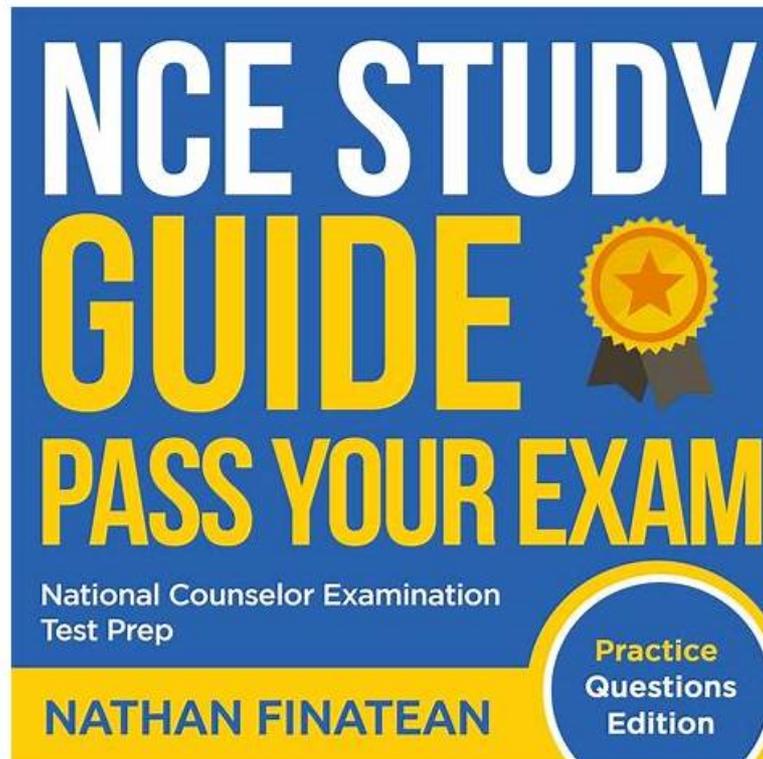


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NBCC National Counselor Examination Sample Questions (Q77-Q82):

NEW QUESTION # 77

The group leader can recognize that the group is in stage II (transition, storming, or conflict) when:

- A. Members ask many questions of the leader.
- B. Members are tentative, cautious, and uncertain.
- **C. Members openly express disagreement with the group leader.**
- D. The group as a whole is quiet and withdrawn.

Answer: C

Explanation:

In the Group Counseling and Group Work core area, CACREP-based training and the NCE require familiarity with stages of group development (often described similarly to forming, storming, norming, performing):

* Stage I (Initial/Forming/Orientation):

* Members are cautious, tentative, and dependent.

* They often ask many questions of the leader.

* The group may be quiet or withdrawn as members test safety and structure. (These correspond to options B, C, and D.)

* Stage II (Transition/Storming/Conflict):

* Characterized by anxiety, resistance, and control issues.

* Members may challenge the leader or one another.

* Open disagreement, power struggles, and expressions of frustration are common.

Therefore, the clearest indicator that the group is in Stage II is when members openly express disagreement with the leader, reflecting conflict and challenge-hallmarks of the transition/storming stage.

Thus, A is correct.

NEW QUESTION # 78

How would a counselor apply internal family systems therapy with an individual having relationship difficulties?

- **A. Facilitate identification and visualization of parts taking over in the relationship.**
- B. Explore how the client's family of origin shows up in relationship patterns.
- C. Recognize internal conflicts and attachment wounds affecting the client.
- D. Include family members in counseling sessions to resolve internal conflicts.

Answer: A

Explanation:

Internal Family Systems (IFS) therapy views the mind as composed of multiple "parts" (such as protectors and exiles) and a core Self that is calm, compassionate, and centered. Even when working with an individual (rather than an actual family), the counselor:

* Helps the client identify and get to know different internal parts,

* Notices which parts become activated or "take over" in specific contexts, such as relationships,

* Supports the client in unblending from these parts and relating to them from Self-leadership.

Option B best captures this process: the counselor facilitates identification and visualization of parts that are taking over in the relationship, so the client can understand how these parts influence their reactions and choices with others.

* A is more aligned with traditional family-of-origin or Bowenian/systemic exploration and is less specific to IFS's internal "parts" model.

* C is not required in IFS; the "family" being worked with is the internal system, not necessarily the external family.

* D is partially true in a broad sense (IFS does recognize internal conflicts and wounds), but it is too general and does not specify the key IFS intervention of working explicitly with "parts." This question falls under Counseling Skills and Interventions, since it focuses on how a counselor would apply a specific therapeutic model in practice with a client experiencing relational difficulties.

NEW QUESTION # 79

The concept of self-actualization, as a goal in personal development, is primarily attributable to which of the following theorists?

- A. Rogers
- **B. Maslow**
- C. Glasser
- D. Perls

Answer: B

Explanation:

In the Human Growth and Development core area, counselors study major developmental and personality theories, including humanistic and existential approaches.

* Abraham Maslow proposed the hierarchy of needs, a motivational model in which human needs are arranged from basic physiological needs to safety, love/belonging, esteem, and finally self-actualization at the top.

* In Maslow's framework, self-actualization is the realization of one's full potential and is explicitly presented as a central goal of personal development.

* Carl Rogers (Option C) also discussed an actualizing tendency and the movement toward becoming a "fully functioning person," but the classic concept of self-actualization as the pinnacle of a hierarchy of needs is most directly associated with Maslow.

* Fritz Perls (Option B) is associated with Gestalt therapy, focusing on awareness, here-and-now experience, and integration of the self, but not primarily on the hierarchical notion of self-actualization.

* William Glasser (Option D) developed Reality Therapy and Choice Theory, emphasizing responsibility and needs satisfaction (love/belonging, power, freedom, fun, survival), but again, not self-actualization as framed in Maslow's model.

Because self-actualization as a specific, named goal in development is most strongly and classically linked with Abraham Maslow, the correct answer is A (Maslow).

NEW QUESTION # 80

Behaviorists assert that inappropriate behavior

- A. is a defense mechanism.
- B. is a symptom of intrapersonal conflict.
- C. is reinforced and therefore tends to reoccur.
- D. results from early conflict in the family.

Answer: C

Explanation:

Within Counseling and Helping Relationships, CACREP includes major counseling theories, including behavioral approaches. Behaviorism focuses on observable behavior and the ways it is learned and maintained through conditioning and reinforcement.

From a behavioral perspective:

* Behaviors (including "inappropriate" or maladaptive ones) increase in frequency when they are reinforced-by attention, relief from discomfort, tangible rewards, or avoidance of something aversive.

* Thus, when a behavior continues, behaviorists look for the reinforcement history that keeps it going.

The other options reflect different theoretical orientations:

* A (defense mechanism) is psychoanalytic/psychodynamic.

* B (symptom of intrapersonal conflict) aligns with psychodynamic or some humanistic views.

* C (early family conflict) fits Adlerian or some family systems perspectives.

Only D accurately states the behaviorist position: inappropriate behavior persists because it is reinforced and therefore tends to reoccur.

NEW QUESTION # 81

A client with a terminal illness discloses to their hospice counselor that they would like to discuss the option of assisted suicide.

Which of the following should the counselor do first?

- A. Review palliative care medications.
- B. Inform the client's family immediately to discuss next steps.
- C. Seek consultation or supervision from professional and legal parties.
- D. Maintain confidentiality to protect the therapeutic relationship.

Answer: C

Explanation:

When a client brings up assisted suicide, the counselor is dealing with a situation that involves serious ethical, legal, and clinical considerations. The NBCC Counselor Work Behavior Areas emphasize that counselors must know and follow applicable laws, adhere to ethical standards, and seek supervision or consultation when facing complex or high-risk situations.

The best first step is Option A: seek professional and legal consultation/supervision. This helps the counselor clarify:

* Legal requirements in their jurisdiction regarding assisted suicide.

* Ethical obligations related to client safety, autonomy, and confidentiality.

* Appropriate clinical responses and documentation.

Option B (maintain confidentiality) is important but not an action step and may need to be reconsidered if there is clear risk of self-harm. Option C (inform the family) could violate confidentiality without proper legal/ethical grounding. Option D (review palliative medications) is outside the counselor's scope. Consulting first allows the counselor to proceed in an informed, ethical, and legally sound manner.

NEW QUESTION # 82

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