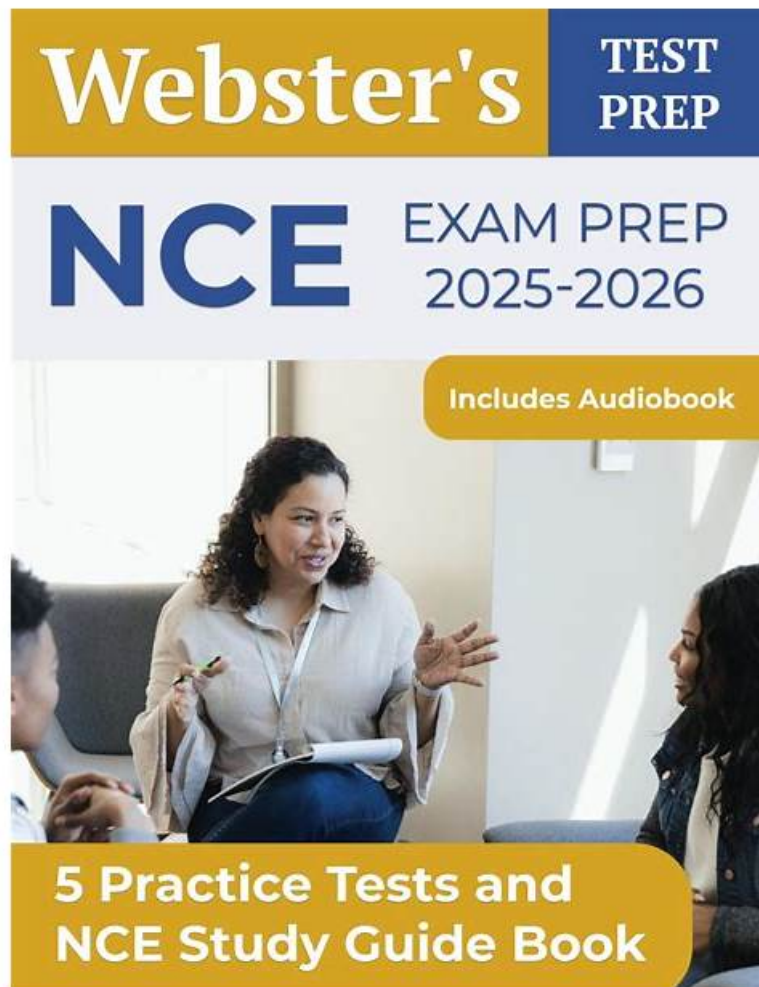


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## NBCC National Counselor Examination Sample Questions (Q101-Q106):

### NEW QUESTION # 101

Which of the following is the experimentally validated treatment modality for individuals diagnosed with substance use disorder?

- A. Narrative therapy
- **B. Motivational interviewing**
- C. Solution-focused brief therapy
- D. Eye movement desensitization and reprocessing

**Answer: B**

Explanation:

In the Counseling Skills and Interventions work behavior area, counselors are expected to select interventions that are supported by empirical evidence for the client's specific concerns, including substance use disorders.

Motivational interviewing (MI) (Option A) is a widely researched, empirically supported treatment modality for individuals with substance use disorders. It is a client-centered, directive approach designed to:

- \* Enhance intrinsic motivation for change,
- \* Resolve ambivalence,
- \* Support clients in moving through stages of change regarding substance use.

Core MI skills often summarized as OARS (open questions, affirmations, reflections, summaries) are used to elicit and strengthen "change talk" and reduce resistance. Research has consistently shown MI's effectiveness in reducing substance use and increasing treatment engagement across various populations and settings.

Why the other options are less appropriate here:

- \* B. Narrative therapy - While potentially helpful for meaning-making and identity reconstruction, it is not the primary empirically validated front-line modality for substance use disorders.
- \* C. Solution-focused brief therapy - Has some supportive evidence for various problems and can be useful in certain substance-related contexts, but MI has a stronger and more direct evidence base specifically for substance use disorders.
- \* D. Eye movement desensitization and reprocessing (EMDR) - Primarily validated for trauma-related disorders, particularly PTSD, rather than as a core, primary treatment for substance use disorders.

NBCC-aligned counselor work behaviors emphasize that practitioners should match interventions to the problem using approaches with strong empirical support, making motivational interviewing the best choice among the options for treating substance use disorders.

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### NEW QUESTION # 102

Which behavior are group members likely to exhibit when anticipating termination of the group?

- A. Being more open and genuine in their interactions with each other
- B. Working harder on their issues and concerns
- C. Becoming more hopeful and optimistic
- **D. Regressing to an earlier stage of group development**

**Answer: D**

Explanation:

Within the Group Counseling and Group Work core area, counselors are expected to understand stages of group development, including typical member behaviors during the termination/ending stage. When a group is approaching termination, members frequently experience feelings of loss, anxiety, and uncertainty.

Human development and group counseling theories (such as those commonly taught in CACREP-aligned programs) note that:

- \* As termination nears, unresolved issues and dependency needs may surface.
- \* Members may revert to earlier patterns characteristic of the initial or transition/storming stages, such as increased dependence on the leader, renewed resistance, or emotional distancing.

This return to earlier patterns is essentially a regression to an earlier stage of group development, making D the best answer.

Options A, B, and C can occur in some groups but are not the most typical or defining reaction to the anticipation of termination.

Regression to earlier-stage behaviors due to anxiety around endings is the response most strongly supported by group development theory.

### NEW QUESTION # 103

Clients who experience financial stress are more likely to focus on which area of concern?

- A. Interpersonal needs
- B. Intrapersonal needs
- C. Survival needs
- D. Developmental needs

**Answer: C**

Explanation:

In the Human Growth and Development core area, CACREP includes understanding theories of human needs, such as Maslow's hierarchy. According to this framework:

\* When individuals are under significant financial stress, their basic needs (e.g., housing, food, safety, security) are threatened.

\* Under such conditions, people are more likely to be preoccupied with survival-level concerns (physiological and safety needs) than with higher-order needs such as development, self-exploration, or complex interpersonal growth.

Options A, B, and C refer to important but higher-level needs relative to basic survival and security. In the presence of acute financial stress, clients understandably prioritize D. Survival needs.

### NEW QUESTION # 104

What is the process by which offspring develop an attachment to the primary caregiver?

- A. Operant conditioning
- B. Imprinting
- C. Role identification
- D. Classical conditioning

**Answer: B**

Explanation:

In developmental and ethological theory, imprinting refers to the process by which very young offspring form a strong, early bond or attachment to a primary caregiver. This process is especially noted in animal studies but is often used conceptually to describe how early, close caregiver relationships form and shape later attachment patterns.

\* Option B, imprinting, matches the idea of an early, foundational attachment process.

\* Role identification (A) involves modeling and adopting roles/behaviors, typically later in development.

\* Operant conditioning (C) and classical conditioning (D) describe learning through reinforcement or association, not specifically the attachment bond itself.

Knowledge of early attachment processes and their impact on later emotional and relational functioning is part of Areas of Clinical Focus in the NBCC Counselor Work Behavior Areas, as it helps counselors understand developmental roots of clients' concerns.

### NEW QUESTION # 105

Your client has experienced a significant loss and asks you for help in making sense of his purpose in life.

Which of the following would be most important to explore with your client?

- A. Different denominations within the church
- B. The client's history of volunteer experiences
- C. The purpose of human existence
- D. The number of deaths within the client's family

**Answer: C**

Explanation:

The Counselor Work Behavior Areas emphasize that counselors must be able to address grief, loss, and existential concerns, including how clients make meaning of life events and their own existence. When a client says they are trying to make sense of their purpose in life after a loss, the counselor's primary focus should be on the existential and meaning-making issues the client is directly raising.

Option A, the purpose of human existence, most closely represents exploring the client's deeper questions about:

\* Meaning, purpose, and significance in life.

\* How the loss affects his understanding of why he is here and what his life is about.

\* His beliefs, values, and worldview related to life, death, and purpose.

This kind of exploration is consistent with clinical expectations that counselors help clients process existential themes (such as meaning, isolation, freedom, mortality) that often emerge following significant loss.

Why the other options are not the best choice:

\* B. Different denominations within the church - Focusing on denominational differences is more about institutional structures and doctrine than the client's personal questions about purpose and meaning.

\* C. The client's history of volunteer experiences - This could be relevant later (e.g., to explore where he has found meaning), but it is secondary to directly exploring the core existential question he is already asking.

\* D. The number of deaths within the client's family - This is factual and may be relevant in assessment, but it does not directly address his expressed need to understand his purpose in life.

This approach reflects the NBCC Counselor Work Behavior Area that calls for sensitivity to loss, spirituality, and meaning-making and encourages counselors to meet clients at the level of the concerns they present.

## NEW QUESTION # 106

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