

CCE Global CPCE Convenient PDF Format for Flexible Study

NCE And CPCE Study Guide With Complete Solution 2023

What does CACREP stand for? - Correct answer-the Council for the Accreditation and Counseling Related Educational Programs

What does CCE stand for? - Correct answer-Center for Credentialing and Education, inc

What does REBT stand for and who is the main theorist associated with it? - Correct answer-Rational Emotive Behavioral Therapy; Ellis.

Name Freud's Psychosexual stages of development. - Correct answer-Oral, Anal, Phallic, Latent, and Genital. (Mnemonic device: Oh, Anthony, Please Let's Go!)

Describe Erik Erikson's stages. - Correct answer-Erik Erikson is an Ego psychologist and a disciple of Freud. His 8 stages focus on social relationships, therefore they are called psychosocial. Each stage has a crisis that must be overcome in order to move on to the next stage. His stages are Trust v. Mistrust; Autonomy v. Shame/doubt; Industry v. Inferiority; Initiative vs. Guilt; Identity v. Role confusion; Intimacy v. Isolation; Generativity vs. Stagnation; Integrity vs. Despair. (Mnemonic device: The Air In Iceland Is Icy, Greenland Isn't.)

define psychometric. - Correct answer-pertaining to mental testing and measurement

define psychodiagnostic - Correct answer-the study of personality through interpretation of behavior and non-verbal cues; or labeling a client in a diagnostic category.

define psychopharmacology - Correct answer-the study of the effects drugs have on psychological functions.

What is the id? - Correct answer-the basic instinct principle in Freudian theory. It is the seat of aggression and sexual impulse. It is devoid of logic and time orientation. It is chaotic and bodily focused.

What is the ego? - Correct answer-this is the reality principle in Freudian theory. It indicates power of reasoning and control over behavior. It helps keep the impulses of the id in check.

What is the superego? - Correct answer-the superego is the moralistic and idealistic principle in the Freudian theory.

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CCE Global Counselor Preparation Comprehensive Examination (CPCE) Sample Questions (Q134-Q139):

NEW QUESTION # 134

What cultural implication would a therapist need to be mindful of, when providing services to a Chinese exchange student trying to adjust to life in an American family?

- A. marginalization
- **B. acculturation**
- C. discrimination

Answer: B

Explanation:

Acculturation refers to the process by which individuals from one culture adjust to and adopt aspects of another culture, often when living in a new country. A therapist must be mindful of the acculturation process, as the student may experience challenges balancing their original cultural identity with the expectations and norms of the American family. "Acculturation is a central concern when individuals from one culture adapt to a new cultural environment, which can impact emotional adjustment and identity." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling: A Comprehensive Profession (8th Edition).

NEW QUESTION # 135

Skinner believed that human behavior was influenced most by

- A. perceptual fluctuations.
- B. cognitive functioning.
- **C. environmental factors.**

Answer: C

Explanation:

B.F. Skinner, a major figure in behaviorism, proposed that behavior is primarily shaped by environmental factors, especially through reinforcement and punishment. Skinner's operant conditioning model demonstrated that consequences following behaviors determine the likelihood of those behaviors being repeated.

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

NEW QUESTION # 136

Appropriate questioning on the part of a group leader might include asking questions

- **A. using the words what and how.**
- B. that focus on details of discussion.
- C. that focus on content rather than feelings.

Answer: A

Explanation:

Effective group leaders use "what" and "how" questions to promote deeper exploration and encourage members to focus on experiences, actions, and feelings, rather than yes/no or content-based responses. This technique facilitates openness and insight within the group.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2016). Theory and Practice of Group Counseling (9th Edition).

NEW QUESTION # 137

What should a counselor apply when using a culturally alert counseling approach?

- A. structured methods to promote racial identity development
- **B. diverse perspectives and contextual dimensions**
- C. psychoeducation of social advocacy

Answer: B

Explanation:

A culturally alert counseling approach requires counselors to be aware of and incorporate diverse cultural perspectives and contextual factors into their practice. This ensures that counseling is relevant and respectful to clients' unique cultural backgrounds. "Culturally alert counseling involves understanding and integrating the diverse cultural perspectives and contextual factors that influence each client's experience." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling:

NEW QUESTION # 138

Counselors who are not effective in counseling members of minoritized groups typically

- **A. rely on rigid use of techniques and activities.**
- B. use a variety of verbal and nonverbal communication styles.
- C. emphasize both individual and group differences.

Answer: A

Explanation:

Ineffective counselors working with clients from minoritized groups often rely on rigid, inflexible use of counseling techniques and activities. This approach does not take into account cultural values, beliefs, and communication styles unique to diverse populations, resulting in poor rapport and outcomes. Effective multicultural counselors adapt their methods and understand the importance of cultural context.

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

NEW QUESTION # 139

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