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NBCC National Counselor Examination Sample Questions (Q194-Q199):

NEW QUESTION # 194

Career development theories are helpful to the counselor because they

- A. Indicate the type of counselor needed for a specific client
- B. Indicate the occupation that the client will most likely select
- C. Reduce complexity and guide the selection of helping strategies
- D. Increase job satisfaction and employment productivity

Answer: C

Explanation:

Career development theories (e.g., trait-factor, developmental, social-cognitive, constructivist) are tools that help counselors organize information about clients and their career concerns. They reduce the complexity of career issues by offering frameworks for understanding interests, abilities, values, developmental tasks, and contextual influences. This enables the counselor to select appropriate helping strategies, interventions, and assessments-making Option C correct.

* Option A (increase job satisfaction and productivity) may be an indirect, long-term outcome of effective career counseling but is not the direct reason theories are useful to the counselor.

* Option B implies theories "predict" a specific occupation; in reality, theories guide exploration rather than dictate a single occupational choice.

* Option D suggests theories tell us what type of counselor is needed; career theories focus on client development and decision-making, not counselor classification.

NBCC Counselor Work Behavior Areas state that counselors should use theoretical models in their clinical focus to structure case conceptualization and intervention planning, and career development theories are precisely such frameworks in the career counseling domain.

NEW QUESTION # 195

What is the definition of transference?

- A. Transference denotes when the client looks at the counselor as a parental figure.
- B. Transference denotes when the client develops strong emotions about the counselor.
- C. Transference denotes when a client wants to work with a counselor who shares their culture.
- D. Transference denotes when the client desires a counselor with the same diagnosis they have.

Answer: A

Explanation:

Transference is a core relationship phenomenon in counseling in which a client unconsciously redirects feelings, expectations, and patterns from important early relationships (often parents or caregivers) onto the counselor. A common form of this is when the client begins to relate to the counselor as if the counselor were a parental figure—idealized, critical, abandoning, overprotective, or nurturing in ways that mirror their early experiences.

* This makes B the best answer: it captures the classic understanding of transference as the client viewing and reacting to the counselor in a parental role.

* A (wanting a counselor who shares their culture) is a preference about counselor characteristics and is more related to cultural competence and matching, not transference.

* C (developing strong emotions) is too broad; clients can have strong feelings without it being transference. Transference specifically involves repetition of earlier relational patterns.

* D (wanting a counselor with the same diagnosis) is again a preference for perceived similarity, not an unconscious displacement of past relationship dynamics.

Recognizing and working with transference appropriately is part of the counselor's core counseling attributes (self-awareness, relationship skills, and understanding of interpersonal processes) as outlined in professional counselor work behaviors.

NEW QUESTION # 196

How would a counselor apply internal family systems therapy with an individual having relationship difficulties?

- A. Include family members in counseling sessions to resolve internal conflicts.
- B. Recognize internal conflicts and attachment wounds affecting the client.
- C. Facilitate identification and visualization of parts taking over in the relationship.
- D. Explore how the client's family of origin shows up in relationship patterns.

Answer: C

Explanation:

Internal Family Systems (IFS) therapy views the mind as composed of multiple "parts" (such as protectors and exiles) and a core Self that is calm, compassionate, and centered. Even when working with an individual (rather than an actual family), the counselor:

* Helps the client identify and get to know different internal parts,

* Notices which parts become activated or "take over" in specific contexts, such as relationships,

* Supports the client in unblending from these parts and relating to them from Self-leadership.

Option B best captures this process: the counselor facilitates identification and visualization of parts that are taking over in the relationship, so the client can understand how these parts influence their reactions and choices with others.

* A is more aligned with traditional family-of-origin or Bowenian/systemic exploration and is less specific to IFS's internal "parts" model.

* C is not required in IFS; the "family" being worked with is the internal system, not necessarily the external family.

* D is partially true in a broad sense (IFS does recognize internal conflicts and wounds), but it is too general and does not specify the key IFS intervention of working explicitly with "parts." This question falls under Counseling Skills and Interventions, since it focuses on how a counselor would apply a specific therapeutic model in practice with a client experiencing relational difficulties.

NEW QUESTION # 197

A 4-year-old child thought that a 10-year-old child had disappeared when the older child put on a Halloween costume. At what developmental stage is the younger child according to Piaget's theory?

- A. Sensorimotor
- B. Formal operational
- C. Preoperational
- D. Concrete operational

Answer: C

Explanation:

Within the Human Growth and Development core area, the NCE expects knowledge of Piaget's stages of cognitive development and how children think at different ages.

* The preoperational stage (approximately ages 2-7) is marked by:

* Egocentric thinking

* Magical thinking and fantasy

* Difficulty distinguishing appearance from reality

* Judging situations based on how things look, not on logical principles In this question, the 4-year-old believes the 10-year-old has literally disappeared because of a costume. This reflects appearance-reality confusion and prelogical thinking, which are classic features of the preoperational stage.

* Sensorimotor (birth-2): focus on sensory experience and object permanence, not costumes/identity.

* Concrete operational (7-11): children at this stage can usually understand that a costume does not change who someone is.

* Formal operational (11+): abstract reasoning; far beyond this situation.

Therefore, the behavior described matches Piaget's preoperational stage, making D correct.

NEW QUESTION # 198

What would a counselor do during the diagnostic process?

- A. Involve the client actively.
- B. Discuss treatment alternatives.
- C. Accept any previous diagnosis without reassessment.
- D. Conceal the diagnosis from the client.

Answer: A

Explanation:

During intake, assessment, and diagnosis, counselors are expected to collaborate with clients, involve them actively in understanding what is being assessed, and explain the purpose and implications of diagnosis. This includes:

* Using the client's self-report as an essential source of data.

* Inviting questions and feedback about symptoms and diagnostic impressions.

* Promoting transparency and shared understanding rather than a "secret" label.

Therefore, involving the client actively (A) best reflects ethical and competent diagnostic practice.

* B. Conceal the diagnosis from the client is inconsistent with informed consent and collaborative practice.

* C. Discuss treatment alternatives is important but is more central to treatment planning after diagnosis, not to the diagnostic process itself.

* D. Accept any previous diagnosis without reassessment ignores the responsibility to re-evaluate current functioning, context, and symptoms.

This fits NBCC expectations that counselors use diagnosis thoughtfully and collaboratively as part of a larger assessment process.

NEW QUESTION # 199

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