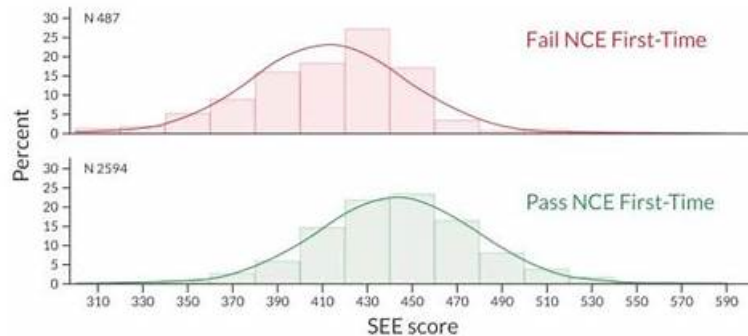


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NBCC National Counselor Examination Sample Questions (Q124-Q129):

NEW QUESTION # 124

Two group members who were at odds were arguing about which of the two potentially appropriate counseling goals should be used by the group. A counseling group leader using a laissez-faire group leadership style would

- A. Intervene and make the decision about which of the goals would be used in the group.
- B. Ask the other group members to enter the discussion to facilitate decision-making.
- C. Determine which goal would be used based on a majority vote of the group members.
- **D. Let the two group members continue until some form of resolution had been achieved.**

Answer: D

Explanation:

In the Group Counseling and Group Work core area, CACREP expects counselors to understand different group leadership styles, including democratic, authoritarian, and laissez-faire.

* A laissez-faire leader is characterized by minimal direction, low structure, and very little intervention, allowing group members to largely manage their own processes and decisions.

* In this scenario, such a leader would not step in to decide the goal (A or C) or actively facilitate group problem-solving (B).

Instead, they would allow the members to continue interacting until they naturally reach some resolution, which aligns with D.

Thus, D. Let the two group members continue until some form of resolution had been achieved best reflects a laissez-faire leadership style.

NEW QUESTION # 125

A counselor asks, "Why don't you try to make yourself stay awake the next time you have insomnia?" What intervention does the question best illustrate?

- A. Stimulus control
- **B. Paradoxical intention**
- C. Mirroring
- D. Sleep education

Answer: B

Explanation:

Within the Counseling and Helping Relationships core area, counselors are expected to understand and apply a range of evidence-based counseling strategies and interventions, including behavioral and cognitive-behavioral techniques for specific problems such as insomnia.

Paradoxical intention is a technique in which the counselor instructs the client to intentionally engage in, or exaggerate, the very symptom they fear or are trying to avoid (in this case, trying to stay awake instead of trying to fall asleep). This counters performance anxiety and reduces the pressure around the symptom.

* Not A (Sleep education): Sleep education focuses on teaching about sleep cycles, sleep hygiene, and lifestyle factors, not instructing clients to do the opposite of their goal.

* Not B (Mirroring): Mirroring is reflecting the client's emotional or verbal content, not giving paradoxical directives.

* Not D (Stimulus control): Stimulus control involves modifying environmental and behavioral cues that signal sleep (e.g., using the bed only for sleep), not asking the client to try to stay awake.

Therefore, the intervention described is best understood as paradoxical intention (C).

NEW QUESTION # 126

Which of the following is characteristic of reality therapy group counseling?

- **A. Group counseling involves an emphasis on actions, thinking, feelings, and individual choice.**
- B. The group leader assumes a nondirective stance.
- C. The leader outlines a strategy for changing members' behaviors.
- D. When group members do not complete plans of action, the emphasis is on the analysis of resistance.

Answer: A

Explanation:

Reality therapy, grounded in choice theory, emphasizes that clients are responsible for their choices and can learn to make more effective ones. In group counseling, the approach focuses on:

* What members are doing and thinking in the present.

* Encouraging effective action plans.

* Acknowledging feelings but emphasizing choices and behaviors.

* Personal responsibility and evaluation of whether current behavior is helping members meet their needs.

Option D accurately reflects this: reality therapy groups highlight actions, thinking, feelings, and individual choice, with particular attention to behavior and responsibility within the group context.

Why the others are incorrect:

* A. Nondirective stance: Reality therapy is typically active and directive, not nondirective; the leader is engaged, confronts inconsistencies, and helps members plan.

* B. Emphasis on the analysis of resistance: Rather than deeply analyzing "resistance," reality therapy focuses on what the member is willing to do now and helping them design realistic, responsible plans.

* C. The leader outlines a strategy: In reality therapy, the counselor helps members formulate their own plans; the leader does not simply prescribe or impose a strategy.

This matches NBCC Counselor Work Behavior Areas for group work and interventions, which expect counselors to understand how theoretical orientation shapes the focus of group sessions, the leader's role, and the type of change process emphasized.

NEW QUESTION # 127

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

- A. Evaluate past career-related decisions.
- **B. Provide occupational information.**
- C. Establish long-term goals.
- 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 # 128

Attention-deficit/hyperactivity disorder can be characterized as predominately hyperactive/impulsive, combined, or which other presentation?

- A. Interpersonal
- **B. Inattentive**
- C. Disorganized
- D. Aggressive

Answer: B

Explanation:

Within the Assessment and Testing core area, counselors are expected to know the basic diagnostic classification of common disorders, including ADHD, as described in widely used diagnostic systems.

ADHD is described as having three primary presentations:

* Predominantly inattentive

* Predominantly hyperactive/impulsive

* Combined presentation

The inattentive presentation is characterized by symptoms such as difficulty sustaining attention, being easily distracted, forgetfulness, and problems with organization. "Aggressive," "disorganized," and "interpersonal" are not formal diagnostic presentations of ADHD. Therefore, the correct answer is C. Inattentive.

NEW QUESTION # 129

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