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## NBCC National Counselor Examination Sample Questions (Q188-Q193):

### NEW QUESTION # 188

Which of the following is consistent with a strengths-based approach that can improve the client's ability to attain goals?

- A. Recognize the effects of social structures on the client.
- B. Strengthen the client's perceived self-worth.
- C. Reward the client for challenging negative thoughts.
- **D. Discover and utilize client resources and resilience.**

**Answer: D**

Explanation:

A strengths-based approach emphasizes identifying, affirming, and using the client's existing resources, abilities, and resilience to support change. Within core counseling attributes, counselors are expected to maintain a positive, hopeful view of the client, focusing on what the client already does well and how those capacities can be applied toward goals.

\* Option A directly reflects this: discover and utilize client resources and resilience is the essence of a strengths-based stance- locating inner and outer strengths and using them in planning and intervention.

\* Option B (rewarding the client for challenging negative thoughts) is more characteristic of cognitive- behavioral techniques, not

specifically a strengths-based orientation.

\* Option C (strengthening perceived self-worth) is valuable and related to positive regard, but it does not explicitly capture the process of identifying and using strengths as the main pathway to change.

\* Option D (recognizing the effects of social structures) is more aligned with social justice and multicultural counseling perspectives. Therefore, the option most consistent with a strengths-based approach as emphasized in core counseling attributes is A.

### NEW QUESTION # 189

What is an appropriate reason for a counselor to consult with another professional counselor?

- A. To gather instructions in lieu of professional development
- B. To share professional frustrations with a trusted colleague
- C. To seek assistance with ethical obligations or professional practice
- D. To engage peers in building a supportive professional community

**Answer: C**

Explanation:

In the Professional Counseling Orientation and Ethical Practice core area, counselors are expected to recognize that consultation with colleagues is an important part of maintaining ethical and competent practice. Ethical guidelines emphasize that counselors:

- \* Seek consultation or supervision when facing ethical dilemmas,
- \* Seek consultation when a client's needs are beyond their current competence,
- \* Use consultation to improve the quality of client care.

While collegial support (options A and D) can be helpful, CACREP-aligned ethical standards specifically highlight consultation as a means to clarify and uphold ethical responsibilities and strengthen clinical decision-making, not simply to vent or replace formal professional development. Thus, the best answer is C.

To seek assistance with ethical obligations or professional practice.

### NEW QUESTION # 190

What should a treatment team do when a client meets treatment goals earlier than anticipated?

- A. Refer the client to group therapy.
- B. Consider changes to medication.
- C. Review and revise the treatment plan.
- D. Understand the client's attitude toward treatment.

**Answer: C**

Explanation:

Effective treatment planning is described as a dynamic, ongoing process. Counselors are expected to regularly review treatment goals and progress and revise the plan as needed to reflect the client's current status.

When a client meets treatment goals earlier than expected, the most appropriate step is to revisit the treatment plan, confirm which goals have been successfully achieved, and then:

- \* Decide whether to add new goals,
- \* Shift focus to maintenance or relapse prevention, or
- \* Begin planning for termination if appropriate.

Option C captures this responsibility to review and revise the treatment plan based on actual client progress.

\* A (changing medication) is a medical decision and may or may not be relevant; it is not the primary treatment-planning response.

\* B (referral to group) could be appropriate in some cases, but it should follow a thoughtful treatment- plan review.

\* D (understanding attitude toward treatment) may be clinically useful, but again it is not the primary, required next step in structured treatment planning.

This directly reflects the Treatment Planning work behavior: monitoring progress and modifying plans to ensure services remain appropriate and goal-directed.

### NEW QUESTION # 191

Who has the responsibility for legal and ethical rights of subjects in a collaborative research project?

- A. The author of the research proposal

- B. The principal investigator for the research project
- C. The state licensure board
- D. The counselor who agrees to accept the responsibility

**Answer: B**

Explanation:

Professional practice and ethics expectations include understanding ethical responsibilities when counselors participate in or conduct research. In a collaborative research project, while all researchers share ethical obligations, the primary responsibility for ensuring the protection of participants' legal and ethical rights lies with the principal investigator (PI).

\* The PI is responsible for:

\* Ensuring informed consent procedures

\* Safeguarding confidentiality and data security

\* Complying with institutional and legal requirements

\* Overseeing the ethical conduct of all aspects of the project

\* Option B (author of the proposal) does not necessarily have ongoing responsibility if they are not the PI.

\* Option C (the counselor who agrees to accept responsibility) is too vague; specific responsibility lies with designated roles and typically centers on the PI.

\* Option D (state licensure board) regulates professional conduct broadly but does not manage the day- to-day ethical implementation of a specific research project.

Therefore, the correct answer is A, the principal investigator.

### NEW QUESTION # 192

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 because they have been keeping a diary of immediate records.
- C. The client displays reactivity in their behavior due to being observed.
- 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 # 193

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