
TEST INFORMATION GUIDE

This test information guide provides a summary of concepts that are tested on the written (multiple choice) examination for the **Mental Health Specialist Trainee** job. This information can be reviewed in combination with the class specification and examination announcement to assist you in preparing for the examination.

I. THERAPEUTIC METHODS / PRINCIPLES (32 Questions)

An employee in this job receives instruction in applying various therapeutic methods and techniques in order to analyze individuals' behavior and needs. Employees also receive training in the implementation of appropriate treatment and development programs in the mental health and developmentally disabled environment. This training necessitates the possession of a basic knowledge of therapeutic methods, principles and practices. This section presents questions to test your knowledge in this area. Test question topics include:

- Managing individuals' behavior;
- Elements and objectives of successful therapy programs (individual; group; milieu; activity; supportive; etc.);
- Identifying and meeting individuals' needs;
- Establishing and maintaining effective relationships with therapy staff;
- Assigning and evaluating individuals' task performance;
- Motivational and positive reinforcement techniques;
- Therapeutic evaluation techniques;
- Effectively dealing with individuals who are discouraged or depressed.

II. MENTAL ILLNESS / DEVELOPMENTAL DISABILITY (18 Questions)

Employees in this job receive practical training in order to develop the skill necessary to supervise activities related to the personal care, treatment and development of mentally ill or developmentally disabled individuals. Thus, it is critical that an employee have a basic knowledge and awareness of the manifestation of mental illness and developmental disabilities in individuals. This section of the exam presents questions to test your knowledge of mental illness and developmental disability. Test question topics include:

- Behaviors manifested in mentally ill and developmentally disabled individuals;
- Patient defense mechanisms;
- Phobia symptoms;
- Psychological terms (e.g., psychosomatic; frustration; affective; paranoid; inversion; compensation; regression; etc.).

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III. OBSERVATION / REPORTING

(10 Questions)

Employees in this job make observations of individuals as part of the facility treatment team and make reports of therapeutic progress made by individuals as well as other information crucial to treatment. It is critical that the employee be able to accurately observe as well as make coherent reports of individual progress and behavior. This test section presents questions to test your ability to observe individuals in these types of settings and make accurate recordings and reports. Test question topics include:

- Determining important details to include in charts and reports;
- Effective use of both oral and written reports;
- Reporting effects of medication on patients;
- Maintaining accurate medical charts on individual behavior.