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NBCC National Counselor Examination Sample Questions (Q163-Q168):

NEW QUESTION # 163

What term describes the phenomenon of an adolescent girl who complains about being grouped with other girls in math because, she says, "Most girls are not good at math, but I am"?

- A. Internalized sexism
- B. Gender identity
- C. Gender role conflict
- D. Internalized privilege

Answer: A

Explanation:

The Social and Cultural Diversity core area requires counselors to understand oppression, privilege, and internalized oppression,

including internalized racism, sexism, and other forms of bias.

* Internalized sexism occurs when individuals from a marginalized gender group adopt and believe sexist stereotypes about their own group.

* In this example, the adolescent states, "Most girls are not good at math," which reflects a negative stereotype about girls' abilities, and then claims to be the exception ("but I am"). This is a classic presentation of internalized sexism: accepting a harmful cultural stereotype about one's own gender group.

Gender role conflict refers to distress that arises from rigid gender-role expectations and how they conflict with a person's behavior or self-concept; it does not necessarily involve endorsing a demeaning stereotype about one's group. Gender identity is simply one's internal sense of gender. Internalized privilege would refer to members of a dominant group accepting and benefiting from their unearned advantages; she is not in the privileged group in this stereotype.

Therefore, the term that best matches CACREP's description of internalized oppression in this scenario is A. Internalized sexism.

NEW QUESTION # 164

A college counselor met with a third-year student who expressed distress after being advised to change majors from education to computer science after the student came out as transgender. What would be the most appropriate initial response?

- A. "How do you think that being transgender would negatively impact your career choice?"
- B. "I'll help you file a complaint against your advisor."
- C. "What feelings came up for you when your advisor told you that?"
- D. "You need to do what is best for you regardless of what your advisor says."

Answer: C

Explanation:

This question draws on both Social and Cultural Diversity and Counseling and Helping Relationships core areas. Counselors are expected to:

* Demonstrate cultural sensitivity and responsiveness with clients from marginalized groups, including transgender clients.

* Respond to potential bias, discrimination, or microaggressions in ways that prioritize the client's safety, dignity, and emotional experience.

* Use empathic, client-centered responses to explore feelings before problem-solving or taking action.

Option analysis:

* A. "I'll help you file a complaint..." - Advocacy and support may be appropriate later, but jumping straight to action skips the crucial step of understanding the client's internal experience.

* B. "What feelings came up for you when your advisor told you that?" - This response is client-centered and explores the student's emotional reaction to a potentially discriminatory event. It aligns with core counseling skills and multicultural competence, making it the best initial response.

* C. "How do you think that being transgender would negatively impact your career choice?" - This subtly assumes that being transgender is a negative factor and risks reinforcing stigma, which is contrary to multicultural and ethical principles.

* D. "You need to do what is best for you regardless of what your advisor says." - This is advice-giving and bypasses exploration of feelings, context, and potential systemic issues.

Because the first task in a counseling relationship-especially around identity and discrimination-is to understand and validate the client's emotional experience, Option B is the most appropriate initial response.

NEW QUESTION # 165

An important emphasis of behavior therapy is:

- A. Identifying ineffective moral behavior.
- B. Promoting a client's personal awareness.
- C. Mapping antecedents and consequences.
- D. Developing a collaborative counseling relationship.

Answer: C

Explanation:

Behavior therapy is grounded in learning theory and focuses on observable behavior and the environmental conditions that maintain it. A key procedure is functional analysis, often described in terms of A-B-C:

* A - Antecedents: What happens before the behavior?

* B - Behavior: The specific, observable behavior.

* C - Consequences: What happens after the behavior that might reinforce or punish it?

Option D, mapping antecedents and consequences, directly reflects this core emphasis of behavior therapy—understanding what triggers behaviors and what maintains them, so that interventions can be designed to change environmental contingencies and support new, adaptive behaviors.

* A (collaborative relationship) is important in almost all approaches but is not a unique emphasis of behavior therapy.

* B (personal awareness) aligns more with insight-oriented or humanistic approaches.

* C (moral behavior) does not reflect standard behavior therapy focus, which is on learning processes, not moral judgment.

Mastery of theoretical orientations like behavior therapy fits under Areas of Clinical Focus, where counselors must know how different models conceptualize problems and guide intervention choices.

NEW QUESTION # 166

What term best describes a client's coping mechanism for feelings of inferiority and inadequacy?

- A. Displacement
- **B. Compensation**
- C. Reaction formation
- D. Regression

Answer: B

Explanation:

In Human Growth and Development, especially in Adlerian and psychodynamic theory content, counselors learn that:

* Compensation is a coping mechanism in which a person attempts to counterbalance perceived weaknesses or feelings of inferiority by emphasizing strengths in other areas. This directly matches the description of coping with feelings of inferiority and inadequacy, so A is correct.

The other terms reflect different mechanisms:

* Displacement (B): redirecting emotions from a threatening target to a safer one.

* Reaction formation (C): expressing the opposite of one's true feelings.

* Regression (D): reverting to earlier, more childlike behaviors under stress.

Therefore, the mechanism that best describes coping with feelings of inferiority is compensation.

NEW QUESTION # 167

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

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

Answer: C

Explanation:

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.

NEW QUESTION # 168

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