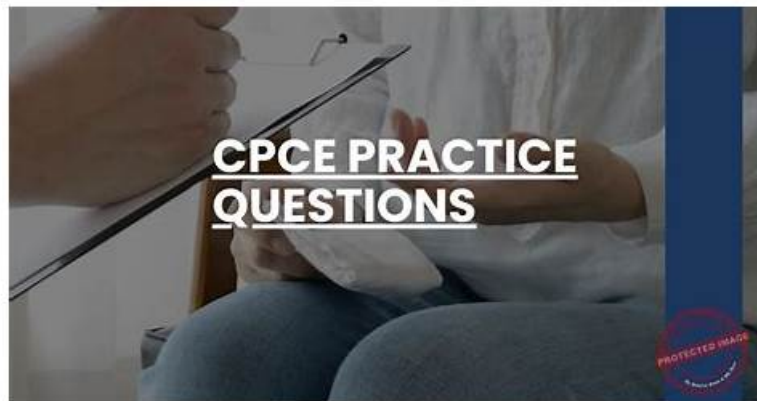


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## CCE Global Counselor Preparation Comprehensive Examination (CPCE) Sample Questions (Q57-Q62):

### NEW QUESTION # 57

What is the difference between a cognitive distortion and an irrational belief in cognitive behavioral therapies?

- A. Cognitive distortions are specific thoughts patterns that skew a person's perception of reality, whereas irrational beliefs are generalized and deeply held false assumptions about oneself.
- B. Irrational beliefs are momentary thought patterns that influence our thoughts and feelings, whereas cognitive distortions are deeply ingrained thought patterns that influence our behaviors.
- C. Cognitive distortions and irrational beliefs are relatively the same concept within cognitive behavioral therapies that have no meaningful distinctions between them.

**Answer: A**

Explanation:

Cognitive distortions are specific, systematic errors in thinking that lead to inaccurate perceptions (e.g., catastrophizing, overgeneralization). Irrational beliefs, as described in Rational Emotive Behavior Therapy (REBT), are deeply held, global, and

unrealistic assumptions about oneself, others, or the world (e.g., "I must be loved by everyone to be worthwhile"). While both are central to cognitive behavioral therapies, cognitive distortions are seen as habitual faulty thought patterns, whereas irrational beliefs are more generalized and fundamental in shaping one's worldview.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2017). Theory and Practice of Counseling and Psychotherapy (10th Edition).

#### NEW QUESTION # 58

Foundational theories in counseling that focus on individual psychopathology may not be applicable to members of minoritized groups because the theories

- A. ascribe behavioral responsibility to cultural groups.
- **B. often result in blaming the client for their circumstances.**
- C. solve problems outside of an intrapersonal context.

**Answer: B**

Explanation:

Many traditional counseling theories were developed within a Western cultural framework, focusing on individual pathology without consideration of systemic, cultural, or societal influences. When applied to members of minoritized groups, these theories can inadvertently lead to blaming clients for issues rooted in oppression or discrimination, rather than addressing the broader context. Culturally competent counseling emphasizes the need to consider environmental and cultural factors.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Sue, D. W. & Sue, D. (2016). Counseling the Culturally Diverse.

#### NEW QUESTION # 59

The unique strength of the pretest-posttest control group design, namely the

- A. dependent variable, is also its main weakness.
- **B. pretest**
- C. independent variable

**Answer: B**

Explanation:

The pretest in a pretest-posttest control group design is both its main strength and weakness. The pretest allows for the measurement of change and comparison between groups, but it can also sensitize participants to the intervention, possibly affecting the outcomes (pretest reactivity). "While the pretest allows for baseline measurement, it may also influence participants' responses on the posttest, posing a threat to internal validity." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Royse, D., Thyer, B. A., & Padgett, D. K.

(2016). Program Evaluation: An Introduction.

#### NEW QUESTION # 60

Counselors who follow a universal approach in which all clients, regardless of personal attributes, are treated the same are

- A. providing equal opportunities.
- **B. engaging in unethical behavior.**
- C. lacking cultural value boundaries.

**Answer: B**

Explanation:

Treating all clients exactly the same, without consideration for their unique cultural backgrounds, is not culturally competent and is considered unethical according to professional codes of ethics. Counselors are ethically bound to provide culturally responsive services. "A universal or color-blind approach fails to recognize individual and cultural differences, and such practice is considered unethical." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics.

### NEW QUESTION # 61

Which counseling approach emphasizes unconditional positive regard, empathy, and congruence?

- A. Cognitive-Behavioral Therapy
- B. Psychoanalysis
- C. Person-Centered Therapy

**Answer: C**

Explanation:

Person-Centered Therapy, developed by Carl Rogers, highlights the core conditions of unconditional positive regard, empathy, and congruence (genuineness). These conditions create a supportive environment that facilitates client growth. This humanistic approach is client-centered and non-directive.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2017). Theory and Practice of Counseling and Psychotherapy.

### NEW QUESTION # 62

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