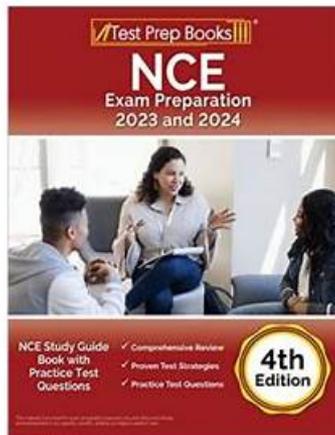


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NBCC National Counselor Examination Sample Questions (Q52-Q57):

NEW QUESTION # 52

The client uses criticism and gossip about her supervisor as disguised ways of expressing hostility toward her spouse. This illustrates

- A. Projection.
- B. Reaction formation.
- C. Rationalization.
- **D. Displacement.**

Answer: D

Explanation:

In the Counseling and Helping Relationships core area, students are expected to understand psychodynamic concepts, including defense mechanisms.

* Displacement occurs when a person redirects emotional reactions (often anger or hostility) from the true source (seen as threatening or unsafe) to a safer or more acceptable target. In this case, the client is actually angry with her spouse but expresses that hostility indirectly toward her supervisor through criticism and gossip. This is classic displacement, making B correct.

* Rationalization (A) is offering excuses or justifications to make unacceptable behavior seem reasonable.

* Reaction formation (C) involves behaving in a way that is opposite to one's true feelings (e.g., being overly nice to someone one dislikes).

* Projection (D) means attributing one's own unacceptable thoughts or feelings to someone else ("He's the one who's angry, not me").

Only B matches the described pattern.

NEW QUESTION # 53

An instrument used to indicate likes and dislikes is

- **A. An interest inventory**
- B. A self-concept inventory
- C. A Likert-type scale
- D. A projective technique

Answer: A

Explanation:

In the Assessment and Testing core area, CACREP expects counselors to distinguish between different categories of instruments, including interest inventories, personality tests, aptitude tests, and self-concept measures.

* Interest inventories are designed to assess a person's likes and dislikes regarding activities, subjects, and occupations. They are widely used in career counseling to help people explore suitable fields based on what they enjoy.

* They directly ask about preferences-which is exactly what the question describes.

Why the others are not best:

* Likert-type scale (B): This is a response format (e.g., strongly agree to strongly disagree), not a type of test by itself. It can be used in many kinds of instruments (attitudes, beliefs, etc.).

* Self-concept inventory (C): Focuses on how people see themselves (self-image, self-worth), not primarily on their likes and dislikes about activities or careers.

* Projective technique (D): Uses ambiguous stimuli (inkblots, drawings, etc.) to explore personality dynamics, not straightforward preference ratings.

Therefore, an instrument that indicates likes and dislikes is A. An interest inventory.

NEW QUESTION # 54

Counselor A has noticed that Counselor B often speaks about clients in public spaces, makes no effort to conceal the clients' identities, and often includes very personal details about the clients' circumstances.

According to the American Counseling Association Code of Ethics, what should Counselor A do first?

- A. Contact the state regulatory board for mental health counselors.

- B. Speak privately to express ethical concerns and suggest how to best maintain privacy.
- C. Immediately contact the director of the center and report an ethical violation.
- D. Report Counselor B to the American Counseling Association (ACA).

Answer: B

Explanation:

In the Professional Counseling Orientation and Ethical Practice core area, counselors are taught to follow ethical procedures when addressing suspected ethical violations by colleagues, consistent with codes such as the ACA Code of Ethics. These standards state that when a counselor believes that another professional has violated an ethical standard, they should:

- * First attempt an informal resolution, when appropriate,
- * Approach the colleague directly, in a respectful, private manner,
- * Discuss the concern and encourage corrective action.

Only when informal resolution is not appropriate, not effective, or the violation is severe or poses immediate harm are more formal actions (e.g., reporting to supervisors, licensing boards, or professional organizations) recommended. In this situation, Counselor B's behavior appears to violate confidentiality, but there is no indication that a direct, private conversation would be unsafe or impossible.

Therefore, in line with CACREP-aligned ethics instruction, Counselor A should first attempt to address the concern informally by speaking privately with Counselor B, making B the correct answer.

NEW QUESTION # 55

Generalized anxiety disorder is best characterized by which of the following symptom patterns?

- A. Pervasive lack of enthusiasm coupled with continual fatigue
- B. Overconcern with bodily functioning and possible ailments
- C. Continual yet diffuse and overly-intense reactions to day-to-day stress
- D. Repetitive thoughts and ritualistic actions

Answer: C

Explanation:

In the intake, assessment, and diagnosis domain, counselors must distinguish among common mental disorders based on symptom patterns. Generalized anxiety disorder (GAD) is characterized by:

- * Excessive anxiety and worry occurring more days than not
- * Worry that is difficult to control
- * Concerns that are broad and diffuse, often about everyday events or activities
- * Associated symptoms such as restlessness, fatigue, muscle tension, irritability, and sleep disturbance This is captured by Option D: continual yet diffuse and overly-intense reactions to day-to-day stress.

The other options describe different clinical patterns:

- * A: A persistent lack of enthusiasm with fatigue is more characteristic of depressive disorders.
- * B: Overconcern with bodily functioning and possible ailments fits somatic symptom-related or illness anxiety presentations, not classic GAD.
- * C: Repetitive thoughts and ritualistic actions are typical of obsessive-compulsive disorder (OCD).

Thus, the symptom pattern most consistent with generalized anxiety disorder is D.

NEW QUESTION # 56

Which of the following is a factor not initially addressed in the treatment of a client diagnosed with substance use disorder?

- A. Dysfunctional lifestyle
- B. Personality traits
- C. Managing stress without substances
- D. Physical concerns

Answer: B

Explanation:

When planning treatment for substance use disorders, counselors are expected to prioritize immediate safety and stabilization, followed by the development of skills and environmental changes that support abstinence and recovery. Early treatment typically focuses on:

* Physical concerns (A): addressing withdrawal, medical risks, and overall health stability is often the first priority.
* Managing stress without substances (B): clients need early coping strategies to handle cravings and stressors without returning to use.
* Dysfunctional lifestyle (C): examining and beginning to modify high-risk routines, relationships, and environments that maintain substance use is an early and ongoing focus.
Personality traits (D), while potentially relevant, are typically not an initial focus. Deep exploration of personality structure, enduring traits, or complex characterological issues usually comes later, after stabilization, reduction of use, and establishment of basic coping skills. Addressing these too early can be overwhelming and may distract from urgent recovery tasks.
Therefore, the factor not initially addressed is personality traits, making D the correct answer.

Top of Form



Extended thinking
Bottom of Form

NEW QUESTION # 57

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