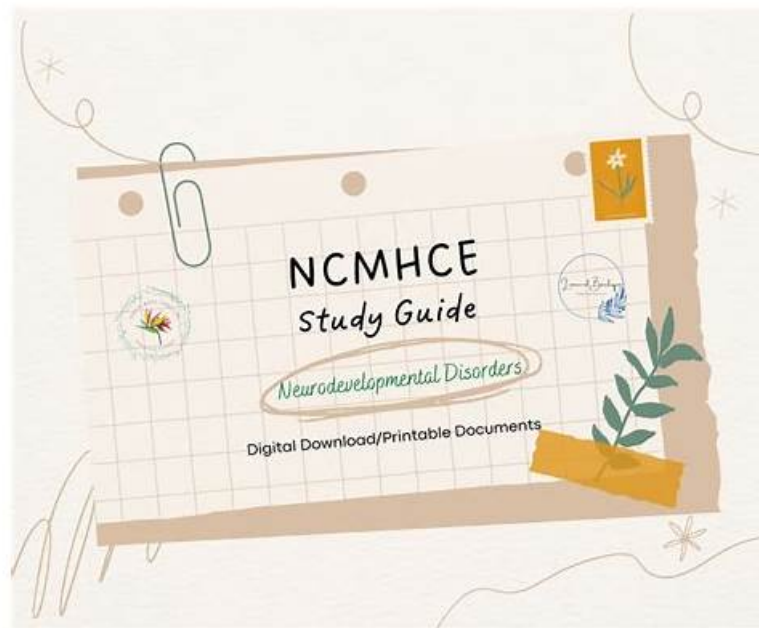


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NBCC National Counselor Examination Sample Questions (Q28-Q33):

NEW QUESTION # 28

The responsibility of fostering intermember interactions in an existential group rests with

- A. The group leader and strongest group members.
- **B. The group leader.**
- C. Group members and the leader.
- D. Group members.

Answer: B

Explanation:

Within the Group Counseling and Group Work core area, counselor training emphasizes that the group leader has primary responsibility for establishing and facilitating the group process, particularly in the early stages. In existentially oriented groups, the leader:

- * Actively models authentic, present-centered interaction.
- * Invites and structures here-and-now dialogue between members.
- * Encourages members to move from speaking to the leader to speaking to one another.

Although an eventual goal is for members to assume more ownership of the interaction, the initial responsibility for fostering intermember interactions rests with the leader, who intentionally shapes a climate that supports genuine encounter, openness, and exploration of meaning.

Option A (group members alone) minimizes the leader's intentional facilitating role.

Option C (group members and leader) is partially true in practice, but exam content and theory place primary responsibility on the leader to initiate and sustain interaction patterns.

Option D (leader and strongest group members) is inconsistent with group counseling principles, which avoid privileging "strongest" members and instead promote shared participation.

Therefore, based on group leadership roles taught under the CACREP core area, the best answer is B. The group leader.

NEW QUESTION # 29

What is a primary component of Minuchin's structural family therapy?

- A. Therapeutic spontaneity
- **B. Homeostatic systems**
- C. Conflict resolution
- D. Catharsis and interpersonal feedback

Answer: B

Explanation:

Within Counseling and Helping Relationships, CACREP includes knowledge of systemic and family counseling theories, including structural family therapy developed by Salvador Minuchin.

* Structural family therapy views the family as a system that seeks homeostasis, meaning it tends to maintain its existing patterns and organization, even when those patterns are dysfunctional. A core idea is that the family structure (subsystems, boundaries, hierarchies, alignments) maintains symptoms to preserve this homeostatic balance. Interventions aim at restructuring these patterns so that healthier, more flexible functioning can emerge. Thus, the concept of homeostatic systems (A) is central to this model.

* Catharsis and interpersonal feedback (B) are more characteristic of group counseling models (for example, Yalom's therapeutic factors), not uniquely structural family therapy.

* Therapeutic spontaneity (C) is more closely associated with experiential family therapists such as Carl Whitaker, who emphasized creativity and spontaneity.

* Conflict resolution (D) can occur in many counseling approaches but is not the defining core construct of Minuchin's structural model; the key focus is on family structure and systemic homeostasis.

Therefore, among the options provided, homeostatic systems (A) is the primary component most directly tied to structural family therapy.

NEW QUESTION # 30

What is true about group career counseling?

- A. It should be focused on overcoming the storming phase.
- B. It should be based on individual assessments.
- **C. It allows members to learn and support each other's career exploration.**
- D. It works best if all members are interested in the same career path.

Answer: C

Explanation:

Within the Career Development core area, group career counseling is recognized as an effective method because it promotes peer learning, mutual support, and normalization of career concerns. Members share information, experiences, and perspectives, which can broaden each person's understanding of options and strategies. This is exactly what option B describes-group members learning from and supporting one another's exploration.

* Option A is incorrect because groups do not need to share the same career goal; diversity of interests can enrich the group

process.

* Option C confuses general group development stages with the purpose of career groups; storming is not the focus of career counseling.

* Option D overemphasizes individual assessment; while individual data can be included, group career counseling is not "based on" individual assessment alone, but on shared exploration and interaction.

NEW QUESTION # 31

The reality therapy approach to counseling stresses that the counselor must assume which role?

- A. A parental surrogate who can provide behavioral guidance
- B. An effective listener who can sort out the client's problems
- C. A consultant who can solve the client's problems
- **D. A partner who helps the client accept behavioral responsibility**

Answer: D

Explanation:

In the Counseling and Helping Relationships core area, CACREP includes knowledge of major counseling theories, including Reality Therapy/Choice Theory. Reality therapy emphasizes:

* Personal responsibility for choices and behaviors

* Focus on current behavior rather than the past

* Collaborative evaluation of whether the client's behavior is helping them meet their needs. The counselor's role is not to act as an authority who fixes the client, but as a collaborative partner who:

* Builds a warm, involved relationship

* Helps the client evaluate their own behavior

* Encourages the client to accept responsibility and make more effective choices. Therefore:

* Option A (consultant solving problems) is too expert-driven and takes responsibility away from the client.

* Option B (effective listener) is necessary but does not capture the responsibility-focused, collaborative nature of reality therapy.

* Option C (parental surrogate) conflicts with the reality therapy emphasis on adult responsibility, not dependency.

The best description of the reality therapy counselor's role is D. A partner who helps the client accept behavioral responsibility.

NEW QUESTION # 32

What skill would a counselor use with a client who continually refers to certain topics and focuses on themes in order to help the client understand them?

- A. Clarification
- B. Reflection
- C. Confrontation
- **D. Summarization**

Answer: D

Explanation:

When a client repeatedly circles back to the same topics or themes, the counselor can help them gain insight by pulling these pieces together into a brief, organized statement. That is the skill of summarization.

* Summarization highlights patterns, recurring themes, and connections across what the client has been saying over time, which helps the client see the "big picture" and deepen understanding.

Why the others don't fit as well:

* Reflection (A) focuses on mirroring back content or feelings in the moment, but it does not necessarily organize repeated themes over time.

* Clarification (B) aims to clear up confusion about a specific statement, not to tie together multiple recurring topics.

* Confrontation (D) is used to point out discrepancies or inconsistencies, not simply to help the client recognize themes they keep bringing up.

NBCC Counselor Work Behavior Areas include effective use of attending and responding skills, such as summarizing client material to enhance self-understanding.

NEW QUESTION # 33

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