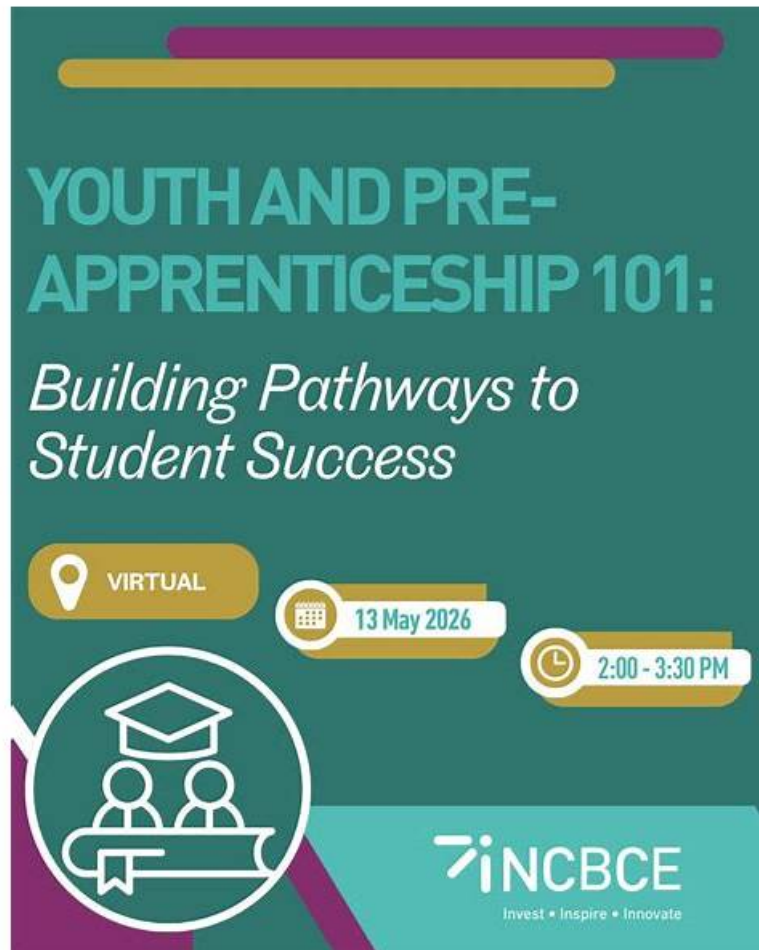


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NBCC National Counselor Examination Sample Questions (Q136-Q141):

NEW QUESTION # 136

In the early stages of reduction-in-force (RIF) outplacement counseling, the typical immediate counseling goal is to help clients:

- A. Cope with the resulting feelings.
- B. Improve job interview skills.
- C. Locate sources of information about retraining and/or further education.
- D. Evaluate potentially appropriate work-leisure-lifestyle integrations.

Answer: A

Explanation:

In outplacement and career transition counseling following a reduction in force (RIF), counselors are expected to understand that clients often first experience shock, grief, anger, anxiety, and loss. Early in the process, the primary clinical need is emotional stabilization and support, not immediate job-search strategy.

* D. Cope with the resulting feelings is the immediate priority: helping clients process reactions to job loss, normalize emotional responses, reduce acute distress, and restore enough psychological stability to engage in problem solving.

* A (retraining information), B (interview skills), and C (lifestyle integration) are important later-stage goals once the client is more emotionally grounded and ready to plan and act.

Thus, in the early stages of RIF outplacement counseling, helping clients cope with the resulting feelings is the central immediate counseling goal, making D correct.

NEW QUESTION # 137

Which of the following would be the best method for working with elementary school students who witness bullying of their peers?

- A. Provide group psychoeducation.
- B. Conduct individual counseling.
- C. Determine the need for a referral.
- D. Conduct an assessment.

Answer: A

Explanation:

In the Group Counseling and Group Work core area, CACREP emphasizes the counselor's ability to design and facilitate preventive and psychoeducational group interventions, especially in school settings.

For elementary school students who witness bullying, the primary need is often:

* Understanding what bullying is,

* Learning appropriate bystander behaviors (how to report, how to support peers), and

* Developing social-emotional skills and empathy.

Group psychoeducation is developmentally appropriate and efficient for:

* Teaching many students at once about bullying,

* Normalizing their experiences as witnesses,

* Practicing skills (role-plays, discussions) in a safe, structured group environment.

* Not B (Individual counseling): May be appropriate for specific students in distress, but it is not the best first-line method for a general group of witnesses.

* Not C (Conduct an assessment): Assessment may be part of the process, but the question asks for the best method for working with these students, which focuses on intervention.

* Not D (Determine the need for a referral): Referrals are indicated when specialized services are needed; they are not the primary method of working with a broad group of witnesses.

Thus, providing group psychoeducation (A) is the best method in this context.

NEW QUESTION # 138

What is a major limitation of using groups when providing career counseling?

- A. There are no limitations to using groups in career counseling.
- B. The psychological functioning of group members cannot be assessed.

- C. It is more difficult to assess members' occupational functioning.
- **D. The leader can find it difficult to meet the wide range of individual interests.**

Answer: D

Explanation:

The Group Counseling and Group Work core area requires counselors to know the advantages and limitations of using groups in various settings, including career counseling.

One commonly noted limitation is that:

- * Group members often have a wide range of individual needs, interests, and career concerns.
- * A group format can make it challenging for the leader to tailor content, activities, and feedback to each person's unique interests and decision-making stage.

This is exactly what option D describes: the leader may struggle to address the full variety of individual interests in a group setting.

Why the others are not best:

- * A: It is possible (and common) to assess members' occupational functioning through intakes, assessments, and individual check-ins, even in group programs.
- * B: Psychological functioning can be assessed in a group setting; group counselors are trained to observe behavior, collect histories, and use assessment tools.
- * C: All formats (individual, group, family) have limitations; stating there are none is inconsistent with CACREP's emphasis on critical evaluation of methods.

Thus, a major limitation in career groups is that the leader can find it difficult to meet the wide range of individual interests, making D the correct answer.

NEW QUESTION # 139

A client comes to you for counseling because they identify with a gender that is not typically associated with their sex at birth. This could be diagnosed as gender dysphoria. A counselor would only make this diagnosis if

- A. The client was considering surgical reassignment.
- B. The client showed a desire for the secondary sexual characteristics of another gender.
- C. The client exhibited a strong dislike for their anatomy.
- **D. There was clinically significant distress.**

Answer: D

Explanation:

In the Assessment and Testing core area, CACREP requires that counselors understand:

- * The use of diagnostic classification systems (such as DSM),
- * The difference between identity or behavior and a mental disorder, and
- * The central role of distress or impairment in making a diagnosis.

For gender dysphoria, diagnostic criteria emphasize that:

- * A person may experience incongruence between their experienced/expressed gender and assigned sex,
- * However, this incongruence alone is not sufficient for a mental health diagnosis,
- * A diagnosis is appropriate only when the experience is associated with clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Evaluating the options:

- * A. Considering surgical reassignment - Not required for diagnosis. Many individuals with gender dysphoria may never seek surgery.
- * B. Strong dislike for their anatomy - This can be one feature, but by itself does not justify a diagnosis without associated distress or impairment.
- * C. Desire for secondary sexual characteristics of another gender - Again, this can be part of the experience but is not sufficient alone to meet diagnostic criteria.
- * D. There was clinically significant distress. - This is the essential condition across DSM diagnoses:

the symptoms must cause clinically significant distress or impairment. Without that, a formal diagnosis of gender dysphoria should not be made.

Therefore, the counselor would only diagnose gender dysphoria if D (there was clinically significant distress) is present.

NEW QUESTION # 140

The central principle of the cognitive theory of depression is that symptoms are the result of

- A. Distortions in thinking
- B. Biochemical changes
- C. Conditioned reactions
- D. Underlying neuropathology

Answer: A

Explanation:

Within Counseling and Helping Relationships, CACREP emphasizes knowledge of counseling theories, including cognitive and cognitive-behavioral approaches.

In cognitive theory of depression (commonly associated with Aaron Beck):

* Depression is understood as being driven primarily by maladaptive cognitions, such as negative automatic thoughts, faulty assumptions, and dysfunctional core beliefs.

* These cognitive distortions (e.g., all-or-nothing thinking, overgeneralization, catastrophizing) shape how clients interpret events, leading to depressive feelings and behaviors.

* While factors like biochemical changes and neuropathology (Options B and D) can play a role in depression from a medical or biological perspective, cognitive theory specifically emphasizes that it is the patterns of distorted thinking that are central to the development and maintenance of depressive symptoms.

* Conditioned reactions (Option A) are more strongly associated with behavioral and learning theories, not the core principle of cognitive theory.

Therefore, in cognitive theory of depression, symptoms are primarily viewed as the result of distortions in thinking, making C the correct answer.

NEW QUESTION # 141

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