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Attempting to understand the life perspectives and characteristics of their clients, some counselors use Kohlberg's theory of moral development as a theoretical framework. These counselors know that Kohlberg's theory includes 3 progressive levels culminating in: - ✓✓Principled thought, wherein individual adopts a self-accepted set of standards of behavior.

A professional counselor determines fees for monthly consultation services on a job-by-job basis. This is an example of which of the following types of reinforcement schedules? - ✓✓Variable Ratio

Research on the development of a person in a so-called "humanistic life outlook" has shown that it is facilitated by: - ✓✓Formal educational experiences, observational learning experiences, and diverse interpersonal interactions.

When persons who are characteristically shy and withdrawn participate in "assertiveness training," initially they experience uncertainty and self-doubt. Counselors refer to this social psychological concept as: - ✓✓Cognitive Dissonance

"Men (used here to mean all people) are disturbed not by things, but by the view which they take of them." This quote, attributable to Epictetus, most closely describes the counseling theory developed by: - ✓✓Ellis

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NBCC National Counselor Examination Sample Questions (Q85-Q90):

NEW QUESTION # 85

The responsibility of fostering intermember interactions in an existential group rests with

- A. Group members.
- B. Group members and the leader.
- C. The group leader and strongest group members.
- D. **The group leader.**

Answer: D

Explanation:

Within the Group Counseling and Group Work core area, counselor training emphasizes that the group leader has primary responsibility for establishing and facilitating the group process, particularly in the early stages. In existentially oriented groups, the leader:

- * Actively models authentic, present-centered interaction.
- * Invites and structures here-and-now dialogue between members.
- * Encourages members to move from speaking to the leader to speaking to one another.

Although an eventual goal is for members to assume more ownership of the interaction, the initial responsibility for fostering intermember interactions rests with the leader, who intentionally shapes a climate that supports genuine encounter, openness, and exploration of meaning.

Option A (group members alone) minimizes the leader's intentional facilitating role.

Option C (group members and leader) is partially true in practice, but exam content and theory place primary responsibility on the leader to initiate and sustain interaction patterns.

Option D (leader and strongest group members) is inconsistent with group counseling principles, which avoid privileging "strongest" members and instead promote shared participation.

Therefore, based on group leadership roles taught under the CACREP core area, the best answer is B. The group leader.

NEW QUESTION # 86

A client is an 85-year-old male who is in declining health. He has had a recent heart attack and his cardiologist recommended counseling. The client reports being divorced for 10 years and estranged from his adult children. He presents as mildly depressed with a limited range of emotional expression. He says he has accepted the loss of family relationships while recounting all he did to provide for his family. He expresses some fears about dying alone and wonders aloud about how much time he has left. An important focus of counseling with this client would be which of the following?

- A. Reviewing will and health care directives
- B. Repairing family relationships
- C. **End-of-life issues**
- D. Developing and expanding support networks

Answer: C

Explanation:

This client is:

- * In advanced age with declining health and a recent heart attack.
- * Expressing fears about dying alone and questions about how much time he has left.
- * Reflecting on life choices and losses ("all he did to provide for his family").

These features point strongly to end-of-life concerns, such as mortality, meaning, unresolved feelings, and how to live meaningfully in the time remaining. Thus, A. End-of-life issues is the most central and clinically indicated focus.

Why the others are secondary or less indicated:

- * B. Repairing family relationships - while potentially helpful, he states he has "accepted" those losses; that may be explored within end-of-life work, but the primary clinical task is addressing his fears and meaning-making around death.
- * C. Reviewing will and health care directives - important practically, but this is more of a legal/administrative task than the core counseling focus.
- * D. Developing and expanding support networks - can be part of the work, especially given fears of dying alone, but it is one element within the broader focus on end-of-life adjustment rather than the central organizing theme.

NBCC Counselor Work Behavior Areas include attending to developmental and life-stage issues, including older adulthood and end-of-life, and helping clients cope with illness, mortality, and existential concerns.

NEW QUESTION # 87

What is the appropriate emphasis in career counseling with persons who are vocationally immature?

- A. Establish long-term goals.
- B. **Provide occupational information.**
- C. Evaluate past career-related decisions.
- D. Identify occupational choices.

Answer: B

Explanation:

When clients are described as vocationally immature, they typically lack sufficient awareness of the world of work, have limited understanding of career options, and often have not yet developed realistic views of themselves in relation to occupations. Within the NBCC Counselor Work Behavior Areas, career-focused practice emphasizes meeting clients where they are developmentally and supplying the foundational information and experiences needed before moving into more advanced planning tasks.

For vocationally immature clients, the appropriate emphasis is on providing occupational information- helping them learn about different types of work, training requirements, work environments, typical duties, earnings, and opportunities for advancement. This information reduces confusion, increases readiness for decision-making, and supports later steps like goal setting and occupational choice, making Option B correct.

- * Option A (Identify occupational choices) is premature if the client does not yet understand the range of possibilities.
- * Option C (Evaluate past career-related decisions) is not central when the person has made few or no meaningful career decisions.
- * Option D (Establish long-term goals) is also a later-stage task; vocationally immature clients often struggle with long-range planning until they have more information and self-understanding.

NBCC work expectations related to clinical focus in career counseling stress using developmentally appropriate interventions- building awareness and knowledge first, then progressing toward decision-making and long-term planning.

NEW QUESTION # 88

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

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

Answer: C

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.

Top of Form

Bottom of Form

NEW QUESTION # 89

Behaviorists assert that inappropriate behavior

- A. is a defense mechanism.
- B. results from early conflict in the family.
- C. is a symptom of intrapersonal conflict.
- D. is reinforced and therefore tends to reoccur.

Answer: D

Explanation:

Within Counseling and Helping Relationships, CACREP includes major counseling theories, including behavioral approaches.

Behaviorism focuses on observable behavior and the ways it is learned and maintained through conditioning and reinforcement.

From a behavioral perspective:

* Behaviors (including "inappropriate" or maladaptive ones) increase in frequency when they are reinforced-by attention, relief from discomfort, tangible rewards, or avoidance of something aversive.

* Thus, when a behavior continues, behaviorists look for the reinforcement history that keeps it going.

The other options reflect different theoretical orientations:

* A (defense mechanism) is psychoanalytic/psychodynamic.

* B (symptom of intrapersonal conflict) aligns with psychodynamic or some humanistic views.

* C (early family conflict) fits Adlerian or some family systems perspectives.

Only D accurately states the behaviorist position: inappropriate behavior persists because it is reinforced and therefore tends to reoccur.

NEW QUESTION # 90

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