

Latest CPCE Test Answers & CPCE Exam Study Guide

CPCE Sample Test Latest Update 2024 Questions And Answers

Kohlberg's theory of moral development includes 3 progressive levels culminating in...

- A. self-actualization, wherein the individual is fully humanistic.
- B. principled thought, wherein the individual adopts a self-accepted set of standards of behavior.
- C. androgyny, wherein the individual exhibits both male and female stereotypic behaviors.
- D. personhood, wherein the individual is free from moral dilemmas. - Answer B

A professional counselor determines fees for monthly consultation services on a job-by-job basis. This is an example of which of the following types of reinforcement schedules?

- A. variable interval
- B. fixed interval
- C. variable ratio
- D. fixed ratio - Answer C

Research on the development of a person in a so-called "humanistic life outlook" has shown that it is facilitated by

- A. formal educational experiences.
- B. observational learning experiences.
- C. diverse interpersonal interactions.
- D. all of the above. - Answer D

When persons who are characteristically shy and withdrawn participate in "assertiveness training," initially they experience uncertainty and self-doubt. Counselors refer to this social psychological concept as

- A. cognitive dissonance.
- B. dissociation.
- C. individuation.
- D. acculturation - Answer A

"Men (used here to mean all people) are disturbed not by things, but by the view which they take of them." This quote, attributable to Epictetus, most closely describes the counseling theory developed by

- A. Rogers.
- B. Carkhuff.
- C. Freud.
- D. Ellis. - Answer D

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CCE Global Counselor Preparation Comprehensive Examination (CPCE) Sample Questions (Q141-Q146):

NEW QUESTION # 141

A mother strictly enforces rules and expects compliance without room for discussion. What type of parenting style is this mother demonstrating?

- A. authoritative
- **B. authoritarian**
- C. permissive

Answer: B

Explanation:

An authoritarian parenting style is characterized by high demands and low responsiveness. Parents set strict rules, expect obedience, and provide little open dialogue. "Authoritarian parents are rigid, expect strict adherence to rules, and allow little room for negotiation." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling: A Comprehensive Profession (8th Edition).

NEW QUESTION # 142

The belief that a test can obtain psychological information about a person, without the person knowing the information is being obtained, gives rise to the ethical consideration known as

- A. breach of confidentiality.
- **B. invasion of privacy.**
- C. misappropriation.

Answer: B

Explanation:

When an assessment or test gathers psychological information about an individual without their knowledge or informed consent, it raises the ethical issue of invasion of privacy. This consideration requires professionals to ensure that individuals are aware of and have agreed to the assessment process.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics.

NEW QUESTION # 143

What is the difference between a cognitive distortion and an irrational belief in cognitive behavioral therapies?

- A. Irrational beliefs are momentary thought patterns that influence our thoughts and feelings, whereas cognitive distortions are deeply ingrained thought patterns that influence our behaviors.
- B. Cognitive distortions and irrational beliefs are relatively the same concept within cognitive behavioral therapies that have no meaningful distinctions between them.
- **C. Cognitive distortions are specific thoughts patterns that skew a person's perception of reality, whereas irrational beliefs are generalized and deeply held false assumptions about oneself.**

Answer: C

Explanation:

Cognitive distortions are specific, systematic errors in thinking that lead to inaccurate perceptions (e.g., catastrophizing, overgeneralization). Irrational beliefs, as described in Rational Emotive Behavior Therapy (REBT), are deeply held, global, and unrealistic assumptions about oneself, others, or the world (e.g., "I must be loved by everyone to be worthwhile"). While both are central to cognitive behavioral therapies, cognitive distortions are seen as habitual faulty thought patterns, whereas irrational beliefs are more generalized and fundamental in shaping one's worldview.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2017). Theory and Practice of Counseling and Psychotherapy (10th Edition).

NEW QUESTION # 144

Countertransference becomes an ethical issue when

- A. clients ask counselors to treat them as others have in the past.
- B. counselors become focused on their own personal issues.
- **C. counselors lose objectivity in counseling relationships.**

Answer: C

Explanation:

Countertransference becomes an ethical issue when counselors lose objectivity in counseling relationships, as personal feelings and unresolved issues may interfere with the counselor's ability to serve the client's best interests. Ethical counseling requires counselors to monitor their own emotional reactions and maintain professional boundaries at all times.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics (2014).

NEW QUESTION # 145

Ethnocentrism is defined as:

- **A. Believing one's own culture is superior**
- B. Accepting cultural differences
- C. Being culturally competent

Answer: A

Explanation:

Ethnocentrism involves judging other cultures by the standards of one's own culture and believing that one's own culture is superior. Recognizing and overcoming ethnocentrism is vital for effective multicultural counseling.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Sue, D. W., & Sue, D. (2016). Counseling the Culturally Diverse.

NEW QUESTION # 146

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