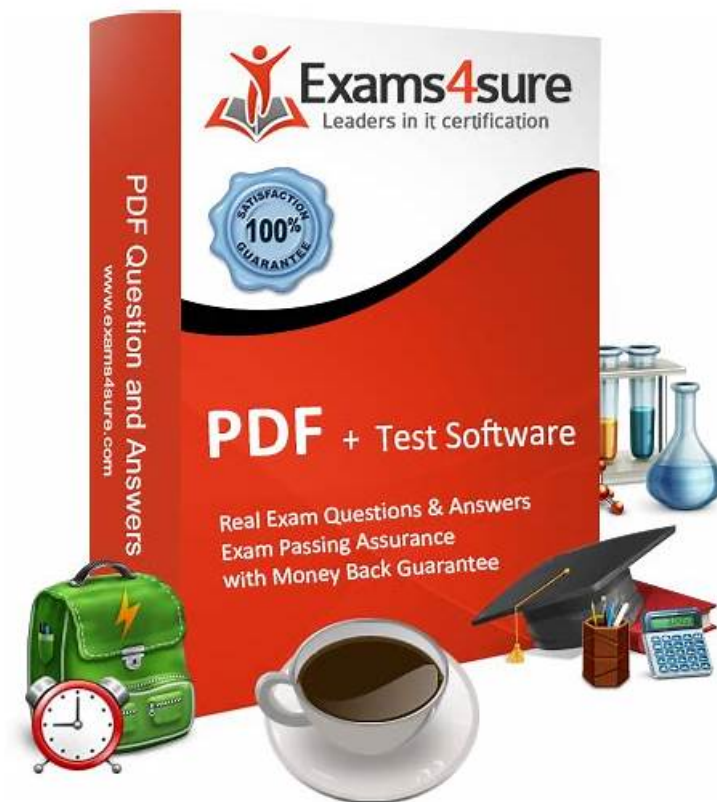


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## NBCC National Counselor Examination Sample Questions (Q38-Q43):

### NEW QUESTION # 38

Ethnography is traditionally focused on

- A. Critical tales
- B. Storytelling
- C. Group behavior
- D. Hermeneutic design

Answer: C

Explanation:

In the Research and Program Evaluation core area, CACREP includes knowledge of qualitative research methods, including ethnography.

\* Ethnography is a qualitative approach in which the researcher studies a culture-sharing group (e.g., a community, organization, or subgroup) over time, focusing on patterns of group behavior, interactions, beliefs, and meanings in their natural context.

\* The emphasis is on understanding how groups function and behave, often through participant observation and in-depth immersion. Storytelling (B) and critical tales (C) can be narrative products of qualitative work, and hermeneutic design (D) refers more broadly to interpretive approaches. But ethnography is most centrally concerned with the systematic study of group behavior and culture, making A the correct choice.

### NEW QUESTION # 39

The measure of central tendency that separates the top half of the scores from the bottom half is the

- A. Mode
- B. Semi-interquartile range
- C. Median
- D. Mean

**Answer: C**

Explanation:

Within the Assessment and Testing core area, counselors are expected to understand and correctly use basic statistical concepts, including measures of central tendency and variability.

\* The median is defined as the score that divides a distribution into two equal halves, with 50% of the scores falling above it and 50% below it. This is exactly what the question is asking: the value that separates the top half of the scores from the bottom half.

\* The mode is the most frequently occurring score in a distribution and does not necessarily divide the distribution into equal halves.

\* The mean is the arithmetic average of the scores and can be influenced by extreme scores; it does not, by definition, guarantee that half the scores are above and half below.

\* The semi-interquartile range is a measure of variability (spread), not a measure of central tendency.

It represents half the distance between the first and third quartiles.

Because the median is the statistic that separates the upper 50% of scores from the lower 50%, A (Median) is the correct answer.

### NEW QUESTION # 40

Which of the following is the experimentally validated treatment modality for individuals diagnosed with substance use disorder?

- A. Narrative therapy
- B. Eye movement desensitization and reprocessing
- C. Motivational interviewing
- D. Solution-focused brief therapy

**Answer: C**

Explanation:

In the Counseling Skills and Interventions work behavior area, counselors are expected to select interventions that are supported by empirical evidence for the client's specific concerns, including substance use disorders.

Motivational interviewing (MI) (Option A) is a widely researched, empirically supported treatment modality for individuals with substance use disorders. It is a client-centered, directive approach designed to:

\* Enhance intrinsic motivation for change,

\* Resolve ambivalence,

\* Support clients in moving through stages of change regarding substance use.

Core MI skills often summarized as OARS (open questions, affirmations, reflections, summaries) are used to elicit and strengthen "change talk" and reduce resistance. Research has consistently shown MI's effectiveness in reducing substance use and increasing treatment engagement across various populations and settings.

Why the other options are less appropriate here:

\* B. Narrative therapy - While potentially helpful for meaning-making and identity reconstruction, it is not the primary empirically validated front-line modality for substance use disorders.

\* C. Solution-focused brief therapy - Has some supportive evidence for various problems and can be useful in certain substance-related contexts, but MI has a stronger and more direct evidence base specifically for substance use disorders.

\* D. Eye movement desensitization and reprocessing (EMDR) - Primarily validated for trauma- related disorders, particularly PTSD, rather than as a core, primary treatment for substance use disorders.

NBCC-aligned counselor work behaviors emphasize that practitioners should match interventions to the problem using approaches with strong empirical support, making motivational interviewing the best choice among the options for treating substance use disorders.

Top of Form

Bottom of Form

#### NEW QUESTION # 41

According to classical psychoanalytic thought, an adolescent client who continually tells inappropriate jokes and discusses unrelated matters of a nonpersonal nature is exhibiting

- A. Transference
- B. Catharsis
- C. Resistance
- D. Regression

**Answer: C**

Explanation:

Within the Counseling and Helping Relationships core area, CACREP emphasizes knowledge of psychoanalytic concepts such as resistance, transference, catharsis, and regression.

\* In classical psychoanalytic theory, resistance refers to any behavior that impedes the counseling process or avoids threatening, unconscious material. This can include joking, changing the subject, talking about trivial or nonpersonal matters, being late, or intellectualizing instead of addressing feelings.

\* In this vignette, the adolescent repeatedly tells inappropriate jokes and shifts to unrelated, nonpersonal topics, which function to avoid deeper, emotionally charged material—a textbook example of resistance.

Why the others are not best:

\* Transference (A): This is when clients unconsciously transfer feelings from earlier significant relationships onto the counselor. That's about who the feelings are directed toward, not joking and avoiding content.

\* Catharsis (C): This is an emotional release that comes from expressing previously repressed feelings, usually leading to relief, not avoidance.

\* Regression (D): This is a return to earlier developmental behaviors in response to stress (e.g., acting childlike), not primarily joking and talking about unrelated topics to avoid personal material.

Thus, the behavior is best understood as B. Resistance.

#### NEW QUESTION # 42

Who has the responsibility for legal and ethical rights of subjects in a collaborative research project?

- A. The author of the research proposal
- B. The principal investigator for the research project
- C. The counselor who agrees to accept the responsibility
- D. The state licensure board

**Answer: B**

Explanation:

Professional practice and ethics expectations include understanding ethical responsibilities when counselors participate in or conduct research. In a collaborative research project, while all researchers share ethical obligations, the primary responsibility for ensuring the protection of participants' legal and ethical rights lies with the principal investigator (PI).

\* The PI is responsible for:

\* Ensuring informed consent procedures

\* Safeguarding confidentiality and data security

\* Complying with institutional and legal requirements

\* Overseeing the ethical conduct of all aspects of the project

\* Option B (author of the proposal) does not necessarily have ongoing responsibility if they are not the PI.

\* Option C (the counselor who agrees to accept responsibility) is too vague; specific responsibility lies with designated roles and typically centers on the PI.

\* Option D (state licensure board) regulates professional conduct broadly but does not manage the day- to-day ethical

implementation of a specific research project.  
Therefore, the correct answer is A, the principal investigator.

### NEW QUESTION # 43

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