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## CCE Global Counselor Preparation Comprehensive Examination (CPCE) Sample Questions (Q69-Q74):

### NEW QUESTION # 69

Which of the following is a self-report assessment you would use to identify a possible depressive disorder?

- A. Patient Health Questionnaire
- B. Structured Clinical Interview
- C. General Behavior Inventory

**Answer: A**

Explanation:

The Patient Health Questionnaire (PHQ) is a widely used self-report instrument for screening, diagnosing, monitoring, and measuring the severity of depression. It is brief, validated, and frequently used in both clinical and research settings for identifying depressive symptoms.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Kroenke, K., Spitzer, R. L., & Williams, J. B. (2001). "The PHQ-9: Validity of a brief depression severity measure." *Journal of General Internal Medicine*.

#### NEW QUESTION # 70

The reliability coefficient that is approximately equal to the average of all the possible split-half reliability coefficients for a specific test is the \_\_\_\_\_ coefficient.

- A. Spearman-Brown
- **B. Kuder-Richardson**
- C. test-retest

**Answer: B**

Explanation:

The Kuder-Richardson coefficient (specifically KR-20 and KR-21) is used to estimate the internal consistency reliability of a test and is mathematically equivalent to the average of all possible split-half reliabilities. It is most often used with tests whose items are scored dichotomously (e.g., correct/incorrect). "Kuder-Richardson formulas provide an index of reliability that represents the average of all possible split-half coefficients for a test." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Cohen, R. J., & Swerdlik, M. E. (2018).

Psychological Testing and Assessment.

#### NEW QUESTION # 71

Early in counseling, the counselor begins to identify the client's goals. In order for the goals to be achievable, they should be

- A. both realistic and idealistic.
- **B. stated as behavioral outcomes.**
- C. achievable soon after counseling.

**Answer: B**

Explanation:

For counseling goals to be achievable and measurable, they should be stated as behavioral outcomes. This means goals should specify observable and concrete changes in behavior, which can be tracked and evaluated throughout the counseling process.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). *Counseling: A Comprehensive Profession* (8th Edition).

#### NEW QUESTION # 72

A client was challenged by a counselor for not acknowledging that the client's child's behavior problems were influenced by the client's own behavior. The client responded, "You don't have any children, so how can you know how hard it can be when they act up?" Which form of resistance listed below describes how the client reacted to the counselor's challenge?

- A. disengaging from the counselor
- B. devaluing the issue raised by the counselor
- **C. deflecting and avoiding the issue**

**Answer: C**

Explanation:

In this scenario, the client is deflecting and avoiding the issue raised by the counselor. Rather than addressing the counselor's observation about the connection between their own behavior and their child's problems, the client shifts the focus to the counselor's lack of parental experience. This is a classic example of deflection and avoidance, both common forms of resistance in counseling.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2017). *Theory and Practice of Counseling and Psychotherapy* (10th Edition).

### NEW QUESTION # 73

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. discrimination
- B. marginalization
- C. acculturation

**Answer: C**

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 # 74

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