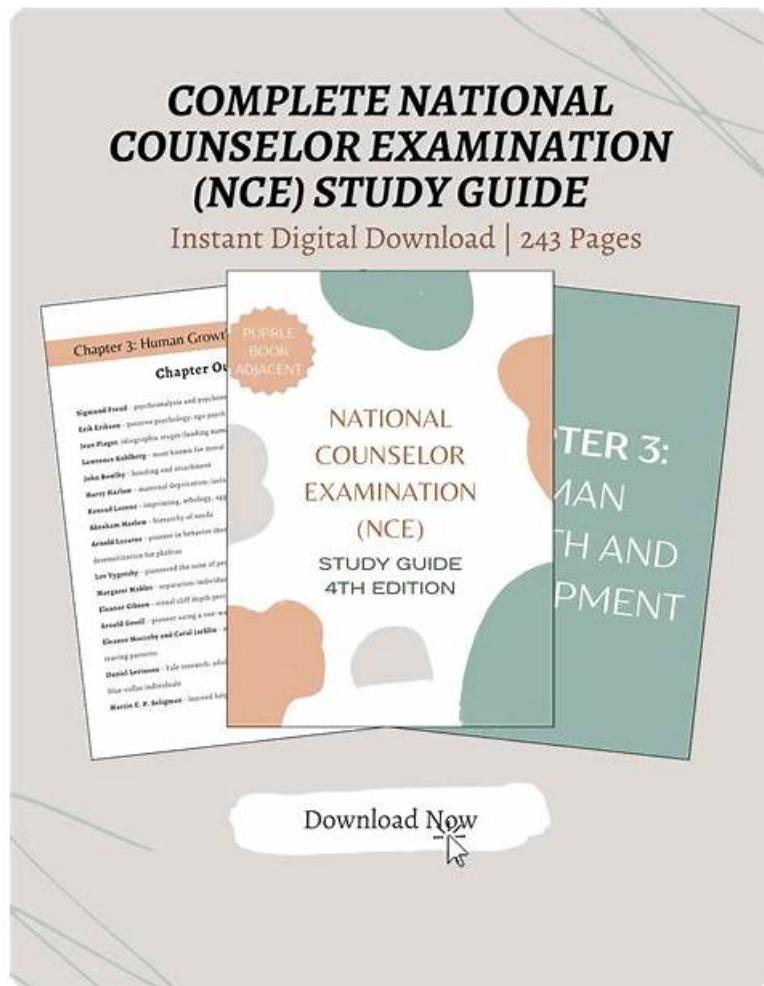


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## NBCC National Counselor Examination Sample Questions (Q87-Q92):

NEW QUESTION # 87

What is a primary component of Minuchin's structural family therapy?

- A. Homeostatic systems
- B. Catharsis and interpersonal feedback
- C. Therapeutic spontaneity
- D. Conflict resolution

**Answer: A**

Explanation:

Within Counseling and Helping Relationships, CACREP includes knowledge of systemic and family counseling theories, including structural family therapy developed by Salvador Minuchin.

\* Structural family therapy views the family as a system that seeks homeostasis, meaning it tends to maintain its existing patterns and organization, even when those patterns are dysfunctional. A core idea is that the family structure (subsystems, boundaries, hierarchies, alignments) maintains symptoms to preserve this homeostatic balance. Interventions aim at restructuring these patterns so that healthier, more flexible functioning can emerge. Thus, the concept of homeostatic systems (A) is central to this model.

\* Catharsis and interpersonal feedback (B) are more characteristic of group counseling models (for example, Yalom's therapeutic factors), not uniquely structural family therapy.

\* Therapeutic spontaneity (C) is more closely associated with experiential family therapists such as Carl Whitaker, who emphasized creativity and spontaneity.

\* Conflict resolution (D) can occur in many counseling approaches but is not the defining core construct of Minuchin's structural model; the key focus is on family structure and systemic homeostasis.

Therefore, among the options provided, homeostatic systems (A) is the primary component most directly tied to structural family therapy.

#### NEW QUESTION # 88

Which counselor behavior demonstrates genuineness?

- A. Congruence
- B. Paraphrasing
- C. Self-disclosure
- D. Empathic response

**Answer: A**

Explanation:

Within Counseling and Helping Relationships, CACREP highlights core conditions from person-centered theory: empathy, unconditional positive regard, and genuineness (also called congruence).

\* Genuineness/congruence means the counselor's outer responses match their inner experience- they are authentic, real, and not putting on a professional facade.

\* Among the options, "congruence" (B) is the technical term that directly corresponds to genuineness.

Paraphrasing (A) and empathic responding (D) are important attending and empathy skills, but they do not automatically mean the counselor is genuine. Self-disclosure (C) can be a tool that may express genuineness, but it is not, by itself, the definition of genuineness and can even be misused.

Therefore, the counselor behavior that most clearly and directly demonstrates genuineness is B. Congruence.

#### NEW QUESTION # 89

Which of Super's major career concepts focuses on completion of appropriate tasks at each developmental stage?

- A. Crystallization
- B. Self-efficacy
- C. Career maturity
- D. Maintenance

**Answer: C**

Explanation:

In Donald Super's career development theory, career maturity refers to a person's readiness to successfully complete the career-related tasks appropriate to their developmental stage. This includes:

- \* Making realistic career decisions at that stage.
- \* Possessing attitudes and competencies needed for age-appropriate career exploration and choices.

Thus, career maturity (C) is the concept that explicitly focuses on completion of appropriate tasks at each developmental stage.

- \* A. Self-efficacy refers to belief in one's ability to perform tasks, but it is a broader construct (Bandura), not specific to Super's framework.
- \* B. Maintenance is one of Super's life-span stages (maintaining one's career status), not the overarching concept of task readiness.
- \* D. Crystallization is a sub-stage where a person begins to clarify and firm up a vocational preference, but it is only one part of the broader picture.

In the NBCC Counselor Work Behavior Areas, understanding career development theories and tasks across the lifespan is a core clinical focus for career counseling.

### NEW QUESTION # 90

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

- A. Anger
- B. Stonewalling
- C. Criticism
- D. Defensiveness

#### Answer: A

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 # 91

What would a counselor do during the diagnostic process?

- A. Discuss treatment alternatives.
- B. Conceal the diagnosis from the client.
- C. **Involve the client actively.**
- D. Accept any previous diagnosis without reassessment.

#### Answer: C

Explanation:

During intake, assessment, and diagnosis, counselors are expected to collaborate with clients, involve them actively in understanding what is being assessed, and explain the purpose and implications of diagnosis. This includes:

- \* Using the client's self-report as an essential source of data.
- \* Inviting questions and feedback about symptoms and diagnostic impressions.
- \* Promoting transparency and shared understanding rather than a "secret" label.

Therefore, involving the client actively (A) best reflects ethical and competent diagnostic practice.

- \* B. Conceal the diagnosis from the client is inconsistent with informed consent and collaborative practice.

\* C. Discuss treatment alternatives is important but is more central to treatment planning after diagnosis, not to the diagnostic process itself.

\* D. Accept any previous diagnosis without reassessment ignores the responsibility to re-evaluate current functioning, context, and symptoms.

This fits NBCC expectations that counselors use diagnosis thoughtfully and collaboratively as part of a larger assessment process.

## NEW QUESTION # 92

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