

업계 정상에 오릅니다.

최신 National Certified Counselor NCE-ABE 무료 샘플문제 (Q15-Q20):

질문 # 15

In outplacement counseling following downsizing, what is the immediate counseling goal?

- A. Cope with the resulting feelings.
- B. Locate sources of information about retraining and/or further education.
- C. Evaluate potentially appropriate work-leisure-lifestyle integrations.
- D. Improve job interview skills.

정답: A

설명:

In the Career Development core area, counselors are expected to understand career transitions, including job loss and downsizing, and appropriate counseling responses.

Outplacement counseling often occurs right after involuntary job loss. CACREP-aligned content emphasizes that in initial stages of such a transition, the counselor should:

- * Address the client's emotional reactions, such as shock, anger, grief, shame, or anxiety.
- * Provide space to process the psychological impact of losing a job (loss of identity, routine, status, security).
- * Stabilize the client before moving into action-oriented tasks like job search strategies, retraining, or interviewing.

Options A, B, and C are important later career counseling tasks (exploring retraining, developing interview skills, integrating work with lifestyle), but the immediate counseling goal after downsizing is to help the client cope with and process the feelings associated with the loss.

Thus, D. Cope with the resulting feelings is the correct answer.

질문 # 16

The concept of self-actualization, as a goal in personal development, is primarily attributable to which of the following theorists?

- A. Perls
- B. Glasser
- C. Rogers
- D. Maslow

정답: D

설명:

In the Human Growth and Development core area, counselors study major developmental and personality theories, including humanistic and existential approaches.

* Abraham Maslow proposed the hierarchy of needs, a motivational model in which human needs are arranged from basic physiological needs to safety, love/belonging, esteem, and finally self-actualization at the top.

* In Maslow's framework, self-actualization is the realization of one's full potential and is explicitly presented as a central goal of personal development.

* Carl Rogers (Option C) also discussed an actualizing tendency and the movement toward becoming a "fully functioning person," but the classic concept of self-actualization as the pinnacle of a hierarchy of needs is most directly associated with Maslow.

* Fritz Perls (Option B) is associated with Gestalt therapy, focusing on awareness, here-and-now experience, and integration of the self, but not primarily on the hierarchical notion of self-actualization.

* William Glasser (Option D) developed Reality Therapy and Choice Theory, emphasizing responsibility and needs satisfaction (love/belonging, power, freedom, fun, survival), but again, not self-actualization as framed in Maslow's model.

Because self-actualization as a specific, named goal in development is most strongly and classically linked with Abraham Maslow, the correct answer is A (Maslow).

질문 # 17

Which of the following is a physical trauma response?

- A. Ongoing mental distress or discomfort
- B. Ruminating about the trauma

- C. Physically acting out the trauma
- **D. Changes in the central nervous system**

정답: D

설명:

Counselors must be able to recognize that trauma can affect clients physically, cognitively, emotionally, and behaviorally. A physical trauma response involves changes in bodily systems and functioning.

Option D. Changes in the central nervous system is a physical response: trauma can alter arousal systems, stress responses, and brain functioning (for example, heightened startle response, altered sleep-wake patterns, or dysregulated autonomic responses). These are bodily/physiological manifestations of trauma, not just thoughts or emotions.

Why the others are incorrect:

* A. Ongoing mental distress or discomfort reflects emotional/psychological symptoms (e.g., anxiety, sadness), not specifically physical changes.

* B. Physically acting out the trauma is best understood as a behavioral manifestation (reenactment or agitation), not underlying physical system change.

* C. Ruminating about the trauma is a cognitive response (repetitive, intrusive thinking), not a physical one.

NBCC Counselor Work Behavior Areas highlight the importance of recognizing the multidimensional impact of trauma-including physical-so that assessment and treatment planning can address the full range of client needs.

질문 # 18

Generally, the provision of career counseling for persons at midlife and older should

- **A. Be grounded in the realities of clients' lives**
- B. Be presented systematically with a focus on career selection
- C. Emphasize the continuing need for self-development through training or education
- D. Focus on abstract considerations of clients' perception of self

정답: A

설명:

Career work with clients in midlife and later adulthood must consider actual life circumstances, including financial responsibilities, health, caregiving roles, retirement timing, age discrimination, and existing skills.

For this reason, career counseling for this group should be grounded in the realities of clients' lives-their current roles, constraints, and opportunities-making Option C the best answer.

* Option A (focus on career selection) is more appropriate for adolescents or emerging adults choosing an initial field, not individuals who already have extensive work histories.

* Option B (abstract self-perception) is too vague and detached from the very concrete life factors often central in midlife/older transitions.

* Option D (emphasize training/education) may be appropriate for some clients, but it is not a universal guiding principle and ignores many who may not have the time, resources, or interest for extensive retraining.

NBCC Counselor Work Behavior Areas highlight that, in career development, counselors must integrate developmental stage and real-world context into their clinical focus, particularly for adults navigating later- life work and retirement decisions.

질문 # 19

A counselor asks, "Why don't you try to make yourself stay awake the next time you have insomnia?" What intervention does the question best illustrate?

- A. Sleep education
- B. Mirroring
- C. Stimulus control
- **D. Paradoxical intention**

정답: D

설명:

Within the Counseling and Helping Relationships core area, counselors are expected to understand and apply a range of evidence-based counseling strategies and interventions, including behavioral and cognitive- behavioral techniques for specific problems such as insomnia.

Paradoxical intention is a technique in which the counselor instructs the client to intentionally engage in, or exaggerate, the very symptom they fear or are trying to avoid (in this case, trying to stay awake instead of trying to fall asleep). This counters performance anxiety and reduces the pressure around the symptom.

* Not A (Sleep education): Sleep education focuses on teaching about sleep cycles, sleep hygiene, and lifestyle factors, not instructing clients to do the opposite of their goal.

* Not B (Mirroring): Mirroring is reflecting the client's emotional or verbal content, not giving paradoxical directives.

* Not D (Stimulus control): Stimulus control involves modifying environmental and behavioral cues that signal sleep (e.g., using the bed only for sleep), not asking the client to try to stay awake.

Therefore, the intervention described is best understood as paradoxical intention (C).

질문 # 20

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