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NBCC National Counselor Examination Sample Questions (Q131-Q136):

NEW QUESTION # 131

What is the appropriate emphasis in career counseling with persons who are vocationally immature?

- A. Establish long-term goals.
- **B. Provide occupational information.**
- C. Identify occupational choices.
- D. Evaluate past career-related decisions.

Answer: B

Explanation:

When clients are described as vocationally immature, they typically lack sufficient awareness of the world of work, have limited understanding of career options, and often have not yet developed realistic views of themselves in relation to occupations. Within the NBCC Counselor Work Behavior Areas, career-focused practice emphasizes meeting clients where they are developmentally and supplying the foundational information and experiences needed before moving into more advanced planning tasks.

For vocationally immature clients, the appropriate emphasis is on providing occupational information- helping them learn about different types of work, training requirements, work environments, typical duties, earnings, and opportunities for advancement. This information reduces confusion, increases readiness for decision-making, and supports later steps like goal setting and occupational choice, making Option B correct.

* Option A (Identify occupational choices) is premature if the client does not yet understand the range of possibilities.

* Option C (Evaluate past career-related decisions) is not central when the person has made few or no meaningful career decisions.

* Option D (Establish long-term goals) is also a later-stage task; vocationally immature clients often struggle with long-range planning until they have more information and self-understanding.

NBCC work expectations related to clinical focus in career counseling stress using developmentally appropriate interventions-building awareness and knowledge first, then progressing toward decision-making and long-term planning.

NEW QUESTION # 132

When Rogers's statement "What is most personal is most general" is applied in a group counseling context, it is called

- A. Universalization
- B. Generalization
- C. Transference
- D. Projection

Answer: A

Explanation:

In the Group Counseling and Group Work core area, counselors learn about therapeutic factors in groups, such as universality/universalization.

* In groups, when an individual shares something deeply personal and then discovers that others have similar feelings or experiences, members realize that what feels "most personal" is often shared and common.

* This experience is called universality or universalization-the recognition that "I am not alone in this." This directly reflects Rogers's idea that what is most personal is also most general, and in group work that concept is labeled universalization (B).

Projection (A) involves attributing one's own unacceptable feelings to others. Transference (C) involves transferring feelings from past significant relationships onto the counselor or group members. Generalization (D) is a learning principle, not the specific group therapeutic factor being referenced here.

Thus, the correct term in group counseling for Rogers's idea in this context is B. Universalization.

NEW QUESTION # 133

A client with a terminal illness discloses to their hospice counselor that they would like to discuss the option of assisted suicide. Which of the following should the counselor do first?

- A. Review palliative care medications.
- B. Seek consultation or supervision from professional and legal parties.
- C. Maintain confidentiality to protect the therapeutic relationship.
- D. Inform the client's family immediately to discuss next steps.

Answer: B

Explanation:

When a client brings up assisted suicide, the counselor is dealing with a situation that involves serious ethical, legal, and clinical considerations. The NBCC Counselor Work Behavior Areas emphasize that counselors must know and follow applicable laws, adhere to ethical standards, and seek supervision or consultation when facing complex or high-risk situations.

The best first step is Option A: seek professional and legal consultation/supervision. This helps the counselor clarify:

* Legal requirements in their jurisdiction regarding assisted suicide.

* Ethical obligations related to client safety, autonomy, and confidentiality.

* Appropriate clinical responses and documentation.

Option B (maintain confidentiality) is important but not an action step and may need to be reconsidered if there is clear risk of self-harm. Option C (inform the family) could violate confidentiality without proper legal

/ethical grounding. Option D (review palliative medications) is outside the counselor's scope. Consulting first allows the counselor to proceed in an informed, ethical, and legally sound manner.

NEW QUESTION # 134

A counselor who believes that most thoughts and behaviors are learned and subject to change, and that the procedures employed with a client can be specifically designed to help the individual in solving a particular problem, has which theoretical orientation?

- A. Person-centered counseling
- B. Cognitive behavioral counseling

- C. Trait-and-factor counseling
- D. Existential counseling

Answer: B

Explanation:

Within the CACREP core area Counseling and Helping Relationships, counselors are expected to understand major counseling theories, including cognitive-behavioral approaches. Cognitive-behavioral counseling is based on the assumption that thoughts and behaviors are learned and therefore can be changed through structured interventions. It is:

- * Problem-focused and goal-oriented
- * Time-limited and highly structured
- * Emphasizes specific techniques that directly target the client's presenting issue This matches the description in the question: the counselor believes (1) most thoughts and behaviors are learned and changeable, and (2) specific procedures can be designed to help solve a particular problem.
- * Existential counseling (B) focuses on meaning, freedom, choice, and responsibility, not mainly on learned behaviors and structured techniques.
- * Person-centered counseling (C) emphasizes unconditional positive regard, empathy, and congruence, with a non-directive stance rather than specifically designed problem-solving procedures.
- * Trait-and-factor counseling (D) is associated with career counseling, focusing on matching traits to occupational factors, not on changing learned thoughts and behaviors.

Thus, the orientation described is cognitive behavioral counseling (A).

NEW QUESTION # 135

When should a counselor discuss the purpose of a group?

- **A. During the screening process**
- B. If the group members ask
- C. During the first session
- D. As the group evolves

Answer: A

Explanation:

Effective group work requires that members understand the group's purpose, goals, and expectations before they commit to participate. Within NBCC-aligned work behaviors for group counseling, counselors are expected to:

- * Clarify the purpose, structure, and expectations of the group during the screening or pre-group orientation phase (Option A).
- * Ensure that clients can make an informed decision about whether the group fits their needs.
- * Promote psychological safety by reducing uncertainty from the outset.

Although the counselor may restate or refine the purpose in the first session or as the group progresses, ethically and professionally it should not be delayed:

- * Waiting until the first session (Option B) means members are already committed and may feel pressured to stay even if the group is not appropriate.
- * Only discussing it as the group evolves (Option C) or if members ask (Option D) fails to meet expectations for informed consent and clear contracting.

Thus, according to professional group counseling standards embedded in the Counselor Work Behavior Areas, the counselor should discuss the group's purpose during the screening process.

NEW QUESTION # 136

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