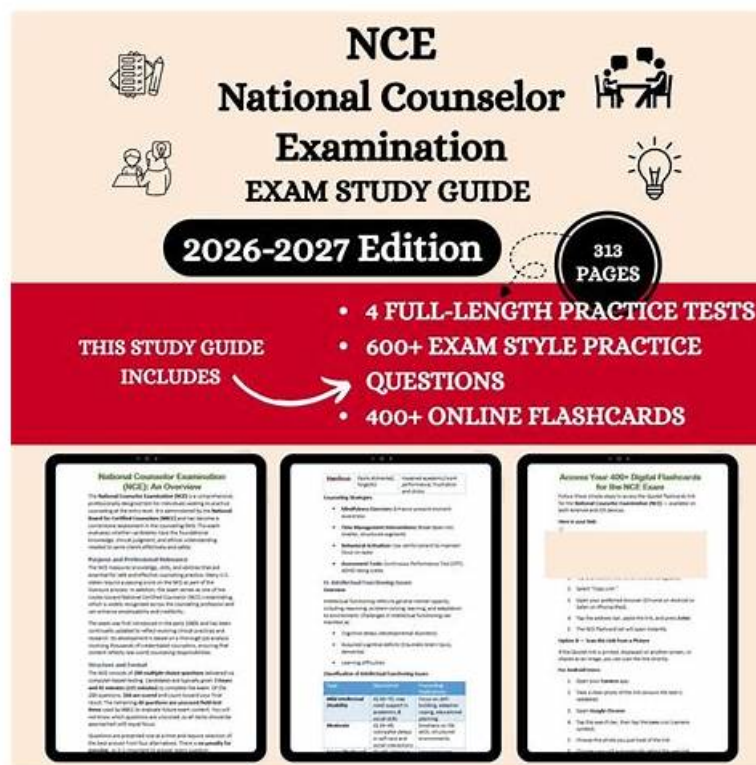


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## NBCC National Counselor Examination Sample Questions (Q202-Q207):

### NEW QUESTION # 202

A client-centered counselor would agree that people are:

- A. Incapable of unassisted change (i.e., without a counselor).

- B. Seeking to purge the evil from their lives.
- C. Incongruent in most aspects of their lives.
- D. Forward moving and realistic.

**Answer: D**

Explanation:

Client-centered (person-centered) counseling, based on Carl Rogers' theory, is grounded in a fundamentally positive view of human nature. People are seen as having an innate actualizing tendency—a built-in drive to grow, develop, and move constructively toward fulfillment when provided with appropriate conditions such as empathy, congruence, and unconditional positive regard from the counselor.<sup>1</sup> Because of this, client-centered counselors view people as essentially:

\* Forward moving - oriented toward growth, change, and self-improvement.

\* Capable of realistic perception when not distorted by conditions of worth or external pressures.<sup>1</sup> This aligns directly with Option A: forward moving and realistic.

Why the other options are incorrect:

\* B. Incongruent in most aspects of their lives. While Rogers acknowledges that incongruence (a mismatch between self-concept and experience) can occur and lead to distress, he does not define people primarily as incongruent in "most aspects" of their lives.

Rather, incongruence is seen as a condition that can be reduced in a supportive therapeutic relationship.<sup>1</sup>

\* C. Incapable of unassisted change. Person-centered theory emphasizes that clients possess their own resources for growth. The counselor's role is to provide facilitative conditions, not to act as the expert who "changes" the client. People are not viewed as fundamentally incapable of change without a counselor.<sup>1</sup>

\* D. Seeking to purge the evil from their lives. This reflects a moral or theological framing, not the humanistic, nonjudgmental stance of client-centered counseling. Rogers did not conceptualize people as evil; he saw them as basically trustworthy and constructive.<sup>1</sup> In the Core Counseling Attributes area, NBCC emphasizes that counselors hold attitudes that respect the client's inherent capacity for growth, autonomy, and self-direction—exactly the view reflected in Option A.

### NEW QUESTION # 203

Which is an example of a nonjudgmental stance?

- A. "Tell me more about your experience from that day."
- B. "We first need to address your sexual orientation."
- C. "You speak English so well to be from another country."
- D. "I do not think that you should stay with your partner."

**Answer: A**

Explanation:

In the Counseling and Helping Relationships core area, CACREP emphasizes the importance of:

\* A nonjudgmental, empathetic stance,

\* Respect for client autonomy,

\* Use of open-ended, client-centered questions.

Option A is an open invitation for the client to share more, without evaluation, criticism, or assumptions. It:

\* Centers the client's experience,

\* Avoids imposing values,

\* Demonstrates respect and curiosity, not judgment.

By contrast:

\* B is a microaggressive statement implying surprise at competence due to nationality.

\* C imposes the counselor's values and directs the client's personal decision.

\* D suggests that sexual orientation is a "problem" to be "addressed," which is pathologizing and judgmental.

Therefore, A is the example that aligns with a nonjudgmental counseling stance.

### NEW QUESTION # 204

What is the best diagnosis for a 40-year-old client who reports feeling hopeless and worthless, difficulty concentrating, and suicidal ideation nearly every day for the past two weeks, and who previously experienced the same symptoms as a traditionally-aged college student?

- A. major depressive disorder, single episode
- B. persistent depressive disorder
- C. bipolar I disorder

- **D. major depressive disorder, recurrent**

**Answer: D**

Explanation:

In the Intake, Assessment and Diagnosis domain, counselors are expected to gather history, duration, and prior episodes of symptoms to determine the most accurate diagnosis using established diagnostic criteria (e.g., DSM-5-TR depressive disorders).

\* The client currently meets criteria for a major depressive episode: hopelessness, worthlessness, impaired concentration, and suicidal ideation occurring nearly every day for at least two weeks.

\* The question also states the client previously experienced the same symptoms during college. This history of a prior major depressive episode means the current presentation is not a single episode but part of a pattern of recurring episodes.

Therefore, the appropriate diagnosis is:

\* A. major depressive disorder, recurrent

Why the other options are not the best fit:

\* B. major depressive disorder, single episode - incorrect because the client has had more than one episode (current plus college years).

\* C. persistent depressive disorder - this requires a chronic depressed mood over at least two years, typically less episodic and more continuous than what is described.

\* D. bipolar I disorder - requires at least one manic episode; there is no indication of manic or hypomanic symptoms.

Accurately distinguishing between single-episode and recurrent disorders reflects the counselor's responsibility to integrate symptom history and duration into a diagnostic formulation, as emphasized in the NBCC work behavior expectations for assessment and diagnosis.

#### **NEW QUESTION # 205**

The client uses criticism and gossip about her supervisor as disguised ways of expressing hostility toward her spouse. This illustrates

- A. Projection.
- **B. Displacement.**
- C. Rationalization.
- D. Reaction formation.

**Answer: B**

Explanation:

In the Counseling and Helping Relationships core area, students are expected to understand psychodynamic concepts, including defense mechanisms.

\* Displacement occurs when a person redirects emotional reactions (often anger or hostility) from the true source (seen as threatening or unsafe) to a safer or more acceptable target. In this case, the client is actually angry with her spouse but expresses that hostility indirectly toward her supervisor through criticism and gossip. This is classic displacement, making B correct.

\* Rationalization (A) is offering excuses or justifications to make unacceptable behavior seem reasonable.

\* Reaction formation (C) involves behaving in a way that is opposite to one's true feelings (e.g., being overly nice to someone one dislikes).

\* Projection (D) means attributing one's own unacceptable thoughts or feelings to someone else ("He's the one who's angry, not me").

Only B matches the described pattern.

#### **NEW QUESTION # 206**

When working with ethnically and culturally diverse populations, it would be helpful for the counselor to

- A. Disclose any lack of knowledge or awareness to the client.
- B. Focus on global concepts and ideas.
- **C. Seek supervision and training on multicultural issues.**
- D. Work to assimilate clients who are culturally dissimilar.

**Answer: C**

Explanation:

The Social and Cultural Diversity core area requires counselors to:

- \* Develop multicultural counseling competence,
- \* Recognize their limitations and biases, and
- \* Engage in ongoing professional development specifically in multicultural issues.

Ethical and training standards emphasize that when counselors recognize gaps in their cultural knowledge or skills, they should:

- \* Seek supervision, consultation, or training to improve their competence with those populations.

Looking at the options:

- \* A. Focus on global concepts and ideas. This can make counseling more abstract and may overlook specific cultural contexts and lived experiences.
- \* B. Disclose any lack of knowledge or awareness to the client. Limited, thoughtful self-disclosure may sometimes be appropriate, but it is not, by itself, sufficient or the most helpful global strategy.
- \* C. Seek supervision and training on multicultural issues. This aligns directly with CACREP's expectation of ongoing multicultural competence development and is the best answer.
- \* D. Work to assimilate clients who are culturally dissimilar. This is contrary to multicultural principles; counselors should honor and respect clients' cultural identities, not pressure them to assimilate.

Therefore, the most appropriate and CACREP-consistent action is C (seek supervision and training on multicultural issues).

## NEW QUESTION # 207

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