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### NBCC National Counselor Examination Sample Questions (Q70-Q75):

#### NEW QUESTION # 70

Your client is new to therapy and tells you of their skepticism about the effectiveness of counseling and questions the treatment plan. Which of the approaches below will be most effective at engaging them?

- A. Humanistic approach
- B. Analytical approach
- **C. Cognitive behavioral approach**
- D. Psychodynamic approach

**Answer: C**

Explanation:

In the Counseling Skills and Interventions area, counselors must be able to select and apply theoretical approaches that fit client needs, preferences, and readiness. A client who is skeptical and questions the treatment plan often responds well to an approach that is:

- \* Structured and transparent
  - \* Collaborative, with shared goal-setting
  - \* Evidence-informed, with clear rationales for techniques
- A cognitive behavioral approach (CBT) emphasizes:
- \* Clear explanations of how thoughts, feelings, and behaviors are related
  - \* Time-limited, goal-oriented treatment plans
  - \* Homework and behavioral experiments that allow clients to "test" ideas and see concrete outcomes This tends to be particularly effective with clients who want to understand how and why therapy works and who are questioning its effectiveness.
  - \* A humanistic approach (A) strongly values the relationship and empathy but is often less structured and may not directly satisfy a skeptical client's desire for clear rationale and techniques.
  - \* Psychodynamic (C) and analytical (D) approaches typically focus on unconscious processes, past experiences, and symbolic material, which may feel too abstract or indirect to a skeptical newcomer to therapy.
- Thus, B. Cognitive behavioral approach is most consistent with effectively engaging this type of client.

### NEW QUESTION # 71

A descriptor that refers to clients who are pathologically self-focused, withdrawn, and unresponsive is

- A. Neurasthenic
- B. Lethargic
- C. Autistic
- D. Neurotic

**Answer: C**

Explanation:

Within the Assessment and Testing core area, counselors are expected to recognize commonly used clinical descriptors and how they relate to patterns of behavior, including social withdrawal and self-absorption.

Historically and in clinical usage, the term "autistic" (from the Greek root for "self") has been used to describe individuals who are pathologically self-focused, withdrawn from social interaction, and unresponsive to others. While modern practice emphasizes person-first language (e.g., "a person with autism"), exam items may still refer to the historical descriptor.

\* Neurotic (B) refers more broadly to anxiety-related or maladaptive emotional functioning, not specifically to extreme withdrawal and unresponsiveness.

\* Lethargic (C) describes low energy or fatigue, not the pervasive social withdrawal and self-focus implied in the question.

\* Neurasthenic (D) is an outdated term describing general nervous exhaustion and weakness, not specifically social withdrawal or self-focus.

Thus, the descriptor that best fits "pathologically self-focused, withdrawn, and unresponsive" is autistic (A) in the sense used in diagnostic and psychopathology contexts covered in NCE preparation.

### NEW QUESTION # 72

How would a counselor demonstrate empathy in a counseling session?

- A. Nod their head frequently as the client speaks.
- B. Provide a detailed summary of the story the client just shared.
- C. Communicate an accurate perception of the client's feelings.
- D. Sit in an open posture without crossing arms or legs.

**Answer: C**

Explanation:

Within the Core Counseling Attributes domain, counselors are expected to demonstrate an ability to accurately understand and reflect the client's emotional experience. Empathy involves communicating back to the client an accurate awareness of their internal world, especially their feelings, meanings, and emotional nuances.

Option A reflects this essential skill: the counselor expresses an understanding of what the client is feeling, allowing the client to feel heard, validated, and emotionally understood. This is central to building the therapeutic relationship and promoting client growth.

Why the other options are incorrect:

\* B. Nod their head frequently: This is a nonverbal attending skill, but nodding alone does not establish empathy or convey an understanding of the client's emotional experience.

\* C. Open posture: Although helpful for rapport and presence, posture alone does not demonstrate emotional understanding and therefore is not empathy by itself.

\* D. Provide a detailed summary: Summarizing is a useful skill, but a detailed summary may focus on content rather than the client's emotional experience, and therefore does not fully represent empathy. The NBCC Counselor Work Behavior Areas emphasize that empathy involves accurately perceiving and clearly communicating the client's emotional state, making option A the correct answer.

### NEW QUESTION # 73

When is the best time to provide feedback to a client?

- **A. At scheduled times throughout treatment**
- B. Only after the client asks for it
- C. During the review of the treatment plan
- D. Immediately following a behavior

**Answer: A**

Explanation:

The Counseling and Helping Relationships core area emphasizes that counseling is a collaborative and ongoing process. This includes regular, purposeful feedback so that:

- \* Counselor and client can monitor progress,
- \* Adjust goals and interventions, and
- \* Ensure that treatment remains aligned with the client's needs and preferences.

Providing feedback at scheduled times throughout treatment (Option B) is consistent with CACREP- related expectations for:

- \* Ongoing evaluation of counseling outcomes,
- \* Use of progress monitoring, and
- \* Maintenance of a clear, structured counseling process.

Why the others are less appropriate:

- \* A. During the review of the treatment plan - Feedback should not be limited only to formal treatment-plan reviews; it needs to be more frequent and systematic.
- \* C. Immediately following a behavior - Immediate feedback can be useful in behavioral interventions, but in general counseling, feedback is more effective when delivered in planned, reflective moments, not constantly after every behavior.
- \* D. Only after the client asks for it - This is inconsistent with the counselor's responsibility to actively facilitate the counseling process. Clients may not always know when feedback would be helpful.

Thus, B best fits standard counseling practice as reflected in CACREP-aligned training.

### NEW QUESTION # 74

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

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

**Answer: A**

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.



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