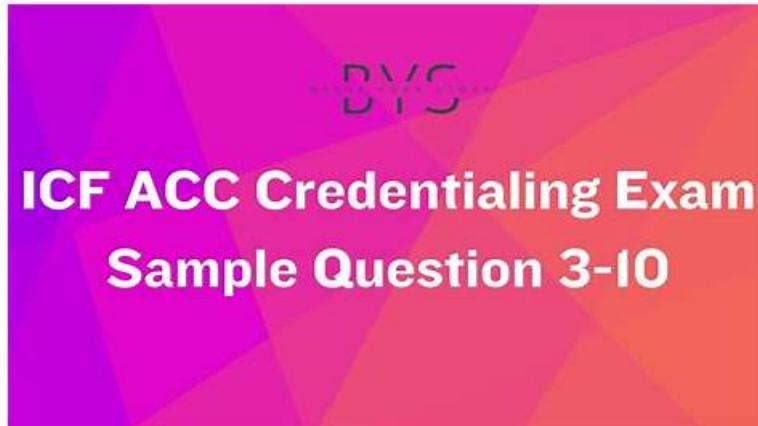


# ICF-ACC Latest Study Questions - Exam ICF-ACC Simulator Fee



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## ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"><li>• Domain: Coaching Ethics: This section of the exam measures the skills of Professional Coaches and covers knowledge of professional ethics codes, including understanding what constitutes a conflict of interest. It also evaluates awareness of relevant laws, regulations, and organizational policies related to confidentiality, such as identifying factors that may necessitate breaking confidentiality. This section ensures that coaches adhere to ethical standards and legal requirements.</li></ul>
Topic 2	<ul style="list-style-type: none"><li>• Domain: Definition and Boundaries of Coaching: This section evaluates the expertise of Coaching Consultants in understanding the definition of coaching and the coaching process. It includes differentiating coaching from related professions like therapy, counseling, mentoring, and consulting. Additionally, it covers knowledge of when and how to make appropriate referrals to mental health professionals and recognizing signs of mental health conditions that may hinder coaching progress. This section ensures coaches maintain clear boundaries and make informed decisions for client well-being.</li></ul>
Topic 3	<ul style="list-style-type: none"><li>• Domain: Coaching Competencies, Strategies, and Techniques: This section measures the skills of Life Coaches in applying coaching competencies, strategies, and techniques. It includes knowledge of how to contract with clients, focusing on key elements of a coaching agreement. It also covers the ICF Core Competencies, goal setting, motivation, and a variety of coaching techniques, tools, and resources. This section ensures coaches are equipped to effectively support clients in achieving their goals.</li></ul>

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## **ICF Associate Certified Coach Sample Questions (Q50-Q55):**

### **NEW QUESTION # 50**

A client tells their coach that they can't stop thinking about harming themselves and shares specific information about when and how they are planning to do it. Which action should the coach take first?

- A. Discuss the issue with the client's family
- **B. Contact the appropriate emergency response services**
- C. Schedule more frequent coaching sessions
- D. Tell the client to call a therapist

### **Answer: B**

Explanation:

The ICF Code of Ethics (Section 4.3) allows breaches of confidentiality "when required by law or to prevent serious harm," and suicidal ideation with a specific plan constitutes an immediate risk. Coaching boundaries exclude handling mental health crises (ICF Definition of Coaching), requiring urgent action. Let's assess:

A . Tell the client to call a therapist: This delays intervention in a crisis and shifts responsibility to the client, who may not act, contradicting the coach's duty to prevent harm (ICF Code of Ethics, Section 2.5).

B . Contact the appropriate emergency response services: This is the first step when a client presents an imminent threat to themselves, aligning with ethical and legal obligations to prioritize safety (ICF Code of Ethics, Section 4.3).

C . Schedule more frequent coaching sessions: This is inadequate for an emergency and exceeds coaching's scope (ICF Coaching Boundaries).

D . Discuss the issue with the client's family: This breaches confidentiality without consent unless harm is imminent and emergency services are unavailable, making it a secondary step (ICF Code of Ethics, Section 4).

Option B is the first action, as it addresses the immediate danger per ICF ethics and boundaries.

### **NEW QUESTION # 51**

Which would most likely lead a client to feel they have less power or influence than the coach in the coaching process?

- A. The coach's tendency to ask more questions than the client
- B. The client's control over the timing of payments to the coach
- **C. The client's perceptions of the coach as an expert in coaching**
- D. The sponsoring company's willingness to pay for coaching services for the client

### **Answer: C**

### **NEW QUESTION # 52**

Which action, if taken by a coach at the end of a session, would most likely help a client continue to make progress?

- A. Distributing a survey to assess the client's level of satisfaction with the coaching progress
- **B. Working with the client to develop an action plan that acknowledges support and resource barriers**
- C. Emphasizing some negative outcomes that could occur if the client does not reach their goals
- D. Sharing literature relevant to the client's goals for them to review before the next coaching session.

### **Answer: B**

Explanation:

ICF Competency 8 ("Facilitates Client Growth") focuses on "transforming learning into action" through specific, realistic plans that support ongoing progress. Addressing barriers ensures sustainability (ICF Definition of Coaching). Let's evaluate:

\* A. Distributing a survey to assess the client's level of satisfaction with the coaching progress: This evaluates the process but doesn't directly drive progress (Competency 8).

\* B. Working with the client to develop an action plan that acknowledges support and resource barriers: This aligns with Competency 8, empowering the client with a tailored, actionable strategy for continued growth.

\* C. Emphasizing some negative outcomes that could occur if the client does not reach their goals:

Fear-based motivation contradicts ICF's positive, client-led approach (Competency 5).

\* D. Sharing literature relevant to the client's goals for them to review before the next coaching session: This supports learning but lacks the actionable focus of a plan (Competency 8).

Option B most likely helps the client progress, per ICF's growth-focused framework.

### NEW QUESTION # 53

When a coach maintains client confidentiality. Which ICF ethical standard are they honoring?

- A. Responsibility
- B. Responsibility to professionalism
- C. Responsibility to society
- D. Responsibility to clients

#### Answer: D

Explanation:

The ICF Code of Ethics organizes standards under headings like "Responsibility to Clients" (Section 1). Confidentiality is explicitly addressed in Section 4 ("Confidentiality/Privacy"), which falls under this responsibility, ensuring client trust and autonomy. Let's assess:

A . Responsibility to clients: Section 4.1 requires coaches to "maintain the strictest levels of confidentiality," directly tying this to client responsibility.

B . Responsibility to society: This (Section 5) focuses on broader impact, not confidentiality.

C . Responsibility to professionalism: This (Section 3) addresses conflicts of interest, not privacy.

D . Responsibility: This is incomplete; ICF uses specific categories, and confidentiality aligns with clients.

Option A is the ethical standard honored, per ICF's structure.

### NEW QUESTION # 54

During the coaching session, a client has a new and very clear insight about the way that they have been treating a colleague. The worst response is:

- A. Tell them that the way they have been treating the colleague is unacceptable, and they need to change if they want to be a better person.
- B. Ask the client how this new insight could impact his/her behavior towards the colleague.
- C. Ask them how they would feel if they were the colleague being treated in this way.
- D. Suggest that this insight could be very useful in changing the client's behavior toward the colleague.

#### Answer: A

Explanation:

Option A is the worst because it imposes judgment ("unacceptable") and directs the client ("need to change"), violating Competency 4.1 (safe, non-judgmental environment) and Competency 2.2 (partnership). It also breaches Ethics Section 2.2 (avoiding personal bias) and the ICF Definition of Coaching, which emphasizes facilitating, not dictating.

Option B invites perspective but isn't harmful. Option C (best, see Question 11) empowers the client. Option D suggests rather than collaborates but isn't judgmental. A most severely undermines the coaching process.

References: ICF Core Competencies (2.2, 4.1); ICF Code of Ethics (2.2); ICF Definition of Coaching.

### NEW QUESTION # 55

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