

# Crack Your Exam with VCETorrent NCE-ABE National Counselor Examination Practice Questions

## National Counselor Examination Questions and Answers with Complete Solutions

Frank Parsons - Answer  Father of guidance.

Hans Selye - Answer  First to give scientific explanation for biological stress; GAS (General Adaptation Syndrome).

Transference - Answer  Client's projection of past feelings and attitudes onto the counselor.

Transference - Answer  Client projects onto the therapist characteristics of another person such as a parent and then responds or reacts as though the counselor possesses those characteristics.

Countertransference - Answer  When the counselor projects on to the client's behavior or characteristics of individual's in the counselor's past.

Countertransference - Answer  The counselor's projected emotional reaction to or behavior toward the client.

Nonmaleficence - Answer  The overriding client welfare term when resolving an ethical dilemma.

Nonmaleficence - Answer  Doing no harm.

Fidelity - Answer  Keeping one's promise.

Beneficence - Answer  Being good to others.

Honesty - Answer  Free from fraud or deception.

Erikson's 1st stage of development - Answer  trust vs. mistrust (0-1 year)

Erikson's 2nd stage of development - Answer  Autonomy vs. Shame (2-4 years)

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## Practice NCE-ABE Exams - NCE-ABE Test Question

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content broadly may be the same, but as the policy of each year, the corresponding examination pattern grading standards and hot spots will be changed, the NCE-ABE Test Prep can help users to spend the least time to pass the exam.

## NBCC National Counselor Examination Sample Questions (Q201-Q206):

### NEW QUESTION # 201

Proponents of the client-centered approach recommend a parent-child relationship be based upon

- A. behavior-shaping.
- **B. unconditional positive regard.**
- C. authoritarianism.
- D. natural and logical consequences.

**Answer: B**

Explanation:

The Counseling and Helping Relationships core area includes person-centered (client-centered) theory, originating with Carl Rogers. A central concept in this approach is unconditional positive regard—warm acceptance, respect, and valuing of the person without conditions of worth.

Applied to the parent-child relationship, a client-centered perspective emphasizes that:

- \* Children should experience consistent acceptance and respect,
- \* Love and regard are not contingent on performance, behavior, or meeting parental conditions,
- \* This environment supports healthy self-concept and growth.

Thus, Option C (unconditional positive regard) directly reflects the client-centered approach.

The other options come from different theoretical frameworks:

- \* A. Authoritarianism conflicts with client-centered values and reflects a rigid, controlling style.
- \* B. Natural and logical consequences are features of Adlerian / Dreikursian parenting approaches.
- \* D. Behavior-shaping is rooted in behavioral/operant conditioning, not client-centered theory.

Therefore, C is the correct answer.

### NEW QUESTION # 202

How would a counselor know that systematic desensitization is working for a client with social anxiety disorder?

- **A. The Subjective Units of Discomfort Scale rating has decreased from 70 to 60 for attending a social event.**
- B. The client displays reactivity in their behavior because they have been keeping a diary of immediate records.
- C. The client displays reactivity in their behavior due to being observed.
- D. The Subjective Units of Discomfort Scale rating has increased from 60 to 70 for attending a social event.

**Answer: A**

Explanation:

In Counseling and Helping Relationships, counselors are trained in behavioral and cognitive-behavioral interventions such as systematic desensitization. This technique involves:

- \* Developing a fear hierarchy (e.g., levels of anxiety for social situations),
- \* Teaching relaxation or coping skills, and
- \* Gradually pairing relaxation with exposure to feared situations.

Client progress is often measured using Subjective Units of Discomfort/Distress (SUDS) ratings. When the intervention is effective, the client's SUDS ratings for the same stimulus (e.g., attending a social event) decrease over time.

- \* A decrease from 70 to 60 (Option A) indicates that the client experiences less anxiety in that situation, which is evidence that systematic desensitization is working.
- \* An increase from 60 to 70 (Option B) shows worsening anxiety.
- \* Reactivity due to being observed or keeping a diary (Options C and D) refers to measurement reactivity or the Hawthorne effect, not to successful treatment outcomes.

Therefore, the best indicator that systematic desensitization is working is the decrease in SUDS rating, making A the correct answer.

### NEW QUESTION # 203

Who has the responsibility for legal and ethical rights of subjects in a collaborative research project?

- A. The counselor who agrees to accept the responsibility

- B. The state licensure board
- C. The author of the research proposal
- **D. The principal investigator for the research project**

**Answer: D**

Explanation:

Professional practice and ethics expectations include understanding ethical responsibilities when counselors participate in or conduct research. In a collaborative research project, while all researchers share ethical obligations, the primary responsibility for ensuring the protection of participants' legal and ethical rights lies with the principal investigator (PI).

\* The PI is responsible for:

\* Ensuring informed consent procedures

\* Safeguarding confidentiality and data security

\* Complying with institutional and legal requirements

\* Overseeing the ethical conduct of all aspects of the project

\* Option B (author of the proposal) does not necessarily have ongoing responsibility if they are not the PI.

\* Option C (the counselor who agrees to accept responsibility) is too vague; specific responsibility lies with designated roles and typically centers on the PI.

\* Option D (state licensure board) regulates professional conduct broadly but does not manage the day- to-day ethical implementation of a specific research project.

Therefore, the correct answer is A, the principal investigator.

#### **NEW QUESTION # 204**

Which is true regarding the concept of circular causality in family counseling?

- A. Parental behaviors are necessarily the starting point for any family member's behaviors.
- **B. A child's behaviors are conceptually inseparable from parents' behaviors.**
- C. Children's actions are fully predictable from parents' behaviors and attitudes.
- D. Any family member can terminate interrelated behaviors by withdrawing from the situation.

**Answer: B**

Explanation:

In the Counseling and Helping Relationships core area, CACREP includes knowledge of systemic and family counseling concepts, including circular causality.

\* Circular causality in family systems theory emphasizes that family members mutually influence one another in ongoing interaction cycles. Behaviors are not understood as simple "A causes B" in a straight line; rather, each person's behavior is both a response to and a stimulus for others' behavior.

Option B captures this idea: a child's behaviors are conceptually inseparable from parents' behaviors-each is understood in the context of reciprocal interaction patterns, not isolated cause-effect.

Options A and D both reflect linear causality, implying that parents cause children's actions in a one-way direction or that parents are always the "starting point." This contradicts the systemic view. Option C is not a defining feature of circular causality; withdrawal may change patterns, but it is not inherent to the concept.

Thus, the statement most consistent with circular causality is B.

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

An instrument used to indicate likes and dislikes is

- **A. An interest inventory**
- B. A self-concept inventory
- C. A projective technique
- D. A Likert-type scale

**Answer: A**

Explanation:

In the Assessment and Testing core area, CACREP expects counselors to distinguish between different categories of instruments, including interest inventories, personality tests, aptitude tests, and self-concept measures.

\* Interest inventories are designed to assess a person's likes and dislikes regarding activities, subjects, and occupations. They are

widely used in career counseling to help people explore suitable fields based on what they enjoy.

\* They directly ask about preferences-which is exactly what the question describes.

Why the others are not best:

\* Likert-type scale (B): This is a response format (e.g., strongly agree to strongly disagree), not a type of test by itself. It can be used in many kinds of instruments (attitudes, beliefs, etc.).

\* Self-concept inventory (C): Focuses on how people see themselves (self-image, self-worth), not primarily on their likes and dislikes about activities or careers.

\* Projective technique (D): Uses ambiguous stimuli (inkblots, drawings, etc.) to explore personality dynamics, not straightforward preference ratings.

Therefore, an instrument that indicates likes and dislikes is A. An interest inventory.

## NEW QUESTION # 206

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Is there anything specific that needs to be featured, We have tried in Appendix NCE-ABE C to give proper credit to the sources of each exercise, since a great deal of creativity and/or luck often goes into the design of an instructive problem.

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