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CCE Global Counselor Preparation Comprehensive Examination (CPCE) Sample Questions (Q13-Q18):

NEW QUESTION # 13

What is the difference between a cognitive distortion and an irrational belief in cognitive behavioral therapies?

- A. Cognitive distortions and irrational beliefs are relatively the same concept within cognitive behavioral therapies that have no meaningful distinctions between them.
- B. Cognitive distortions are specific thoughts patterns that skew a person's perception of reality, whereas irrational beliefs are generalized and deeply held false assumptions about oneself.
- C. Irrational beliefs are momentary thought patterns that influence our thoughts and feelings, whereas cognitive distortions are deeply ingrained thought patterns that influence our behaviors.

Answer: B

Explanation:

Cognitive distortions are specific, systematic errors in thinking that lead to inaccurate perceptions (e.g., catastrophizing, overgeneralization). Irrational beliefs, as described in Rational Emotive Behavior Therapy (REBT), are deeply held, global, and unrealistic assumptions about oneself, others, or the world (e.g., "I must be loved by everyone to be worthwhile"). While both are

central to cognitive behavioral therapies, cognitive distortions are seen as habitual faulty thought patterns, whereas irrational beliefs are more generalized and fundamental in shaping one's worldview.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2017). Theory and Practice of Counseling and Psychotherapy (10th Edition).

NEW QUESTION # 14

Counselors who follow a universal approach in which all clients, regardless of personal attributes, are treated the same are

- A. lacking cultural value boundaries.
- **B. engaging in unethical behavior.**
- C. providing equal opportunities.

Answer: B

Explanation:

Treating all clients exactly the same, without consideration for their unique cultural backgrounds, is not culturally competent and is considered unethical according to professional codes of ethics. Counselors are ethically bound to provide culturally responsive services. "A universal or color-blind approach fails to recognize individual and cultural differences, and such practice is considered unethical." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics.

NEW QUESTION # 15

Much of the early career development research was focused on

- **A. White males.**
- B. blue-collar workers.
- C. unemployed adults.

Answer: A

Explanation:

Early career development theories and research predominantly focused on White males, largely due to historical and social circumstances. This narrow focus often neglected the experiences of women and individuals from diverse racial, cultural, and socioeconomic backgrounds. Current theories aim to be more inclusive and representative.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Zunker, V. G. (2016). Career Counseling: A Holistic Approach (9th Edition).

NEW QUESTION # 16

A primary benefit of converting raw scores to standard scores is that it facilitates

- A. simplicity in interpretation of test results.
- B. statistical analyses having greater quantitative accuracy.
- **C. interpretation of the results relative to a normal distribution.**

Answer: C

Explanation:

Converting raw scores to standard scores allows for the interpretation of test results in relation to a normal distribution. This transformation makes it possible to compare scores from different tests or populations on a common scale.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Cohen, R. J., & Swerdlik, M. E. (2018). Psychological Testing and Assessment.

NEW QUESTION # 17

The ultimate responsibility for the ethical conduct of research lies with

- A. the statistical analyst.

- B. each research participant.
- C. the principal researcher.

Answer: C

Explanation:

The principal researcher (also known as the principal investigator) holds the ultimate responsibility for ensuring the ethical conduct of research. This includes obtaining informed consent, protecting participants, ensuring confidentiality, and following ethical and legal guidelines. While others may play supporting roles, it is the principal researcher who is accountable for all aspects of research ethics.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics.

NEW QUESTION # 18

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