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## NBCC National Counselor Examination Sample Questions (Q30-Q35):

### NEW QUESTION # 30

What technique should be used in solution-focused brief therapy (SFBT)?

- A. Exceptions based on curiosity about times the problem seems prominent
- B. The understanding of issues within or outside of the client's control
- C. The miracle question labeled as an emotional-focused coping strategy
- D. In-depth views and experiences regarding the client's feelings of distress

**Answer: A**

Explanation:

In solution-focused brief therapy (SFBT), counselors emphasize:

- \* Exceptions - times when the problem is less severe or not present.
- \* Future-oriented, goal-focused questions.
- \* Client strengths and what already works.

Option A, referring to exceptions, points directly to a hallmark SFBT technique: the counselor shows curiosity about when the problem does not occur or is reduced, helping clients identify what they are doing differently in those moments so they can build on those exceptions. (The stem's wording about "prominent" is less precise, but "exceptions" is the key SFBT concept here.)

- \* B. Miracle question labeled as an emotional-focused coping strategy mixes an SFBT tool (miracle question) with an inaccurate label; the miracle question is about imagining a preferred future, not simply an emotion-focused coping label.
  - \* C. Understanding issues within or outside of the client's control is more characteristic of other cognitive or problem-solving approaches, not specifically SFBT.
  - \* D. In-depth views of distress is more consistent with insight-oriented or process-focused therapies, whereas SFBT de-emphasizes detailed exploration of problems and focuses instead on solutions.
- NBCC Counselor Work Behavior Areas expect counselors to be able to apply interventions consistent with their theoretical orientation, and for SFBT that includes using exception questions, miracle questions, and scaling to help clients move toward solutions.

### NEW QUESTION # 31

How would a counselor know that systematic desensitization is working for a client with social anxiety disorder?

- A. The Subjective Units of Discomfort Scale rating has decreased from 70 to 60 for attending a social event.
- B. The client displays reactivity in their behavior due to being observed.
- C. The client displays reactivity in their behavior because they have been keeping a diary of immediate records.
- D. The Subjective Units of Discomfort Scale rating has increased from 60 to 70 for attending a social event.

**Answer: A**

Explanation:

In Counseling and Helping Relationships, counselors are trained in behavioral and cognitive-behavioral interventions such as systematic desensitization. This technique involves:

- \* Developing a fear hierarchy (e.g., levels of anxiety for social situations),
- \* Teaching relaxation or coping skills, and
- \* Gradually pairing relaxation with exposure to feared situations.

Client progress is often measured using Subjective Units of Discomfort/Distress (SUDS) ratings. When the intervention is effective, the client's SUDS ratings for the same stimulus (e.g., attending a social event) decrease over time.

\* A decrease from 70 to 60 (Option A) indicates that the client experiences less anxiety in that situation, which is evidence that systematic desensitization is working.

\* An increase from 60 to 70 (Option B) shows worsening anxiety.

\* Reactivity due to being observed or keeping a diary (Options C and D) refers to measurement reactivity or the Hawthorne effect, not to successful treatment outcomes.

Therefore, the best indicator that systematic desensitization is working is the decrease in SUDS rating, making A the correct answer.

### NEW QUESTION # 32

An adult helps a child notice their feelings by engaging in dialogue about the effects of the child's misbehavior on others. This is a form of which of the following disciplines?

- A. Operant conditioning
- B. Intermittent reinforcement
- C. Inductive approach
- D. Deductive approach

**Answer: C**

Explanation:

The scenario describes an adult who, instead of punishing the child in a purely behavioristic way, talks with the child about how their behavior affects others and helps the child recognize their own feelings and others' feelings. This is characteristic of an inductive discipline approach, which emphasizes:

- \* Helping the child understand the consequences of their actions on other people.
- \* Developing empathy, moral reasoning, and internalized values.
- \* Encouraging the child to take responsibility and regulate behavior from within.

Option B, the inductive approach, matches this style. It is often contrasted with more power-assertive or purely consequence-based methods.

Why the other options are incorrect:

\* A. Operant conditioning focuses on behavior change through reinforcement and punishment, typically without explicit emphasis on the child's understanding of others' feelings.

\* C. Deductive approach generally refers to reasoning from general principles to specific cases and is not the standard term used to

describe this kind of discipline strategy.

\* D. Intermittent reinforcement refers to a schedule in which behaviors are reinforced only some of the time, a concept from learning theory that does not describe the empathic, discussion-based process in the scenario.

This fits with NBCC Counselor Work Behavior Areas under clinical focus with children and families, where counselors are expected to understand and, when appropriate, teach or model developmentally sensitive discipline practices that foster empathy, prosocial behavior, and internalized self-control.

### NEW QUESTION # 33

Which therapeutic approach would utilize outsider witness groups to integrate social resources in supporting client change?

- A. Gestalt therapy
- B. Adlerian therapy
- C. Narrative therapy
- D. Community psychology

**Answer: C**

Explanation:

The term "outsider witness groups" comes specifically from narrative therapy. In this approach, clients tell and re-author their stories, and selected others (outsider witnesses) listen to these stories and then respond by sharing what moved or resonated with them. This process:

- \* Brings in social resources and supportive witnesses.
- \* Strengthens the client's preferred identity and alternative story.
- \* Helps the client feel seen and supported in a broader community context.

Thus, option D. Narrative therapy is correct.

\* Adlerian therapy (A) uses family constellation, early recollections, and encouragement, but not outsider witness groups as a standard technique.

\* Gestalt therapy (B) emphasizes experiential awareness, here-and-now work, and empty-chair techniques.

\* Community psychology (C) incorporates social systems and resources but does not specifically use

"outsider witness groups" as conceptualized in narrative therapy.

NBCC Counselor Work Behaviors expect counselors to know the distinctive concepts and methods of major counseling theories, including narrative therapy's use of outsider witnesses to support client change.

### NEW QUESTION # 34

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

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

**Answer: D**

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 # 35

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