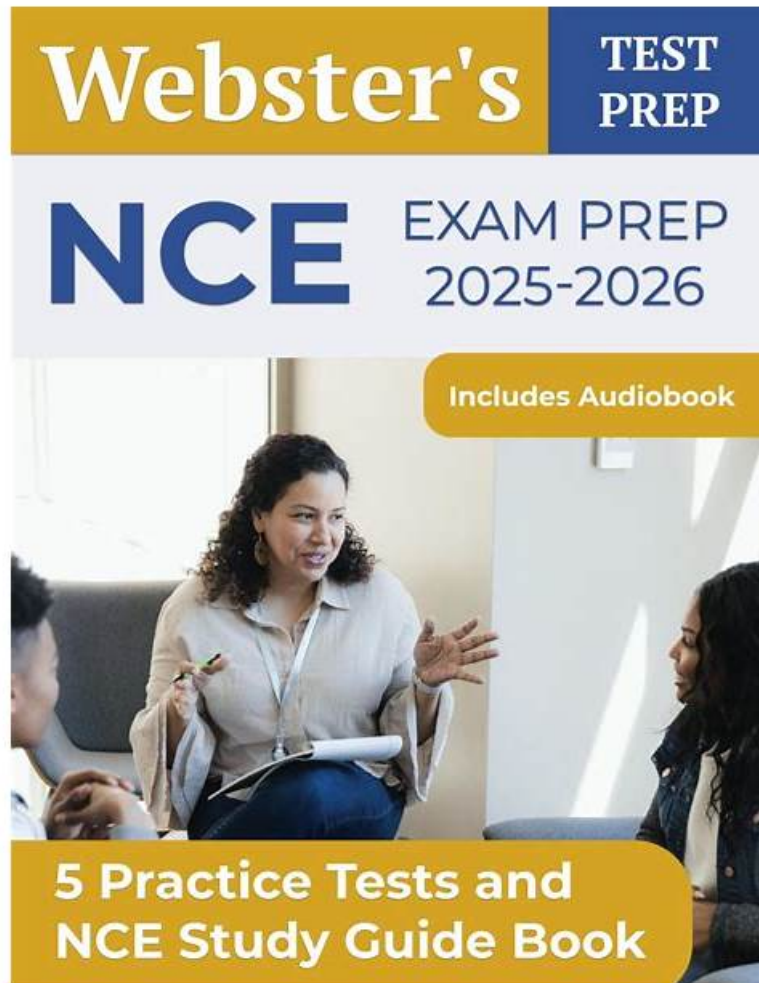


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and laptops.

NBCC National Counselor Examination Sample Questions (Q48-Q53):

NEW QUESTION # 48

Being able to sit with a client's experience without judging it or analyzing it demonstrates which concept?

- A. Active listening
- **B. Empathic attunement**
- C. Integration
- D. Interpretation

Answer: B

Explanation:

Within the Counseling and Helping Relationships core area, CACREP highlights the importance of empathy and the counselor's ability to be fully present with the client. Empathic attunement refers to:

- * Deeply tuning in to the client's emotional experience,
- * Staying present with the client without judging, fixing, or overanalyzing,
- * Conveying understanding and acceptance of the client's internal world.

Active listening (option B) involves attending behaviors and reflective responses, but empathic attunement specifically emphasizes nonjudgmental presence and emotional resonance with the client's experience.

Interpretation (option A) involves analyzing or offering meanings, which is the opposite of simply sitting with the experience.

Integration (option C) refers more broadly to combining insights or aspects of the self, not this particular stance.

NEW QUESTION # 49

What is an appropriate reason for a counselor to consult with another professional counselor?

- A. To share professional frustrations with a trusted colleague
- **B. To seek assistance with ethical obligations or professional practice**
- C. To gather instructions in lieu of professional development
- D. To engage peers in building a supportive professional community

Answer: B

Explanation:

In the Professional Counseling Orientation and Ethical Practice core area, counselors are expected to recognize that consultation with colleagues is an important part of maintaining ethical and competent practice. Ethical guidelines emphasize that counselors:

- * Seek consultation or supervision when facing ethical dilemmas,
- * Seek consultation when a client's needs are beyond their current competence,
- * Use consultation to improve the quality of client care.

While collegial support (options A and D) can be helpful, CACREP-aligned ethical standards specifically highlight consultation as a means to clarify and uphold ethical responsibilities and strengthen clinical decision-making, not simply to vent or replace formal professional development. Thus, the best answer is C.

To seek assistance with ethical obligations or professional practice.

NEW QUESTION # 50

Using a psychodynamic approach, how can you relate reported symptoms to the best treatment process?

- A. By researching the optimal interventions for the treatment process.
- B. By utilizing the DSM-5-TR to associate symptoms with disorders.
- **C. By examining the client's attachment to symptoms and the therapeutic alliance.**
- D. By including a reinforcement learning model in the treatment process.

Answer: C

Explanation:

Within a psychodynamic framework, the counselor's clinical work emphasizes the meaning and function of symptoms, the client's unconscious conflicts, and the relational patterns that are re-enacted in the counseling relationship. Treatment planning in this

approach relies heavily on understanding how the client is attached to their symptoms (e.g., how symptoms may protect against painful feelings or maintain familiar relational roles) and on using the therapeutic alliance as the primary vehicle for change. Option D reflects this: examining the client's attachment to symptoms and the quality of the therapeutic alliance is consistent with psychodynamic treatment planning, where the counselor links symptoms to deeper emotional and relational processes and uses insight and the counseling relationship to facilitate change.

* A focuses on diagnostic classification using the DSM-5-TR, which is important for diagnosis but not specific to a psychodynamic understanding or treatment planning process.

* B refers to "reinforcement learning," a behavioral concept not central to psychodynamic work.

* C describes a general evidence-based stance but does not capture the distinct psychodynamic emphasis on symptom meaning and the therapeutic relationship.

This aligns with the NBCC Counselor Work Behavior Areas expectation that counselors integrate theoretical orientation into conceptualization and treatment planning, using the counseling relationship and client insight as core components of psychodynamic treatment.

NEW QUESTION # 51

What should a treatment team do when a client meets treatment goals earlier than anticipated?

- A. Understand the client's attitude toward treatment.
- **B. Review and revise the treatment plan.**
- C. Refer the client to group therapy.
- D. Consider changes to medication.

Answer: B

Explanation:

Effective treatment planning is described as a dynamic, ongoing process. Counselors are expected to regularly review treatment goals and progress and revise the plan as needed to reflect the client's current status.

When a client meets treatment goals earlier than expected, the most appropriate step is to revisit the treatment plan, confirm which goals have been successfully achieved, and then:

* Decide whether to add new goals,

* Shift focus to maintenance or relapse prevention, or

* Begin planning for termination if appropriate.

Option C captures this responsibility to review and revise the treatment plan based on actual client progress.

* A (changing medication) is a medical decision and may or may not be relevant; it is not the primary treatment-planning response.

* B (referral to group) could be appropriate in some cases, but it should follow a thoughtful treatment-plan review.

* D (understanding attitude toward treatment) may be clinically useful, but again it is not the primary, required next step in structured treatment planning.

This directly reflects the Treatment Planning work behavior: monitoring progress and modifying plans to ensure services remain appropriate and goal-directed.

NEW QUESTION # 52

An example of a counselor preparing developmental/preventive media is:

- **A. Having students in a drama club create a video about sexual violence to show in school classes**
- B. Creating a needs assessment survey to be distributed to potential clients
- C. Compiling a report on the services provided by the counseling staff over the previous year
- D. Compiling a list of local counseling agencies specializing in substance abuse counseling

Answer: A

Explanation:

In the Professional Counseling Orientation and Ethical Practice core area, CACREP highlights counselors' roles in prevention, psychoeducation, and developmental interventions, including creating and using media and materials that promote mental health, safety, and wellness.

* Developmental/preventive media refers to educational materials or presentations (e.g., videos, brochures, classroom presentations, campaigns) designed to promote healthy development and prevent problems before they occur.

* In option B, the counselor is facilitating the creation of a video about sexual violence to be shown in school classes. This is clearly a preventive educational tool (media) targeting a large audience to increase awareness, promote safety, and reduce risk—exactly what developmental/preventive media are used for.

- * Option A (compiling a referral list) is about resource referral, not the creation of media.
 - * Option C (compiling a service report) is program evaluation/administrative documentation, not preventive media.
 - * Option D (creating a needs assessment survey) is used to assess needs, not to directly deliver developmental/preventive content. Therefore, the best example of a counselor preparing developmental/preventive media is B. Having students in a drama club create a video about sexual violence to show in school classes.
- D). creating a needs assessment survey to be distributed to potential clients.

NEW QUESTION # 53

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