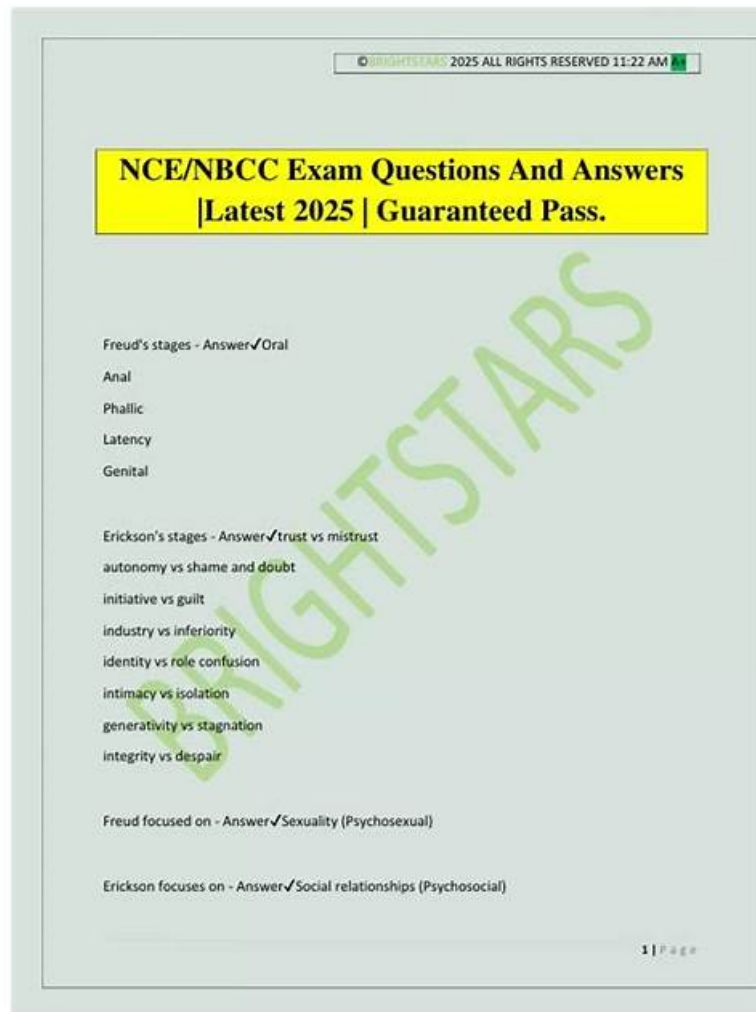


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## NBCC National Counselor Examination Sample Questions (Q11-Q16):

### NEW QUESTION # 11

A 17-year-old client wants to become a physician. With this client, what should the counselor and client focus on in evaluating the likelihood of this goal?

- A. Previous academic record
- B. Achievement test scores
- C. Aptitude test scores
- D. Socioeconomic situation

**Answer: A**

Explanation:

When working with adolescents on career and educational goals, counselors are expected to examine realistic indicators of readiness and likelihood of success in a chosen field. For highly demanding professions such as medicine, the best single indicator of future academic success is the client's previous academic record, including grades, rigor of coursework, and performance in relevant subjects (especially science and math).

\* Previous academic record (D) shows how the client has already handled structured academic demands over time, which closely parallels the long, intensive training path for physicians.

\* Aptitude test scores (A) reflect potential, but they are more abstract and less predictive than an established history of strong academic performance when it comes to long-term professional training.

\* Achievement test scores (B) focus on specific content knowledge at a given point in time, but do not give as rich a picture as an ongoing academic record.

\* Socioeconomic situation (C) may influence access to opportunities and support, but ethically, counselors should not treat it as the main determinant of whether the goal is realistic; instead, it becomes part of planning supports and resources, not the primary filter for possibility.

Therefore, in evaluating the likelihood of successfully becoming a physician, the previous academic record is the most appropriate focus, making D correct.

### NEW QUESTION # 12

In addition to observing a client for signs and symptoms, what other information should counselors identify when determining a diagnosis?

- A. Length of time in counseling
- B. Existence of functional disturbances
- C. Client's view of the problem
- D. Client's goals for counseling

**Answer: B**

Explanation:

Within the Assessment and Testing core area, CACREP notes that diagnosis is not based only on signs and symptoms, but also on the impact on functioning. In line with diagnostic standards (e.g., DSM), counselors must determine whether symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

\* Therefore, beyond symptom observation, counselors must assess for functional disturbances-how the client's life, work, school, or relationships are being affected.

Length of time in counseling (B), client's goals (C), and client's view of the problem (D) are clinically important, but they are not the core additional criterion for diagnosis. Diagnostic decisions hinge on both symptom patterns and functional impairment, making A the correct answer.

### NEW QUESTION # 13

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

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

- D. Recognize internal conflicts and attachment wounds affecting the client.

**Answer: B**

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 # 14

Which of the following best exemplifies the phenomenon of circular causality in systems theory?

- A. A younger sibling steals store merchandise to impress an older sibling who has a history of rebellious behavior requiring parental attention.
- B. A woman in an abusive relationship decides to divorce her husband of 10 years, but she will continue living with him.
- C. A high school student cheats on a test to improve their chances of passing a test and being admitted to college.
- D. A mother attempts to relieve the anxiety of competing personal demands by attending yoga classes and avoiding her children.

**Answer: A**

Explanation:

In family and systems counseling, NBCC Counselor Work Behavior Areas highlight the importance of understanding circular causality—the idea that behavior in a system is both a cause and an effect of other members' behaviors, forming interactional patterns rather than simple "A causes B" chains.

Option B best reflects this systemic, circular view: an older sibling's rebellious behavior has drawn parental attention and shaped the family pattern; the younger sibling then steals to impress the older sibling and participate in that same pattern of rebelliousness and attention. The younger sibling's behavior is influenced by the existing family dynamic, and in turn, that behavior will further affect the family's interactions, reinforcing or modifying the pattern. This mutual, looping influence exemplifies circular causality.

\* Option A describes a largely linear chain: personal anxiety # yoga and avoidance. The interaction pattern within a system is not clearly illustrated.

\* Option C is also linear: cheating # improved chances of passing # college admission; it does not show reciprocal influence between people in a system.

\* Option D reflects ambivalence and a complex relationship, but it does not clearly illustrate a pattern of mutual, cyclical influence among system members.

NBCC's expectations for counseling skills and interventions in systemic work include recognizing and working with these circular patterns, rather than focusing solely on linear "cause-effect" explanations for a single individual's behavior.

#### NEW QUESTION # 15

Which theorist stressed the impact of birth order in the family constellation?

- A. Virginia Satir
- B. Alfred Adler
- C. Carl Jung
- D. Jean Piaget

**Answer: B**

Explanation:

Counselors are expected to understand major theoretical orientations and how they conceptualize the family and the individual in context. Within this competency, Alfred Adler is recognized as the theorist who emphasized:

- \* The family constellation, including the structure and dynamics of the family system.
- \* The impact of birth order (e.g., oldest, middle, youngest, only child) on personality development, beliefs, and interpersonal style.
- \* How these early family experiences shape a person's sense of belonging, inferiority/superiority, and lifestyle.

Adlerian theory holds that an individual's position in the family constellation influences roles, expectations, and perceived significance, which in turn affect behavior and psychological functioning. Counselors use this understanding to conceptualize clients within their relational and familial context.

Why the other options are not correct:

- \* B. Carl Jung focused on the collective unconscious, archetypes, and individuation-not birth order.
- \* C. Jean Piaget is associated with cognitive development in children, not family constellation dynamics.
- \* D. Virginia Satir worked extensively with families and communication patterns, but she is not the theorist associated with birth order as a core conceptual tool.

This aligns with the NBCC Counselor Work Behavior Area expectations that counselors understand key theorists and use family and developmental context when conceptualizing client concerns.

## NEW QUESTION # 16

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