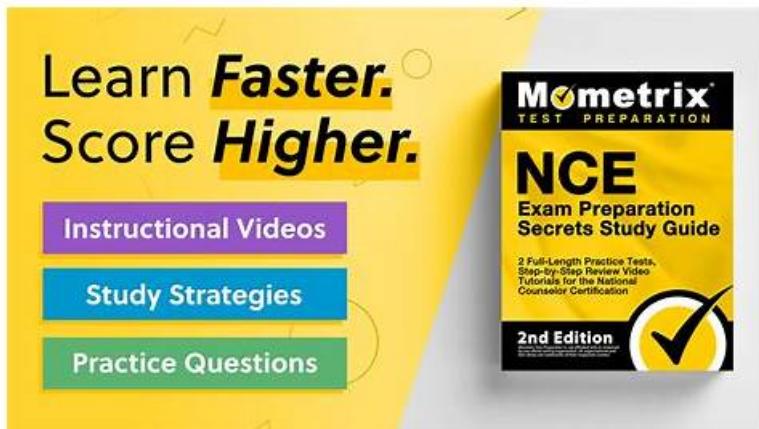


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## NBCC National Counselor Examination Sample Questions (Q167-Q172):

### NEW QUESTION # 167

Group leaders are continually observing group members. It is essential that the group leader

- A. Have a clear idea of what is to be observed.
- B. Take notes pertaining to the group members' behaviors.
- C. Be unobtrusive (i.e., out of sight of the group members).
- D. Inform the group members that the observation is taking place.

**Answer: A**

Explanation:

In the Group Counseling and Group Work core area, counselors are trained to use systematic observation to understand group dynamics, members' behaviors, and group process. Effective observation is intentional, not random. That means the group leader must know what specific behaviors, interactions, or processes they are watching for (e.g., participation patterns, conflict, cohesion, leadership, resistance).

CACREP-based training emphasizes:

- \* Using planned, purposeful observation tied to the group's goals and stage of development.
- \* Monitoring both verbal and nonverbal behaviors to inform interventions.

While informing members about general observation and taking notes can be good practice, the essential professional skill is having a clear, defined focus for what is being observed, which makes D the best answer.

#### NEW QUESTION # 168

What is an appropriate reason for a counselor to consult with another professional counselor?

- A. To gather instructions in lieu of professional development
- B. To share professional frustrations with a trusted colleague
- C. **To seek assistance with ethical obligations or professional practice**
- D. To engage peers in building a supportive professional community

**Answer: C**

Explanation:

In the Professional Counseling Orientation and Ethical Practice core area, counselors are expected to recognize that consultation with colleagues is an important part of maintaining ethical and competent practice. Ethical guidelines emphasize that counselors:

- \* Seek consultation or supervision when facing ethical dilemmas,
- \* Seek consultation when a client's needs are beyond their current competence,
- \* Use consultation to improve the quality of client care.

While collegial support (options A and D) can be helpful, CACREP-aligned ethical standards specifically highlight consultation as a means to clarify and uphold ethical responsibilities and strengthen clinical decision-making, not simply to vent or replace formal professional development. Thus, the best answer is C.

To seek assistance with ethical obligations or professional practice.

#### NEW QUESTION # 169

Which statement concerning fetal alcohol syndrome (FAS) is correct?

- A. The children with FAS tend to have average IQs.
- B. FAS can develop through breastfeeding
- C. **Fetal alcohol damage appears to be irreversible.**
- D. The effects of the syndrome are mental rather than physical.

**Answer: C**

Explanation:

Fetal alcohol syndrome (FAS) results from prenatal exposure to alcohol and is characterized by a pattern of

- \* Central nervous system (CNS) abnormalities
- \* Growth deficiencies
- \* Characteristic facial features
- \* Cognitive, behavioral, and learning difficulties

These effects are considered permanent and irreversible, making Option A correct. While supportive services and interventions can improve functioning and quality of life, the underlying damage does not "heal" or disappear over time [as consistently noted in medical and developmental literature, e.g., CDC and pediatric guidelines].

Why the other options are incorrect:

\* B. "The effects ... are mental rather than physical." FAS includes both physical and neurodevelopmental effects-growth deficits, facial anomalies, and CNS involvement-not just

"mental" effects.

\* C. "FAS can develop through breastfeeding." FAS is specifically caused by alcohol exposure in utero; breastfeeding does not cause FAS, although alcohol can affect the infant in other ways.

\* D. "The children with FAS tend to have average IQs." Many individuals with FAS have below-average IQ, learning disabilities, and executive functioning deficits. Average IQ is not characteristic of the syndrome as a whole.

Within the NBCC Counselor Work Behavior Areas, counselors are expected to understand key features of developmental and neurobehavioral conditions such as FAS to inform assessment, referral, and appropriate support planning.

### NEW QUESTION # 170

What are the three key elements of an assessment tool that determine its value?

- A. Reliability, validity, and standardization
- B. Validity, standardization, and internal consistency
- C. Validity, standardization, and biserial correlation
- D. Reliability, validity, and specificity

**Answer: A**

Explanation:

In the Assessment and Testing core area, counselors must understand the foundations of test construction and evaluation. Three fundamental qualities that determine the overall value and usefulness of a test are commonly taught as:

- \* Reliability - The consistency of test scores over time, across items, or across raters (e.g., test-retest reliability, internal consistency).
- \* Validity - The extent to which the test measures what it purports to measure, and the appropriateness of interpretations and uses of scores.
- \* Standardization - The presence of uniform procedures for administration and scoring, and norms based on a defined population, so scores can be interpreted meaningfully.

Option analysis:

- \* A. Reliability, validity, and specificity - Specificity is not a core global criterion for all assessment tools; it is more relevant in certain diagnostic-test contexts.
- \* B. Reliability, validity, and standardization - These three are repeatedly emphasized in counselor education as the key pillars for evaluating test quality.
- \* C. Validity, standardization, and biserial correlation - Biserial correlation is a specific statistic used in item analysis, not a general property of the test itself.
- \* D. Validity, standardization, and internal consistency - Internal consistency is one type of reliability, not a separate third global element.

Thus, the three broad elements that determine an assessment tool's value are reliability, validity, and standardization, making B the correct answer.

### NEW QUESTION # 171

Which of the following cognitive-behavioral counseling techniques is designed specifically to help family members develop new behaviors?

- A. Modeling
- B. Reinforcement of incompatible behaviors
- C. Extinction
- D. Intensification

**Answer: A**

Explanation:

In the Counseling Skills and Interventions domain, counselors are expected to know and apply core cognitive- behavioral strategies, including how to help clients and families learn and practice new behaviors.

Modeling (B) is a technique in which the counselor (or another family member) demonstrates a desired behavior, allowing others to observe and then imitate it. This approach is rooted in social learning principles:

people learn new behaviors by watching others perform them and seeing the positive outcomes that follow. In family counseling, modeling can be used to teach communication skills, problem-solving, emotional expression, or conflict-resolution behaviors.

The other options are related but not as directly focused on teaching new behaviors through demonstration:

\* Intensification (A) is more associated with structural family therapy, where the therapist heightens or intensifies interactions to promote change in family structure.

\* Reinforcement of incompatible behaviors (C) is a behavior modification method that increases behaviors that cannot occur simultaneously with the unwanted behavior. It shapes behavior but does not inherently rely on demonstration.

\* Extinction (D) reduces a behavior by removing the reinforcement that maintains it.

While several behavioral techniques can support change, modeling is specifically designed to help family members develop and learn new behaviors by observing them in action.

### NEW QUESTION # 172

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