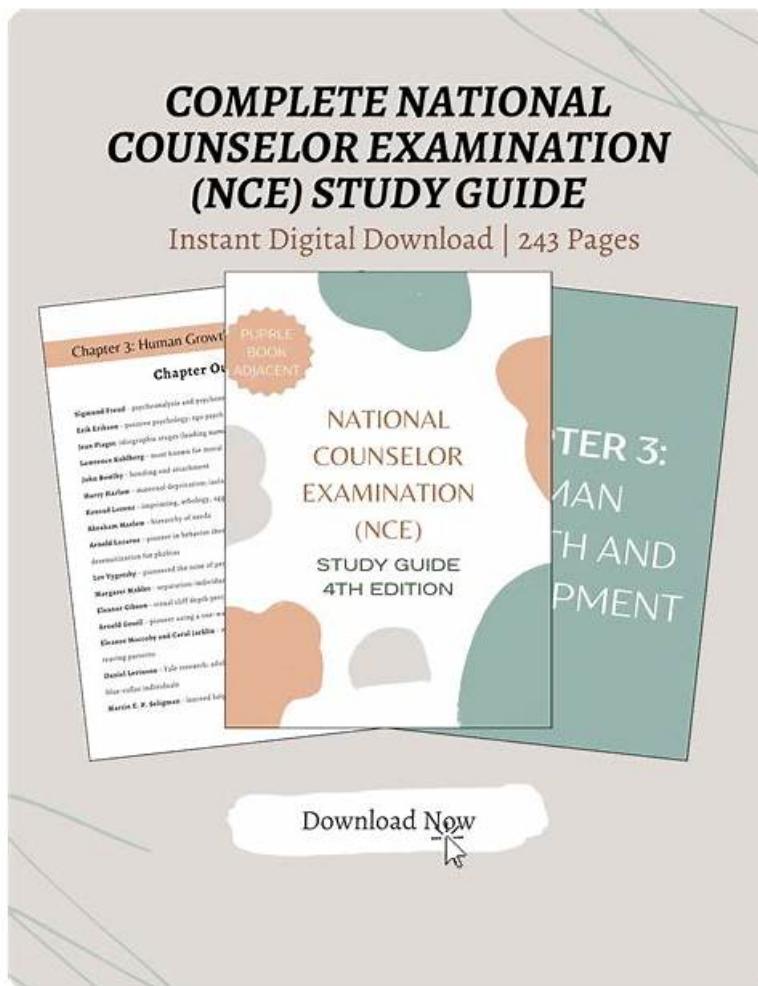


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NBCC National Counselor Examination Sample Questions (Q107-Q112):

NEW QUESTION # 107

A client is an 85-year-old male who is in declining health. He has had a recent heart attack and his cardiologist recommended counseling. The client reports being divorced for 10 years and estranged from his adult children. He presents as mildly depressed with a limited range of emotional expression. He says he has accepted the loss of family relationships while recounting all he did to provide for his family. He expresses some fears about dying alone and wonders aloud about how much time he has left. An important focus of counseling with this client would be which of the following?

- A. Developing and expanding support networks
- B. Reviewing will and health care directives
- C. Repairing family relationships
- D. End-of-life issues

Answer: D

Explanation:

This client is:

- * In advanced age with declining health and a recent heart attack.
- * Expressing fears about dying alone and questions about how much time he has left.
- * Reflecting on life choices and losses ("all he did to provide for his family").

These features point strongly to end-of-life concerns, such as mortality, meaning, unresolved feelings, and how to live meaningfully in the time remaining. Thus, A. End-of-life issues is the most central and clinically indicated focus.

Why the others are secondary or less indicated:

- * B. Repairing family relationships - while potentially helpful, he states he has "accepted" those losses; that may be explored within end-of-life work, but the primary clinical task is addressing his fears and meaning-making around death.
- * C. Reviewing will and health care directives - important practically, but this is more of a legal/administrative task than the core counseling focus.
- * D. Developing and expanding support networks - can be part of the work, especially given fears of dying alone, but it is one element within the broader focus on end-of-life adjustment rather than the central organizing theme.

NBCC Counselor Work Behavior Areas include attending to developmental and life-stage issues, including older adulthood and end-of-life, and helping clients cope with illness, mortality, and existential concerns.

NEW QUESTION # 108

Projective techniques:

- A. Reflect the causes of the subject's current difficulty.
- B. Reveal unconscious processes.
- C. Predict future difficulties of the subject.
- D. Provide objective assessment.

Answer: B

Explanation:

Within the Intake, Assessment and Diagnosis domain, counselors are expected to understand different types of assessment instruments, including their purpose and limitations. Projective techniques (such as the Rorschach Inkblot Test or Thematic Apperception Test) are designed to provide information about unconscious processes, personality dynamics, and underlying conflicts by eliciting open-ended responses to ambiguous stimuli.

- * These techniques are not considered strictly objective (eliminating A). They often involve clinical interpretation.
- * They are not designed primarily to predict future difficulties (eliminating B), though they may contribute to a broader understanding of risk.
- * While they can inform hypotheses about contributing factors, they do not directly "reflect the causes" of current problems in a definitive way (eliminating C).

Their central theoretical purpose is to tap unconscious feelings, motives, and conflicts, making D the correct answer.

NEW QUESTION # 109

Counselors use which type of group to help clients emphasize personal growth through increasing awareness, decreasing inhibitions, and exploring interpersonal issues via marathon sessions?

- A. Encounter
- B. Psychoeducational
- C. Psychoanalytic
- D. Humanistic

Answer: A

Explanation:

In Group Counseling and Group Work, one of the classic group formats covered is the encounter group (closely related to sensitivity or T-groups). Encounter groups typically:

- * Emphasize personal growth and here-and-now interpersonal awareness,
- * Aim to decrease inhibitions and increase authenticity and emotional expression,
- * Often use intensive or "marathon" sessions to facilitate deep exploration of interpersonal issues.

This description matches encounter groups (A) exactly.

- * Psychoanalytic groups (B) emphasize insight into unconscious processes, using interpretation and transference analysis.
- * Psychoeducational groups (C) focus on structured teaching of skills or information (e.g., health, coping skills).
- * Humanistic (D) is a broader theoretical orientation; many encounter groups are humanistic, but the specific term used for this kind of intensive, awareness-focused marathon group is "encounter group."

NEW QUESTION # 110

What term best describes a client's coping mechanism for feelings of inferiority and inadequacy?

- A. Compensation
- B. Reaction formation
- C. Regression
- D. Displacement

Answer: A

Explanation:

In Human Growth and Development, especially in Adlerian and psychodynamic theory content, counselors learn that:

* Compensation is a coping mechanism in which a person attempts to counterbalance perceived weaknesses or feelings of inferiority by emphasizing strengths in other areas. This directly matches the description of coping with feelings of inferiority and inadequacy, so A is correct.

The other terms reflect different mechanisms:

- * Displacement (B): redirecting emotions from a threatening target to a safer one.
- * Reaction formation (C): expressing the opposite of one's true feelings.
- * Regression (D): reverting to earlier, more childlike behaviors under stress.

Therefore, the mechanism that best describes coping with feelings of inferiority is compensation.

NEW QUESTION # 111

Which of the following techniques best characterizes the demonstration of advanced empathy to a client?

- A. Asking questions
- B. Reflecting conflicting feelings
- C. Demonstrating interest
- D. Reflecting content

Answer: B

Explanation:

Empathy develops in levels:

- * Basic empathy often involves accurate reflection of content and primary feelings.
- * Advanced (or additive) empathy goes further by identifying and reflecting underlying, implied, or conflicting feelings, including ambivalence or feelings the client has not yet clearly expressed.

Option D. Reflecting conflicting feelings captures this advanced level of empathy because the counselor:

- * Recognizes that the client may feel two or more emotions at the same time (e.g., anger and love, fear and excitement).
- * Helps the client gain deeper self-awareness by naming these tensions or contradictions.

The other options are less specific to advanced empathy:

* A. Asking questions - can facilitate exploration but is not, by itself, empathy.

* B. Demonstrating interest - important for rapport but too general to qualify as advanced empathy.

* C. Reflecting content - is a helpful basic skill but focuses on the story or facts rather than deeper emotional complexity.

In the Core Counseling Attributes domain, advanced empathy is a key indicator of a counselor's ability to accurately perceive and articulate the client's inner experience at a deeper level, thereby facilitating insight and emotional integration.

NEW QUESTION # 112

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