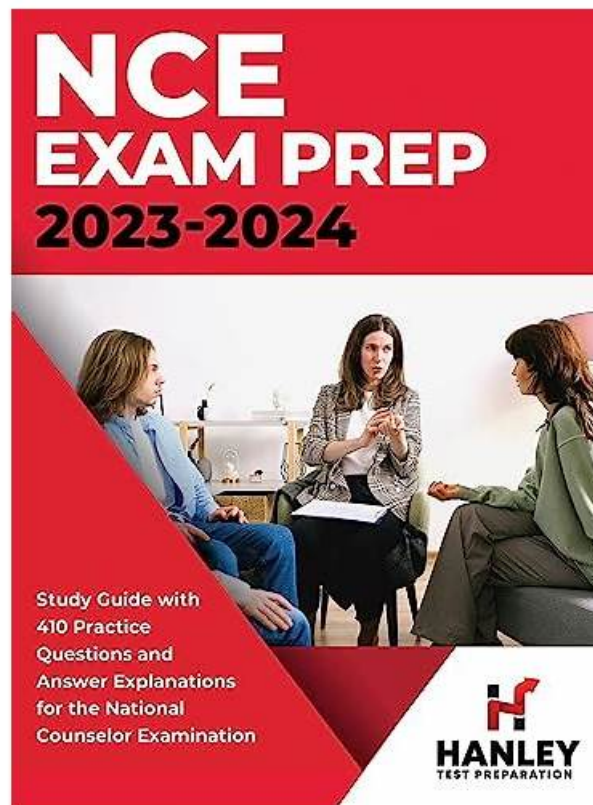


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NBCC National Counselor Examination Sample Questions (Q138-Q143):

NEW QUESTION # 138

Which of the following is least desirable in group counseling?

- A. A client develops positive, natural relationships with others through group interactions.
- **B. A client listens to others in the group and maintains personal anonymity.**
- C. A client explores personal issues when group support is provided.
- D. A client learns responsibility to self and others.

Answer: B

Explanation:

Within group counseling, counselors are expected to foster participation, interaction, self-exploration, and mutual responsibility.

Effective group work typically involves:

- * Building authentic relationships among members
- * Encouraging appropriate self-disclosure
- * Supporting members in exploring personal issues
- * Promoting responsibility for self and sensitivity to others

Options B, C, and D all reflect desired therapeutic outcomes in groups:

- * B: Developing positive, natural relationships is a core benefit of group interaction.
- * C: Exploring personal issues within a supportive group is central to group counseling's therapeutic power.
- * D: Learning responsibility to self and others aligns with group norms and interpersonal learning.

In contrast, A describes a client who only listens and stays anonymous, avoiding meaningful participation or self-disclosure. While some initial caution is normal, maintaining anonymity throughout the group undermines the interactive and experiential nature of group counseling and is therefore least desirable.

So the correct answer is A.

NEW QUESTION # 139

In addition to observing a client for signs and symptoms, what other information should counselors identify when determining a diagnosis?

- A. Client's goals for counseling
- **B. Existence of functional disturbances**
- C. Length of time in counseling
- D. Client's view of the problem

Answer: B

Explanation:

Within the Assessment and Testing core area, CACREP notes that diagnosis is not based only on signs and symptoms, but also on the impact on functioning. In line with diagnostic standards (e.g., DSM), counselors must determine whether symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

* Therefore, beyond symptom observation, counselors must assess for functional disturbances-how the client's life, work, school, or relationships are being affected.

Length of time in counseling (B), client's goals (C), and client's view of the problem (D) are clinically important, but they are not the core additional criterion for diagnosis. Diagnostic decisions hinge on both symptom patterns and functional impairment, making A the correct answer.

NEW QUESTION # 140

Within the context of Minuchin's theory of family counseling, standards that govern behavior in families are determined primarily by

- **A. Family norms**
- B. Socioeconomic status
- C. Genetics
- D. Family hierarchy

Answer: A

Explanation:

In Counseling and Helping Relationships, especially in systemic and family counseling, Minuchin's structural family therapy focuses on:

- * Family structure (patterns of interaction),
- * Subsystems,
- * Boundaries,
- * Rules and norms that govern behavior.

The "standards that govern behavior" in a family-what is acceptable, expected, or prohibited-are best described as family norms (Option B). These norms shape how members interact, how power is distributed, and how roles are carried out.

* Family hierarchy (D) is one important aspect of structure (who has authority over whom), but the broader phrase "standards that govern behavior" aligns more directly with norms and rules across the whole family system.

* Genetics (A) and socioeconomic status (C) may influence the family, but they are not Minuchin's primary explanatory construct for behavioral standards.

Thus, B. Family norms is the best answer.

NEW QUESTION # 141

The concept of self-actualization, as a goal in personal development, is primarily attributable to which of the following theorists?

- A. Glasser
- B. Rogers
- C. Perls
- **D. Maslow**

Answer: D

Explanation:

In the Human Growth and Development core area, counselors study major developmental and personality theories, including humanistic and existential approaches.

* Abraham Maslow proposed the hierarchy of needs, a motivational model in which human needs are arranged from basic physiological needs to safety, love/belonging, esteem, and finally self-actualization at the top.

* In Maslow's framework, self-actualization is the realization of one's full potential and is explicitly presented as a central goal of personal development.

* Carl Rogers (Option C) also discussed an actualizing tendency and the movement toward becoming a "fully functioning person," but the classic concept of self-actualization as the pinnacle of a hierarchy of needs is most directly associated with Maslow.

* Fritz Perls (Option B) is associated with Gestalt therapy, focusing on awareness, here-and-now experience, and integration of the self, but not primarily on the hierarchical notion of self-actualization.

* William Glasser (Option D) developed Reality Therapy and Choice Theory, emphasizing responsibility and needs satisfaction (love/belonging, power, freedom, fun, survival), but again, not self-actualization as framed in Maslow's model.

Because self-actualization as a specific, named goal in development is most strongly and classically linked with Abraham Maslow, the correct answer is A (Maslow).

NEW QUESTION # 142

What is the best diagnosis for a 40-year-old client who reports feeling hopeless and worthless, difficulty concentrating, and suicidal ideation nearly every day for the past two weeks, and who previously experienced the same symptoms as a traditionally-aged college student?

- **A. major depressive disorder, recurrent**
- B. bipolar I disorder
- C. major depressive disorder, single episode
- D. persistent depressive disorder

Answer: A

Explanation:

In the Intake, Assessment and Diagnosis domain, counselors are expected to gather history, duration, and prior episodes of symptoms to determine the most accurate diagnosis using established diagnostic criteria (e.

g., DSM-5-TR depressive disorders).

* The client currently meets criteria for a major depressive episode: hopelessness, worthlessness, impaired concentration, and suicidal ideation occurring nearly every day for at least two weeks.

* The question also states the client previously experienced the same symptoms during college. This history of a prior major depressive episode means the current presentation is not a single episode but part of a pattern of recurring episodes.

Therefore, the appropriate diagnosis is:

* A. major depressive disorder, recurrent

Why the other options are not the best fit:

* B. major depressive disorder, single episode - incorrect because the client has had more than one episode (current plus college years).

* C. persistent depressive disorder - this requires a chronic depressed mood over at least two years, typically less episodic and more continuous than what is described.

* D. bipolar I disorder - requires at least one manic episode; there is no indication of manic or hypomanic symptoms.

Accurately distinguishing between single-episode and recurrent disorders reflects the counselor's responsibility to integrate symptom history and duration into a diagnostic formulation, as emphasized in the NBCC work behavior expectations for assessment and diagnosis.

NEW QUESTION # 143

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