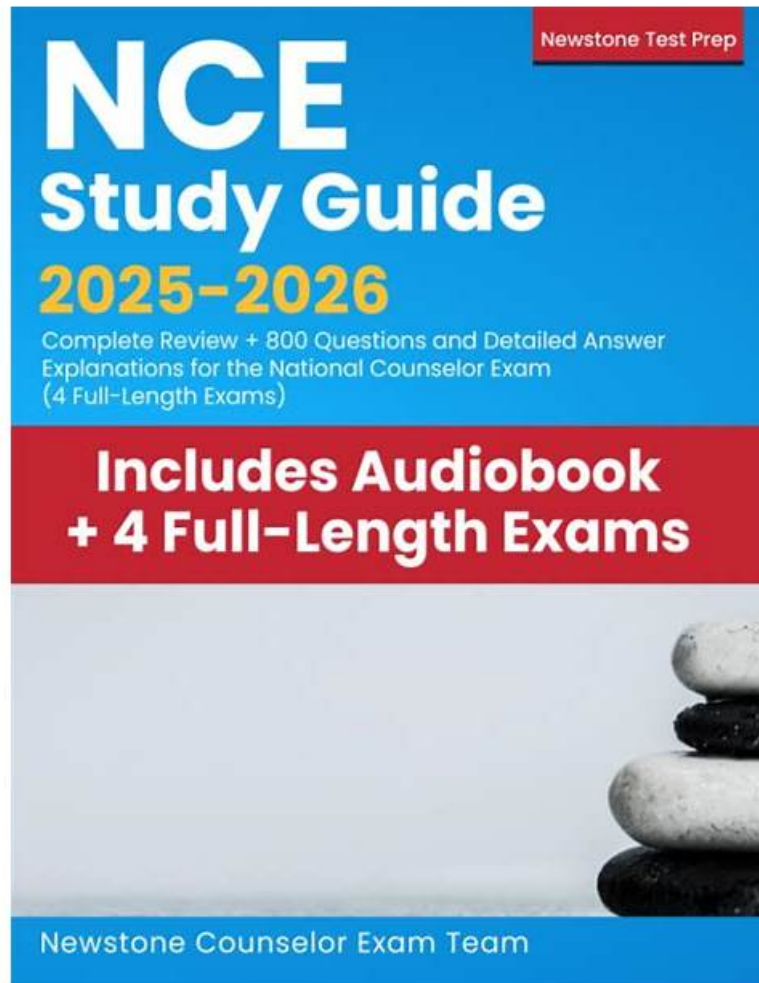


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NBCC National Counselor Examination Sample Questions (Q92-Q97):

NEW QUESTION # 92

What term describes when immigrants identify with both their original culture and new culture?

- A. Biculturalism
- B. Acculturation
- C. Separation
- D. Marginalization

Answer: A

Explanation:

The Social and Cultural Diversity core area emphasizes understanding of acculturation, cultural identity development, and multicultural concepts. Within common acculturation and identity frameworks used on the NCE:

* Acculturation (A) is a broad term for the overall process of adapting to a new culture; it does not, by itself, specify whether individuals maintain their original culture, adopt the new one, or both.

* Biculturalism (B) describes people who identify with and competently navigate two cultures, maintaining their original culture while also actively participating in and identifying with the new /dominant culture.

* Marginalization (C) occurs when individuals do not strongly identify with either the original or the new culture.

* Separation (D) refers to maintaining strong identification with the original culture while rejecting or minimizing identification with the new culture.

The question specifically describes identifying with both the original and the new culture. This is the definition of biculturalism, making B the correct answer.

Top of Form

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NEW QUESTION # 93

Clients who experience financial stress are more likely to focus on which area of concern?

- A. Developmental needs
- B. Intrapersonal needs
- C. Interpersonal needs
- D. Survival needs

Answer: D

Explanation:

In the Human Growth and Development core area, CACREP includes understanding theories of human needs, such as Maslow's hierarchy. According to this framework:

* When individuals are under significant financial stress, their basic needs (e.g., housing, food, safety, security) are threatened.

* Under such conditions, people are more likely to be preoccupied with survival-level concerns (physiological and safety needs) than with higher-order needs such as development, self-exploration, or complex interpersonal growth.

Options A, B, and C refer to important but higher-level needs relative to basic survival and security. In the presence of acute financial stress, clients understandably prioritize D. Survival needs.

NEW QUESTION # 94

What therapeutic model was originally developed to treat individuals with borderline personality disorder?

- A. Cognitive behavioral therapy
- B. Transactional analysis
- C. Analytical behavioral analysis
- D. Dialectical behavior therapy

Answer: D

Explanation:

Within the Areas of Clinical Focus work behavior area, counselors are expected to know evidence-based treatments for specific

clinical conditions, including personality disorders.

Dialectical behavior therapy (DBT) (Option C) was originally developed by Marsha Linehan specifically to treat chronically suicidal individuals diagnosed with borderline personality disorder (BPD). DBT integrates:

- * Cognitive-behavioral strategies for behavior change,
- * Acceptance-based strategies (e.g., mindfulness),
- * A dialectical framework balancing acceptance and change.

The model includes:

- * Individual therapy,
- * Group skills training (mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness),
- * Phone coaching,
- * Consultation team for therapists.

These features reflect the NBCC-aligned work behavior expectation that counselors understand appropriate, validated modalities for complex clinical presentations such as BPD.

Why the other options are incorrect:

- * A. Analytical behavioral analysis - This is not the recognized model associated with the original treatment of BPD.
- * B. Cognitive behavioral therapy - While DBT evolved from CBT and CBT techniques are useful with many disorders, standard CBT was not specifically designed as the original, specialized treatment protocol for BPD.
- * D. Transactional analysis - A distinct theoretical model focusing on ego states and life scripts; it is not the empirically established, original treatment model for BPD.

Counselors working with personality disorders are expected to identify and, when within their scope, apply or refer for treatments such as DBT, which are designed and researched for these clinical populations.

NEW QUESTION # 95

How would a counselor demonstrate empathy in a counseling session?

- **A. Communicate an accurate perception of the client's feelings.**
- B. Nod their head frequently as the client speaks.
- C. Provide a detailed summary of the story the client just shared.
- D. Sit in an open posture without crossing arms or legs.

Answer: A

Explanation:

Within the Core Counseling Attributes domain, counselors are expected to demonstrate an ability to accurately understand and reflect the client's emotional experience. Empathy involves communicating back to the client an accurate awareness of their internal world, especially their feelings, meanings, and emotional nuances.

Option A reflects this essential skill: the counselor expresses an understanding of what the client is feeling, allowing the client to feel heard, validated, and emotionally understood. This is central to building the therapeutic relationship and promoting client growth.

Why the other options are incorrect:

- * B. Nod their head frequently: This is a nonverbal attending skill, but nodding alone does not establish empathy or convey an understanding of the client's emotional experience.
- * C. Open posture: Although helpful for rapport and presence, posture alone does not demonstrate emotional understanding and therefore is not empathy by itself.
- * D. Provide a detailed summary: Summarizing is a useful skill, but a detailed summary may focus on content rather than the client's emotional experience, and therefore does not fully represent empathy.

The NBCC Counselor Work Behavior Areas emphasize that empathy involves accurately perceiving and clearly communicating the client's emotional state, making option A the correct answer.

NEW QUESTION # 96

Which of the following is the experimentally validated treatment modality for individuals diagnosed with substance use disorder?

- A. Eye movement desensitization and reprocessing
- B. Narrative therapy
- C. Solution-focused brief therapy
- **D. Motivational interviewing**

Answer: D

Explanation:

In the Counseling Skills and Interventions work behavior area, counselors are expected to select interventions that are supported by empirical evidence for the client's specific concerns, including substance use disorders.

Motivational interviewing (MI) (Option A) is a widely researched, empirically supported treatment modality for individuals with substance use disorders. It is a client-centered, directive approach designed to:

- * Enhance intrinsic motivation for change,
- * Resolve ambivalence,
- * Support clients in moving through stages of change regarding substance use.

Core MI skills often summarized as OARS (open questions, affirmations, reflections, summaries) are used to elicit and strengthen "change talk" and reduce resistance. Research has consistently shown MI's effectiveness in reducing substance use and increasing treatment engagement across various populations and settings.

Why the other options are less appropriate here:

- * B. Narrative therapy - While potentially helpful for meaning-making and identity reconstruction, it is not the primary empirically validated front-line modality for substance use disorders.
- * C. Solution-focused brief therapy - Has some supportive evidence for various problems and can be useful in certain substance-related contexts, but MI has a stronger and more direct evidence base specifically for substance use disorders.
- * D. Eye movement desensitization and reprocessing (EMDR) - Primarily validated for trauma-related disorders, particularly PTSD, rather than as a core, primary treatment for substance use disorders.

NBCC-aligned counselor work behaviors emphasize that practitioners should match interventions to the problem using approaches with strong empirical support, making motivational interviewing the best choice among the options for treating substance use disorders.

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NEW QUESTION # 97

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