

100% Pass Quiz 2026 NBCC NCE-ABE: National Counselor Examination Unparalleled Exam Online

National Counselor Examination with 100% correct answers 2022\23

Using motivation from 'within' is known as _____

- A. Inside motivation
- B. Interior motivation
- C. Intrinsic motivation
- D. Idealistic motivation - Correct answer-C. Intrinsic motivation

Which of the following is not an example of extrinsic motivation?

- A. Employee performance improves when wages are increased
- B. A sleep apnea patient follows a strict sleep hygiene plan
- C. Children finish a task more quickly if they are promised candy
- D. A student studies more on a test to make the highest grade in the class - Correct answer-B. A sleep apnea patient follows a strict sleep hygiene plan

Which of the following socioeconomic factor could affect the outcome of therapeutic counseling? Choose all that apply.

- A. Lack of transportation
- B. Lack of intrinsic motivation
- C. Lack of positive cultural norms for entering therapy
- D. None of the above - Correct answer-A. Lack of transportation
- C. Lack of positive cultural norms for entering therapy

What is the meaning of transference/countertransference relationships? Choose all that apply.

- A. A client transferring their relationship with another onto the therapist
- B. The therapist transferring their relationship with another onto the client
- C. Transferring the blame or outcome of behavior onto someone else
- D. None of the above - Correct answer-A. A client transferring their relationship with another onto the therapist
- B. The therapist transferring their relationship with another onto the client

What is one instance that might cause a clinician to break the strong code of client confidentiality?

- A. Feeling the need to talk
- B. Duty to warn
- C. When the therapist is going on vacation
- D. All of the above - Correct answer-B. Duty to warn

Behavior Theory - Correct answer-comes from the idea that all behaviors are learned and acquired through a process known as conditioning

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NBCC National Counselor Examination Sample Questions (Q187-Q192):

NEW QUESTION # 187

To elicit strengths that might improve the likelihood of goal attainment, a counselor might ask the client which of the following?

- A. "What is the worst part about having this problem?"
- B. "How have you been able to stop the problem from getting worse?"
- C. "What resources do you wish you had?"
- D. "What is your most positive memory from childhood?"

Answer: B

Explanation:

In treatment planning, counselors are expected to identify and incorporate client strengths, resources, and existing coping strategies to increase the likelihood of successful goal attainment. Option A is a strengths- focused question because it:

- * Directs attention to what the client is already doing that is working, even partially.
- * Helps uncover existing skills, strategies, supports, or internal resources the client uses to prevent the situation from deteriorating.
- * Allows those strengths to be built into the treatment plan as intentional interventions.

The other options are less directly focused on usable strengths for goal attainment:

- * B. "What is the worst part about having this problem?" explores distress and problem impact, not strengths.
- * C. "What resources do you wish you had?" can be useful, but it focuses on missing or external resources, not current strengths the client already possesses.
- * D. "What is your most positive memory from childhood?" might be helpful for rapport or narrative work, but it does not necessarily elicit current, goal-relevant strengths.

NBCC Counselor Work Behavior Areas related to treatment planning emphasize using client resilience, skills, and successes as part of collaborative goal setting and intervention design. Asking about how the client has kept the problem from becoming worse, as in Option A, directly aligns with that strengths-based, change- oriented approach.

NEW QUESTION # 188

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

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

Answer: C

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 # 189

Within group counseling, the formation of subgroups as a reaction to initial intragroup conflict:

- A. Is a phenomenon to be expected.
- B. Indicates need for change in leadership style.
- C. Should be prevented by the counselor.
- D. Serves as an indicator of counseling effectiveness.

Answer: A

Explanation:

Counselors are expected to understand group development processes and respond therapeutically rather than pathologizing normal group phenomena.

During the transition stage of group development, members often experience:

- * Anxiety and uncertainty
- * Testing of the leader
- * Conflict and disagreement
- * Possible formation of subgroups as members seek safety and alignment

The formation of subgroups in response to early intragroup conflict is a common and expected phenomenon in group counseling, not automatically a sign of poor leadership or failure.

* B. Should be prevented by the counselor - trying to suppress all subgrouping can interfere with authentic expression and working through conflict.

* C. Indicates need for change in leadership style - subgroup formation alone does not automatically mean the leader is ineffective.

* D. Indicator of counseling effectiveness - subgrouping is developmental, not inherently a sign of success or failure.

Recognizing this as an expected part of group development (A) allows the counselor to facilitate movement toward cohesion and productive work rather than overreacting to normal dynamics.

NEW QUESTION # 190

Which of the following would be the most appropriate approach for the counselor to use to help the client clarify vague descriptions of depression and existential concerns?

- A. Generate and discuss possible antecedents of depression for the client to consider and evaluate.
- B. Confront the client's inconsistency between feelings of depression and lack of explanation of those feelings.
- C. Use active-listening skills to help the client to be more competent in describing the problem.
- D. Challenge the client to establish a structure with which the client can organize life values.

Answer: C

Explanation:

When a client presents vague descriptions of depression and existential concerns, the first task is to clarify and deepen understanding of the client's experience. The counselor should use core counseling micro-skills

, especially:

- * Attentive listening
- * Reflections of feeling and content
- * Clarification
- * Summarizing

These are all part of active listening, which helps the client find words for internal experiences and feel safe enough to explore more deeply. That is why Option B is the best answer.

Why the other options are less appropriate at this stage:

* A. Challenge the client to establish a structure for organizing life values. This is more advanced, existential/values work that may be appropriate later, but it is premature when the client's descriptions are still vague and unclear.

* C. Generate and discuss possible antecedents of depression. This leans toward a cognitive-behavioral analysis (triggers, thoughts, behaviors). It can be helpful eventually, but it risks imposing explanations before the client has fully expressed and clarified their internal world.

* D. Confront inconsistency between feeling depressed and lack of explanation. Confrontation here can feel invalidating or shaming ("you can't explain it, so something is wrong with your story"), and it may shut down rather than open up exploration.

The NBCC Counselor Work Behavior Areas emphasize that effective counselors rely first on empathic, active listening and clarification to understand the client's subjective experience before moving to more structured or challenging intervention

NEW QUESTION # 191

Generalized anxiety disorder is best characterized by which of the following symptom patterns?

- **A. Continual yet diffuse and overly-intense reactions to day-to-day stress**
- B. Repetitive thoughts and ritualistic actions
- C. Overconcern with bodily functioning and possible ailments
- D. Pervasive lack of enthusiasm coupled with continual fatigue

Answer: A

Explanation:

In the intake, assessment, and diagnosis domain, counselors must distinguish among common mental disorders based on symptom patterns. Generalized anxiety disorder (GAD) is characterized by:

- * Excessive anxiety and worry occurring more days than not
- * Worry that is difficult to control
- * Concerns that are broad and diffuse, often about everyday events or activities
- * Associated symptoms such as restlessness, fatigue, muscle tension, irritability, and sleep disturbance This is captured by Option D: continual yet diffuse and overly-intense reactions to day-to-day stress.

The other options describe different clinical patterns:

- * A: A persistent lack of enthusiasm with fatigue is more characteristic of depressive disorders.
- * B: Overconcern with bodily functioning and possible ailments fits somatic symptom-related or illness anxiety presentations, not classic GAD.

- * C: Repetitive thoughts and ritualistic actions are typical of obsessive-compulsive disorder (OCD).

Thus, the symptom pattern most consistent with generalized anxiety disorder is D.

NEW QUESTION # 192

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