

Latest CPCE Exam Registration - New CPCE Test Topics

CPCE Exam Outline

Content Categories	Questions
1. Professional Counseling Orientation and Ethical Practice	20
2. Social and Cultural Diversity	20
3. Human Growth and Development	20
4. Career Development	20
5. Counseling and Helping Relationships	20
6. Group Counseling and Group Work	20
7. Assessment and Testing	20
8. Research and Program Evaluation	20

Time limit: 3 hours and 45 minutes

Total questions: 160

Question format: Multiple-choice

Delivery format: Computer-delivered

Mometrix TEST PREPARATION

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Sample Questions (Q135-Q140):

NEW QUESTION # 135

Clients are advised of the risks and benefits of participation in a research study through a process known as

- A. informed consent.
- B. debriefing disclosure.
- C. treatment contracting

Answer: A

Explanation:

Informed consent is the ethical process by which researchers inform potential participants about the risks, benefits, procedures, and purpose of a research study. It ensures that participation is voluntary and based on a clear understanding of what the study entails. According to CPCE materials, "participants must be given sufficient information to make an informed, voluntary decision about participating in research." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics.

NEW QUESTION # 136

Foundational theories in counseling that focus on individual psychopathology may not be applicable to members of minoritized groups because the theories

- A. solve problems outside of an intrapersonal context.
- B. ascribe behavioral responsibility to cultural groups.
- C. often result in blaming the client for their circumstances.

Answer: C

Explanation:

Many traditional counseling theories were developed within a Western cultural framework, focusing on individual pathology without consideration of systemic, cultural, or societal influences. When applied to members of minoritized groups, these theories can inadvertently lead to blaming clients for issues rooted in oppression or discrimination, rather than addressing the broader context. Culturally competent counseling emphasizes the need to consider environmental and cultural factors.

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

NEW QUESTION # 137

The proposition that many racial/ethnic minoritized groups in America are merging into one culture is known as the _____ theory.

- A. intra-cultural
- B. melting pot
- C. cross-cultural

Answer: B

Explanation:

The melting pot theory is the proposition that diverse racial and ethnic groups in America will blend together into one unified culture, losing distinctive cultural differences over time. The term reflects an assimilationist perspective. "The melting pot theory suggests that different groups come together and assimilate, creating a single culture." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling: A Comprehensive Profession (8th Edition).

NEW QUESTION # 138

A client who had successfully mastered Erikson's psychosocial stage of generativity versus stagnation would be predicted to

- A. explore a meaningful vocation.
- B. mentor youth to develop useful lives.
- C. develop a stable personal identity.

Answer: B

Explanation:

Erikson's stage of generativity vs. stagnation, which typically occurs in middle adulthood, is characterized by a desire to contribute to the next generation through activities such as mentoring, parenting, or productive work. Successful mastery results in behaviors like mentoring youth and making contributions that benefit others, reflecting a sense of generativity.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Santrock, J. W. (2018). Life-Span Development.

NEW QUESTION # 139

Which of the following skills would enable a group leader to deal most effectively with group member behaviors of storytelling or gossiping?

- A. reality testing
- B. linking
- C. **blocking**

Answer: C

Explanation:

Blocking is the group leadership skill used to intervene when group members engage in unproductive behaviors, such as storytelling, gossiping, or monopolizing. The leader tactfully stops these behaviors to maintain group focus and safety. "Blocking is the deliberate intervention by the group leader to halt behaviors that are counterproductive or potentially harmful, including gossiping and storytelling." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2016). Theory and Practice of Group Counseling (9th Edition).

NEW QUESTION # 140

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