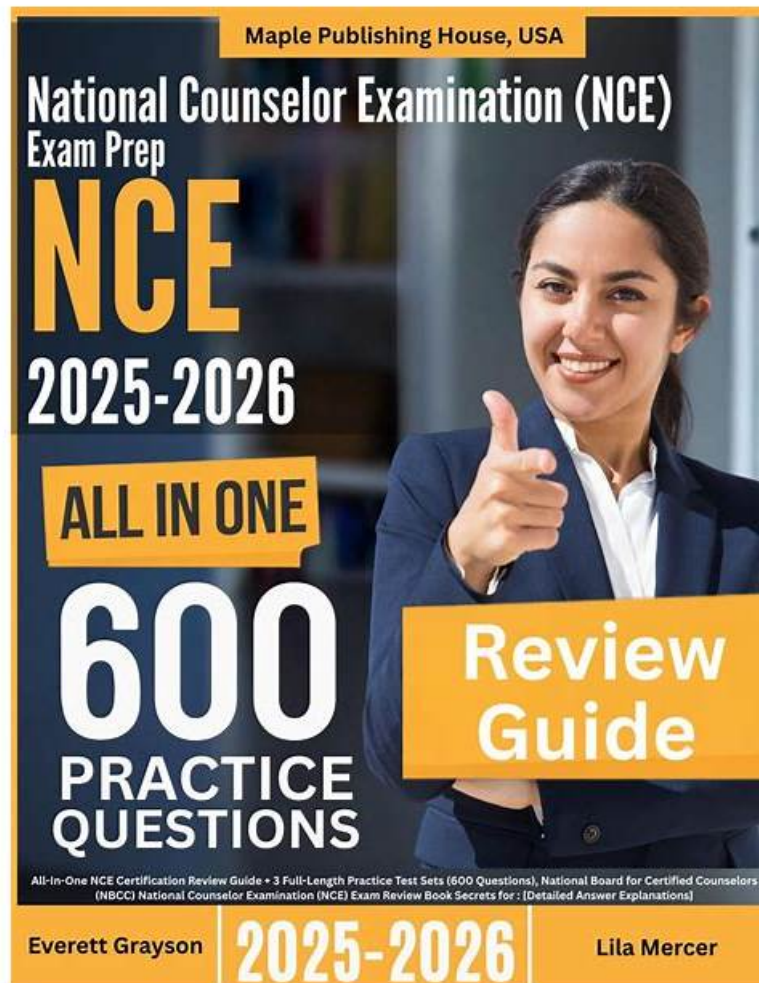


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NBCC National Counselor Examination Sample Questions (Q148-Q153):

NEW QUESTION # 148

Compared to employed men, gender stereotypes socialize employed women to take on more of what type of responsibilities?

- A. Supervisory
- B. Educational
- C. Financial
- **D. Caregiving**

Answer: D

Explanation:

In the Social and Cultural Diversity core area, counselors study how gender roles and stereotypes affect individuals' experiences at home, at work, and in society. A well-established theme is the "second shift" or "double burden", where employed women are often expected to:

* Perform paid work and

* Take on a disproportionate share of caregiving and household responsibilities, such as child care, elder care, managing the home, emotional caretaking, etc.

These expectations are rooted in traditional gender norms that associate women with nurturing and caregiving roles, even when both partners are employed.

* Educational (B) and supervisory (D) responsibilities are not systematically placed more on women because of gender stereotypes in the same pervasive way.

* Financial (C) responsibilities are more often stereotypically associated with men as "breadwinners," not women.

Thus, the type of responsibilities women are especially socialized to take on, compared with employed men, is caregiving (A).

NEW QUESTION # 149

What strategy would a counselor use with a client whose cultural background is different from their own?

- A. Wait for the client to share their cultural experiences.
- B. Address presenting concerns separately from culture, race, and ethnic background.
- C. View cultural background as secondary to treatment planning.
- **D. Ask the client about any cultural issues or beliefs that may be impacting them.**

Answer: D

Explanation:

Within the Social and Cultural Diversity core area, counselors are expected to demonstrate multicultural competence, which includes recognizing how culture, race, ethnicity, and worldview affect clients' experiences and concerns, and actively exploring these with clients. Ethical and culturally responsive practice involves:

* Openly inviting discussion of cultural beliefs, values, and experiences that may influence the client's presenting concerns.

* Avoiding assumptions or minimizing culture as "secondary" to treatment.

Option D reflects this standard: the counselor asks the client directly about any cultural issues or beliefs that may be impacting them, honoring client expertise about their own cultural context and integrating it into case conceptualization and treatment planning.

* A places the responsibility fully on the client and can lead to important cultural issues being overlooked.

* B contradicts multicultural counseling principles by treating culture as unimportant.

* C suggests separating concerns from culture, which ignores the fact that many problems are embedded in cultural, racial, and systemic contexts.

Therefore, D is the strategy that aligns with CACREP's multicultural and social justice competencies.

NEW QUESTION # 150

Generalized anxiety disorder is best characterized by which of the following symptom patterns?

- A. Repetitive thoughts and ritualistic actions
- **B. Continual yet diffuse and overly-intense reactions to day-to-day stress**
- C. Pervasive lack of enthusiasm coupled with continual fatigue
- D. Overconcern with bodily functioning and possible ailments

Answer: B

Explanation:

In the intake, assessment, and diagnosis domain, counselors must distinguish among common mental disorders based on symptom patterns. Generalized anxiety disorder (GAD) is characterized by:

- * Excessive anxiety and worry occurring more days than not
- * Worry that is difficult to control
- * Concerns that are broad and diffuse, often about everyday events or activities
- * Associated symptoms such as restlessness, fatigue, muscle tension, irritability, and sleep disturbance This is captured by Option D: continual yet diffuse and overly-intense reactions to day-to-day stress.

The other options describe different clinical patterns:

- * A: A persistent lack of enthusiasm with fatigue is more characteristic of depressive disorders.
- * B: Overconcern with bodily functioning and possible ailments fits somatic symptom-related or illness anxiety presentations, not classic GAD.
- * C: Repetitive thoughts and ritualistic actions are typical of obsessive-compulsive disorder (OCD).

Thus, the symptom pattern most consistent with generalized anxiety disorder is D.

NEW QUESTION # 151

What group theory uses lifestyle assessment?

- A. Gestalt
- B. Reality therapy
- C. Psychoanalytic
- D. Individual psychology

Answer: D

Explanation:

In the Counseling Skills and Interventions work behavior area, counselors must understand major counseling theories and their associated assessment and intervention methods.

Individual psychology, developed by Alfred Adler, is an approach that emphasizes the holistic understanding of the person, including goals, social interest, family constellation, and life themes. A central tool in Adlerian/individual psychology is the lifestyle assessment, which explores:

- * Early recollections
- * Family constellation and birth order
- * Private logic and core beliefs
- * Patterns of behavior and goals of behavior

The purpose of lifestyle assessment is to understand the client's unique way of viewing self, others, and the world, and to identify themes that influence current functioning and problems.

- * Gestalt (A) focuses on present awareness, unfinished business, and experiential techniques such as role-playing and empty-chair work, not lifestyle assessment.
- * Psychoanalytic (B) emphasizes unconscious processes, early childhood conflicts, and defense mechanisms, using tools such as free association and dream analysis.
- * Reality therapy (D) focuses on present choices, responsibility, and meeting basic needs, often using tools like the WDEP system (Wants, Doing, Evaluation, Planning), not lifestyle assessment.

Because lifestyle assessment is a hallmark of Adlerian/individual psychology, the correct answer is C.

NEW QUESTION # 152

In working with an individual who knows of very few occupations, none of which interest the person, the counselor uses the Occupational Outlook Handbook. Which of the following is the best reason for this action?

- A. To explore resistance to making a choice
- B. To select an occupation that could be considered
- C. To help the individual gain an understanding of the wide range of options
- D. To help the individual inventory transferable skills

Answer: C

Explanation:

In the Career Development core area, CACREP emphasizes that counselors must be able to use career information resources (like the Occupational Outlook Handbook) to help clients understand the nature and scope of the world of work, including job duties, training requirements, labor market trends, and related occupations.

In this scenario, the client knows only a very limited set of occupations, and none are appealing. The most appropriate use of the Occupational Outlook Handbook here is to:

- * Broaden the client's awareness of the vast range of occupational choices.
- * Provide structured, accurate information about many different fields.
- * Help the client see new possibilities they have not previously considered.

This is exactly what option D describes: helping the individual gain an understanding of the wide range of options.

Options A and B are narrower and do not capture the primary purpose of using this broad informational resource. Option C (exploring resistance) is more of a counseling process goal and not the main reason for introducing the Handbook at this stage.

NEW QUESTION # 153

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