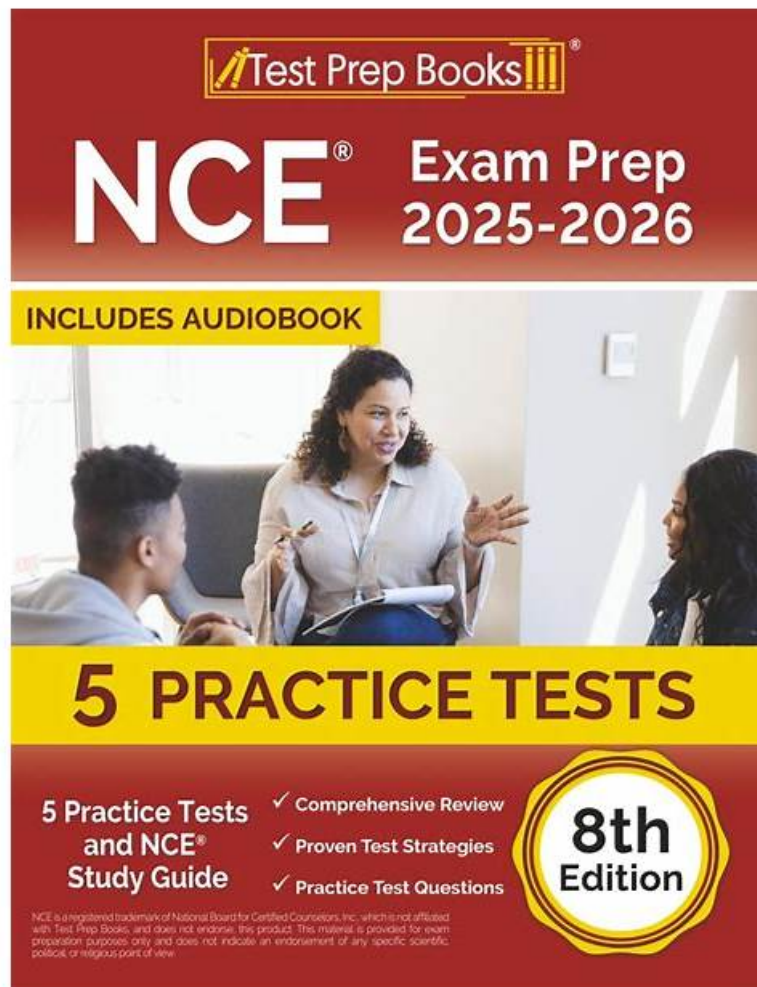


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## NBCC National Counselor Examination Sample Questions (Q146-Q151):

### NEW QUESTION # 146

A counselor conducting group counseling for retired persons should

- A. Focus on personal reminiscences by group members
- B. Avoid use of pre-group screening interviews to select group members
- C. Increase use of purpose-specific, structured group activities
- D. Focus on development of new, humanistic interpersonal coping skills

**Answer: A**

Explanation:

With retired and older adults, group counseling often benefits from life review and reminiscence, where members share and process past experiences, roles, accomplishments, regrets, and transitions. This helps with identity integration, meaning-making, grief, and adjustment to retirement, so a primary focus on personal reminiscences is particularly appropriate. Thus, Option D is correct.

\* Option A (more structured activities) can be useful, but structure alone is not the central developmental task for retired individuals; the question asks what the counselor should do, pointing to primary focus, not just a technique.

\* Option B is contrary to good practice: pre-group screening is recommended for most counseling groups, including those with older adults, to ensure appropriate membership and fit.

\* Option C (developing new humanistic coping skills) is not wrong in spirit, but it is overly vague and does not highlight the unique value of life review and reminiscence in later-life group counseling.

NBCC Counselor Work Behavior Areas emphasize that effective group interventions are adapted to the developmental stage and life tasks of the population served. For retired persons, structured reminiscence and life review are evidence-based, developmentally appropriate group foci.

### NEW QUESTION # 147

The type of test validity that refers to the test's relationship to independent ratings of an individual's performance in a particular area is:

- A. Construct validity.
- B. Face validity.
- C. Criterion validity.
- D. Content validity.

**Answer: C**

Explanation:

Within the Intake, Assessment and Diagnosis work behavior area, counselors are expected to understand the basic principles of test construction, reliability, and validity so they can select and interpret assessment instruments appropriately.

Criterion validity refers to how well a test score is related to an external criterion, such as independent ratings, real-world performance, or other objective measures of behavior or achievement. For example, if a test is designed to measure job performance, its criterion validity would be demonstrated by the strength of the relationship between test scores and supervisor performance ratings or actual productivity.

\* Face validity (A) is a superficial judgment about whether a test appears to measure what it claims to measure and is not based on statistical relationships.

\* Content validity (C) concerns whether the items on a test adequately represent the full range of the content area or domain being measured.

\* Construct validity (D) refers to how well a test measures a theoretical construct or trait (such as depression, anxiety, or intelligence) and involves an accumulation of evidence from many sources.

Because this question specifically references the test's relationship to independent ratings of performance, it is describing criterion validity, making option B the correct answer.

### NEW QUESTION # 148

What strategy would a counselor use with a client whose cultural background is different from their own?

- A. Address presenting concerns separately from culture, race, and ethnic background.
- B. Ask the client about any cultural issues or beliefs that may be impacting them.
- C. View cultural background as secondary to treatment planning.

- D. Wait for the client to share their cultural experiences.

**Answer: B**

Explanation:

Within the Social and Cultural Diversity core area, counselors are expected to demonstrate multicultural competence, which includes recognizing how culture, race, ethnicity, and worldview affect clients' experiences and concerns, and actively exploring these with clients. Ethical and culturally responsive practice involves:

- \* Openly inviting discussion of cultural beliefs, values, and experiences that may influence the client's presenting concerns.
- \* Avoiding assumptions or minimizing culture as "secondary" to treatment.

Option D reflects this standard: the counselor asks the client directly about any cultural issues or beliefs that may be impacting them, honoring client expertise about their own cultural context and integrating it into case conceptualization and treatment planning.

- \* A places the responsibility fully on the client and can lead to important cultural issues being overlooked.
- \* B contradicts multicultural counseling principles by treating culture as unimportant.
- \* C suggests separating concerns from culture, which ignores the fact that many problems are embedded in cultural, racial, and systemic contexts.

Therefore, D is the strategy that aligns with CACREP's multicultural and social justice competencies.

### NEW QUESTION # 149

Which of the following is the experimentally validated treatment modality for individuals diagnosed with substance use disorder?

- A. Eye movement desensitization and reprocessing
- **B. Motivational interviewing**
- C. Narrative therapy
- D. Solution-focused brief therapy

**Answer: B**

Explanation:

In the Counseling Skills and Interventions work behavior area, counselors are expected to select interventions that are supported by empirical evidence for the client's specific concerns, including substance use disorders.

Motivational interviewing (MI) (Option A) is a widely researched, empirically supported treatment modality for individuals with substance use disorders. It is a client-centered, directive approach designed to:

- \* Enhance intrinsic motivation for change,
- \* Resolve ambivalence,
- \* Support clients in moving through stages of change regarding substance use.

Core MI skills often summarized as OARS (open questions, affirmations, reflections, summaries) are used to elicit and strengthen "change talk" and reduce resistance. Research has consistently shown MI's effectiveness in reducing substance use and increasing treatment engagement across various populations and settings.

Why the other options are less appropriate here:

- \* B. Narrative therapy - While potentially helpful for meaning-making and identity reconstruction, it is not the primary empirically validated front-line modality for substance use disorders.
- \* C. Solution-focused brief therapy - Has some supportive evidence for various problems and can be useful in certain substance-related contexts, but MI has a stronger and more direct evidence base specifically for substance use disorders.
- \* D. Eye movement desensitization and reprocessing (EMDR) - Primarily validated for trauma-related disorders, particularly PTSD, rather than as a core, primary treatment for substance use disorders.

NBCC-aligned counselor work behaviors emphasize that practitioners should match interventions to the problem using approaches with strong empirical support, making motivational interviewing the best choice among the options for treating substance use disorders.

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### NEW QUESTION # 150

According to research by John Gottman on counseling married couples, which of the following is not a predictor of divorce or marital misery?

- A. Stonewalling
- **B. Anger**
- C. Defensiveness

- D. Criticism

**Answer: B**

Explanation:

John Gottman's research on couples identified specific negative interaction patterns that strongly predict divorce and marital distress, often called the "Four Horsemen":<sup>3</sup>

- \* Criticism
- \* Defensiveness
- \* Contempt
- \* Stonewalling

From the options provided, criticism (C), defensiveness (A), and stonewalling (B) are three of these four.

Anger, however, is not one of the Four Horsemen and, by itself, is not the direct predictor identified by Gottman. Couples can experience and express anger without necessarily being on a path toward divorce, especially if anger is expressed in a constructive, regulated way.<sup>3</sup> Therefore, Option D (anger) is not the specific Gottman-identified predictor and is the correct answer.

Why the other options are predictors:

- \* A. Defensiveness - Involves blaming, making excuses, and refusing to take responsibility, which undermines problem-solving and connection.
- \* B. Stonewalling - Emotional withdrawal and shutting down during conflict, which blocks repair and connection.
- \* C. Criticism - Attacks the partner's character or personality (e.g., "You always..." "You never..."), not just specific behaviors.<sup>3</sup>

Within the Areas of Clinical Focus work behavior area, counselors who work with couples are expected to understand relationship dynamics and empirically derived predictors of marital distress, using this knowledge to guide assessment and intervention.

## NEW QUESTION # 151

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