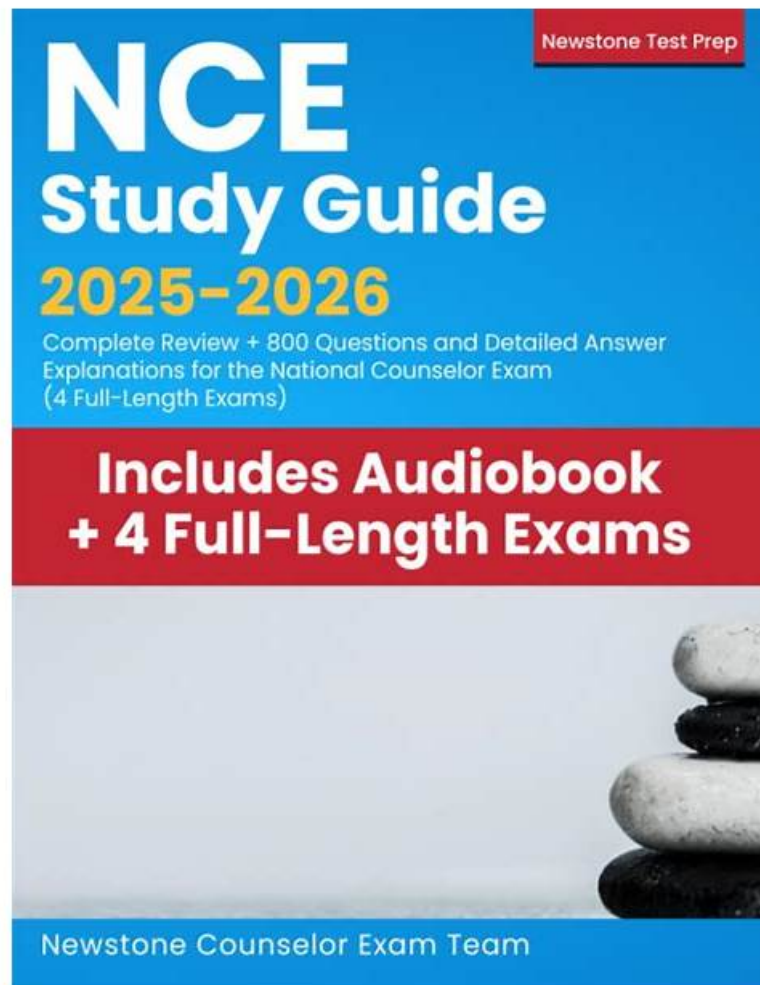


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NBCC National Counselor Examination Sample Questions (Q156-Q161):

NEW QUESTION # 156

Which exemplifies an informal observation made by a counselor?

- A. Asking the client to keep a tally of nonverbal tics.
- B. Determining if a client can act out written instructions as part of an intake.
- C. Noticing each time a client stutters during family visitation.
- D. Offering to shake the client's hand at the start of a session.

Answer: C

Explanation:

In counseling assessment, informal observation refers to the counselor naturally noticing client behaviors in real situations without using a standardized procedure, rating scale, or structured task.

* D is the best example: the counselor notices each time a client stutters during family visitation. This is a naturalistic, unstructured observation made during a typical interaction.

Why the others are not informal observations by the counselor:

* A. Determining if a client can act out written instructions involves setting up a deliberate, structured task, closer to a formal or planned observational assessment.

* B. Offering a handshake is a counselor behavior, not an observation. While the counselor could observe the client's response, the option itself does not describe an observation.

* C. Asking the client to keep a tally of nonverbal tics is self-monitoring, where the client-not the counselor-is doing the observing and recording.

The NBCC Counselor Work Behavior Areas emphasize that counselors must be skilled in both formal and informal observational methods as part of Intake, Assessment and Diagnosis, using what they notice in session to inform conceptualization and treatment.

NEW QUESTION # 157

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

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

Answer: A

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 # 158

As compared with the earlier stages in group counseling, stage III (working) tends to require

- A. Less attention to group resistance
- B. More focus on conflict resolution
- C. Less leader intervention
- D. Less attention to member self-disclosure

Answer: C

Explanation:

In the Group Counseling and Group Work core area, CACREP describes typical stages of group development (initial, transition, working, termination). The working stage (often called Stage III):

- * Is characterized by greater cohesion, trust, and openness,
- * Members assume more responsibility for the work of the group,
- * The leader shifts from high structure to a less directive, more facilitative role.

Because the group is more mature and self-directing in Stage III, the leader usually provides less overt intervention (Option A), while still monitoring process and safety.

- * Resistance (B) is often highest in earlier or transition stages; in the working stage it is present but more manageable.
- * Conflict resolution (C) certainly can occur, but conflict is often addressed more effectively by members themselves at this point.
- * Self-disclosure (D) typically increases, not decreases, in the working stage.

Thus, the most accurate distinction is A. Less leader intervention.

NEW QUESTION # 159

What must a counselor do to foster progress in counseling groups?

- A. Call on natural leaders to take charge.
- **B. Promote sharing on an affective level.**
- C. Link interactions to personal problems.
- D. Minimize interpretation of relationships.

Answer: B

Explanation:

The Group Counseling and Group Work CACREP core area requires knowledge of:

- * Group development stages,
- * Group process and dynamics, and
- * Leader behaviors that facilitate members' growth and change.

Effective group leaders are trained to:

- * Encourage here-and-now, emotionally honest interactions,
- * Promote sharing of feelings and experiences (the affective level), and
- * Create conditions for cohesion, trust, and risk-taking.

Option analysis:

- * A. Call on natural leaders to take charge. This can actually interfere with group development by creating dominance, cliques, or dependency on certain members rather than developing shared responsibility.
- * B. Promote sharing on an affective level. This is central to group progress. When members move beyond surface-level, intellectual discussion and begin to share feelings and emotional reactions, the group becomes more therapeutic and change-oriented.
- * C. Link interactions to personal problems. This is a useful skill, but it tends to come after members are safely sharing at an affective level. Without emotional engagement, such linking can feel forced or overly interpretive.
- * D. Minimize interpretation of relationships. This runs counter to group counseling principles, where leaders often help members understand the meaning of their interactions and relationships in the group.

Thus, the action that most directly fosters progress in counseling groups is B (promote sharing on an affective level).

NEW QUESTION # 160

Projective techniques:

- A. Provide objective assessment.
- **B. Reveal unconscious processes.**
- C. Reflect the causes of the subject's current difficulty.
- D. Predict future difficulties of the subject.

Answer: B

Explanation:

Within the Intake, Assessment and Diagnosis domain, counselors are expected to understand different types of assessment instruments, including their purpose and limitations. Projective techniques (such as the Rorschach Inkblot Test or Thematic Apperception Test) are designed to provide information about unconscious processes, personality dynamics, and underlying conflicts by eliciting open-ended responses to ambiguous stimuli.

- * These techniques are not considered strictly objective (eliminating A). They often involve clinical interpretation.

* They are not designed primarily to predict future difficulties (eliminating B), though they may contribute to a broader understanding of risk.

* While they can inform hypotheses about contributing factors, they do not directly "reflect the causes" of current problems in a definitive way (eliminating C).

Their central theoretical purpose is to tap unconscious feelings, motives, and conflicts, making D the correct answer.

NEW QUESTION # 161

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