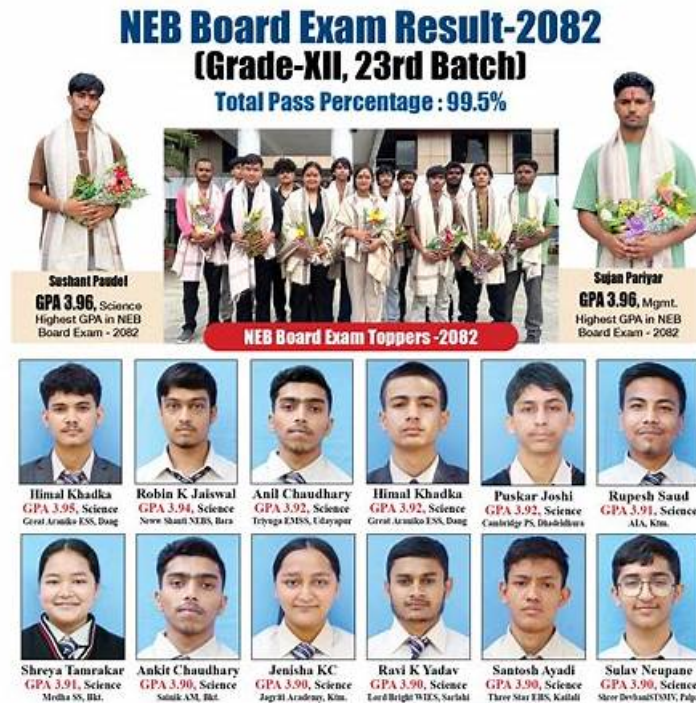


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NBCC National Counselor Examination Sample Questions (Q140-Q145):

NEW QUESTION # 140

What can happen when group rules are established and stated explicitly?

- A. Group members follow the group guidelines when participating.
- B. Members move through group stages more slowly.

- C. More work is required of the group leader to enforce the norms.
- D. Members' reliance on the group leader for guidance increases.

Answer: A

Explanation:

The Group Counseling and Group Work core area highlights the importance of group norms, ground rules, and structure in promoting effective group functioning. When group rules are clear and explicit:

- * Members know what behavior is expected and what is inappropriate,
- * There is a shared understanding of participation, confidentiality, respect, and attendance, and
- * Members can self-regulate and hold each other accountable, rather than relying solely on the leader.

Thus, Option A is correct: clearly stated rules increase the likelihood that members will follow the group guidelines in their participation.

Why the other options are less accurate:

- * B. Move through stages more slowly - Having explicit rules generally supports smoother movement through group stages by reducing confusion and conflict, not slowing development.
- * C. More work for the leader - Explicit rules typically reduce the leader's enforcement burden because expectations are shared and can be maintained by the group.
- * D. Increased reliance on the leader - Clear, agreed-upon rules foster greater group autonomy, not greater dependence on the leader.

Therefore, consistent with CACREP's emphasis on understanding and facilitating group norms, A is the best answer.

NEW QUESTION # 141

Which of the following statements best describes burnout?

- A. The physical susceptibility to illness and fatigue
- B. General feelings of hopelessness and loss of appetite
- **C. A phenomenon associated with career-related stress**
- D. A sense of lack of direction and ambiguity

Answer: C

Explanation:

Within Professional Counseling Orientation and Ethical Practice, CACREP highlights the importance of counselors understanding impairment, burnout, and self-care-for themselves and in general occupational contexts.

- * Burnout is typically defined as a state of emotional, physical, and mental exhaustion that results from chronic work-related or career-related stress, often accompanied by decreased sense of accomplishment and depersonalization.

Option D captures burnout as a phenomenon associated with career-related (occupational) stress, which is the broad, accurate description tested on the NCE.

Options A, B, and C each describe possible symptoms or correlates (hopelessness, confusion, fatigue, illness), but none by themselves constitute the definition of burnout. Burnout is best understood as a syndrome arising from prolonged job stress, making D the best answer.

NEW QUESTION # 142

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

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

Answer: C

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 # 143

Which of the following is a physical trauma response?

- A. Ruminating about the trauma
- B. Ongoing mental distress or discomfort
- C. Changes in the central nervous system
- D. Physically acting out the trauma

Answer: C

Explanation:

Counselors must be able to recognize that trauma can affect clients physically, cognitively, emotionally, and behaviorally. A physical trauma response involves changes in bodily systems and functioning.

Option D. Changes in the central nervous system is a physical response: trauma can alter arousal systems, stress responses, and brain functioning (for example, heightened startle response, altered sleep-wake patterns, or dysregulated autonomic responses). These are bodily/physiological manifestations of trauma, not just thoughts or emotions.

Why the others are incorrect:

* A. Ongoing mental distress or discomfort reflects emotional/psychological symptoms (e.g., anxiety, sadness), not specifically physical changes.

* B. Physically acting out the trauma is best understood as a behavioral manifestation (reenactment or agitation), not underlying physical system change.

* C. Ruminating about the trauma is a cognitive response (repetitive, intrusive thinking), not a physical one.

NBCC Counselor Work Behavior Areas highlight the importance of recognizing the multidimensional impact of trauma-including physical-so that assessment and treatment planning can address the full range of client needs.

NEW QUESTION # 144

A client reports difficulty concentrating "because everyone is always speaking at once." Following this disclosure, what symptom must the counselor assess?

- A. Tactile hallucinations
- B. Visual hallucinations
- C. Auditory hallucinations
- D. Delusions of grandeur

Answer: C

Explanation:

In intake and assessment, counselors are expected to recognize possible indicators of psychotic symptoms and to follow up with focused questioning. A report that "everyone is always speaking at once" suggests that the client may be experiencing perceptual disturbances involving hearing voices, which is characteristic of auditory hallucinations.

The counselor's responsibility, as outlined in assessment-related work behaviors, is to:

* Identify verbal cues suggesting hallucinations or other psychotic features.

* Conduct further assessment to clarify the nature, frequency, and impact of these experiences.

* Determine risk, functional impairment, and the need for referral or coordinated care.

Why the other options are incorrect:

* A. Visual hallucinations involve seeing things (people, objects, lights) that are not present; the client's description specifically involves "speaking," which is auditory.

* C. Delusions of grandeur are fixed false beliefs about having exceptional power, importance, or identity, not a perception that many voices are speaking at once.

* D. Tactile hallucinations involve feeling physical sensations (e.g., bugs crawling on the skin) that are not actually occurring.

This is consistent with NBCC Counselor Work Behavior Areas, which emphasize accurate symptom recognition and diagnostic assessment as foundational to responsible counseling practice.

NEW QUESTION # 145

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We have not shown data for all the employees, just some examples, As NCE-ABE an uberhacker himself, Mitnick is well-placed to draw on his own knowledge and experience in reporting on hack attacks and exploits.

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