
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 patient 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 patient behavior;
- Elements and objectives of successful therapy programs (individual; group; milieu; activity; supportive; etc.);
- Identifying and meeting patient needs;
- Establishing and maintaining effective relationships with therapy staff;
- Assigning and evaluating patient task performance;
- Motivational and positive reinforcement techniques;
- Therapeutic evaluation techniques;
- Effectively dealing with patients 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 patients. 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 retardation. Test question topics include:

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

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III. OBSERVATION / REPORTING

(10 Questions)

Employees in this job make observations of patients as part of the facility treatment team and make reports of therapeutic progress made by patients as well as other information crucial to patient treatment. It is critical that the employee be able to accurately observe as well as make coherent reports of patient progress and behavior. This test section presents questions to test your ability to observe patients 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 patient behavior.