and keywords/PPL techniques

7. The answer must match the PPL: problem, person, last sentence

8. Never change your answer

11 Keywords and phrases:

Some categories to look for in questions:

1. Who is the person or the client in crisis? Individual, family, group…
2. Age of the client?
3. Diagnosis?
4. Symptoms and duration?

5. Strong words: extremely upset, recently

6. Who are you in the question? Supervisor, intake worker, social worker

7. Where are you in the session? New client or established client?

8. Things in quotations are very important

9. Direct request by patient? “I want help feeding my family.”

10. Safety red flags: Danger signs in the questions: suicidal references, abuse, life threatening situations, unexplained bruises and marks, increased use of alcohol or drugs, real intent situations

11. Qualifiers which modify the question: Words such as first, next, last, most

Distracters: List of answers that are never right

Do not choose anything on the FARM GRITS ROAD:

FARM

F: Do not focus on unresolved issues: no psychoanalysis

A: Do not given advice or judge.

R: Do not recommend support group

M: Do not make appointments

GRITS

G: Do not give client literature/flyer

R: D not Recommend a session

I: If client is a minor: do not inform parents

T: Do not Terminate clients in this exam: 3 exceptions: you or the client is moving, if client reaches their goals or if client is not paying for sessions or in crisis/harm you have right to terminate

S: Do not Speak to the supervisor on this exam: Exceptions: if problem involves transference or countertransference

ROAD

R: Do not pick answer which says respect client self-determination if client is unstable

O: Do not offer contract to the client as a reminder or remind client of consequences

A: Do not allow client to lead the session

D: Do nothing or say nothing: Example: take no action on this matter

RUSAFE technique: way to answer questions which say first or next

R: Rule out medical/refer to doctor

U: Under the influence: do not treat: refer to psychiatrist or do not treat intoxicated clients

S: Save a life if problem is about safety: duty to warn: report child abuse, call 911, and send to ER

A: Assess before action: Assess, ask, or DICE:

F: feelings: acknowledge. Concerns: AID the client: assist, inform and discuss concerns with client

E: empower client: if client is mentally stable: empower them

DICE Determine, identify, clariffy, explore,

EAt PIE Today: Engagement, Assessment, Planning, Intervention, Evaluation, Termination (from the NASW prep manual)