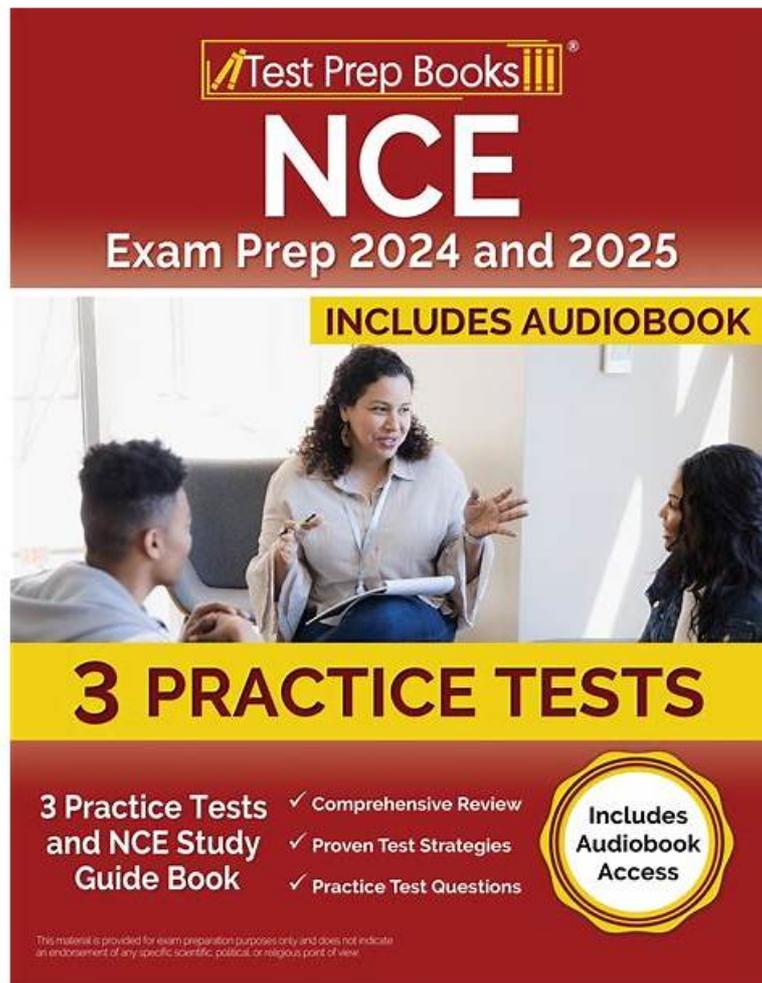


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## **NBCC National Counselor Examination Sample Questions (Q17-Q22):**

### **NEW QUESTION # 17**

Techniques such as relaxation training, covert modeling, mental imagery, interpretation, and empty chair are routinely used by counselors who favor which of the following approaches to counseling?

- A. Eclectic
- B. Cognitive
- C. Affective
- D. Behavioral

**Answer: A**

Explanation:

The techniques listed come from different theoretical orientations:

- \* Relaxation training - commonly associated with behavioral and cognitive-behavioral approaches.
- \* Covert modeling - a behavioral technique using imagined models.
- \* Mental imagery - used in both cognitive and experiential/affective approaches.
- \* Interpretation - often associated with psychodynamic and insight-oriented therapies.
- \* Empty chair - a hallmark of Gestalt and other affective/experiential approaches.

Because this list spans multiple theoretical orientations, the best match is D. Eclectic, where counselors intentionally draw techniques from different theories and apply them in an integrated manner based on client need rather than allegiance to a single model.

NBCC Counselor Work Behavior Areas describe effective counselors as able to:

- \* Select and apply a variety of interventions.
- \* Match techniques to client goals, problems, and preferences.
- \* Integrate methods from different orientations when appropriate.

This is the essence of an eclectic approach, making D the correct answer.

### NEW QUESTION # 18

The statistical index that reflects the average distance of scores from the mean is the:

- A. Range.
- B. Correlation coefficient.
- C. Standard deviation.
- D. Standard score.

**Answer: C**

Explanation:

In assessment, counselors are expected to understand basic statistics used to interpret test scores. The standard deviation is the measure that indicates, on average, how far individual scores fall from the mean of a distribution. It is a key index of variability around the average.

- \* When the standard deviation is small, scores cluster closely around the mean.
- \* When it is large, scores are more spread out.

Thus, option C. Standard deviation is correct.

Why the others are incorrect:

- \* A. Correlation coefficient measures the degree and direction of relationship between two variables, not the average distance from the mean.
- \* B. Range is the difference between the highest and lowest score; it is a simple measure of spread but does not reflect the average distance of scores from the mean.
- \* D. Standard score (e.g., z-score, T-score) is a transformed score that indicates how far an individual score lies from the mean in standard deviation units, but it is not the name of the variability index itself.

Knowledge of how to interpret scores using concepts like the mean and standard deviation is part of Intake, Assessment and Diagnosis, as counselors must interpret test results accurately to inform case understanding and decision-making.

### NEW QUESTION # 19

What is the ethical obligation related to client confidentiality when a counselor assumes the role of a group leader?

- A. Encourage members to use discretion when sharing information about group members in order to do no harm.
- B. Assure members that all information shared in the group will remain confidential until the group terminates.
- C. Remind members of their obligation to share only information about non-counseling-related details.
- D. Encourage group members not to share group conversations outside of the group.

**Answer: D**

Explanation:

Under Professional Counseling Orientation and Ethical Practice, CACREP-aligned ethics stress that:

- \* Counselors have a clear duty to protect confidentiality,
- \* But in group counseling, the leader cannot ethically guarantee that other members will maintain confidentiality.
- \* The counselor must explain the limits of confidentiality and encourage members to honor group privacy.

Therefore, the group leader's ethical obligation is to strongly encourage members not to share group discussions outside the group and to educate them about the importance and rationale for confidentiality.

This is captured by Option B.

- \* Option A is unethical because no counselor can guarantee that other members will keep information confidential.
  - \* Option C incorrectly suggests members should limit sharing only to non-counseling details, which is not how confidentiality is framed; the focus is on not sharing other members' counseling-related disclosures.
  - \* Option D weakens the standard by suggesting that some sharing is acceptable if "discreet," which conflicts with the usual ethical guidance to avoid sharing group members' personal information at all.
- Thus, B best reflects the ethical obligation of a group leader regarding confidentiality.

### NEW QUESTION # 20

A client prefers ideas, words, and symbols. How would this individual be classified according to Holland's career theory?

- A. Social
- **B. Investigative**
- C. Enterprising
- D. Realistic

**Answer: B**

Explanation:

In the Career Development core area, counselors must understand major theories of career choice, including Holland's RIASEC model. Holland proposed six personality-environment types: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.

- \* Investigative types prefer working with ideas, symbols, and abstract concepts, and enjoy activities that involve thinking, analyzing, and problem-solving (often in scientific, mathematical, or theoretical areas). This matches the description in the question.
- \* Social types (A) prefer working with people, helping, teaching, or serving.
- \* Realistic types (B) prefer working with things, tools, machines, or hands-on activities.
- \* Enterprising types (C) prefer persuading, leading, or selling, often in business or leadership settings.

Because the stem emphasizes a preference for ideas, words, and symbols rather than people, things, or persuasion, the classification that best fits Holland's model is Investigative (Option D).

### NEW QUESTION # 21

Which of the following techniques best characterizes the demonstration of advanced empathy to a client?

- A. Asking questions
- **B. Reflecting conflicting feelings**
- C. Reflecting content
- D. Demonstrating interest

**Answer: B**

Explanation:

Empathy develops in levels:

- \* Basic empathy often involves accurate reflection of content and primary feelings.
- \* Advanced (or additive) empathy goes further by identifying and reflecting underlying, implied, or conflicting feelings, including ambivalence or feelings the client has not yet clearly expressed.

Option D. Reflecting conflicting feelings captures this advanced level of empathy because the counselor:

- \* Recognizes that the client may feel two or more emotions at the same time (e.g., anger and love, fear and excitement).
- \* Helps the client gain deeper self-awareness by naming these tensions or contradictions.

The other options are less specific to advanced empathy:

- \* A. Asking questions - can facilitate exploration but is not, by itself, empathy.
- \* B. Demonstrating interest - important for rapport but too general to qualify as advanced empathy.
- \* C. Reflecting content - is a helpful basic skill but focuses on the story or facts rather than deeper emotional complexity.

In the Core Counseling Attributes domain, advanced empathy is a key indicator of a counselor's ability to accurately perceive and



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