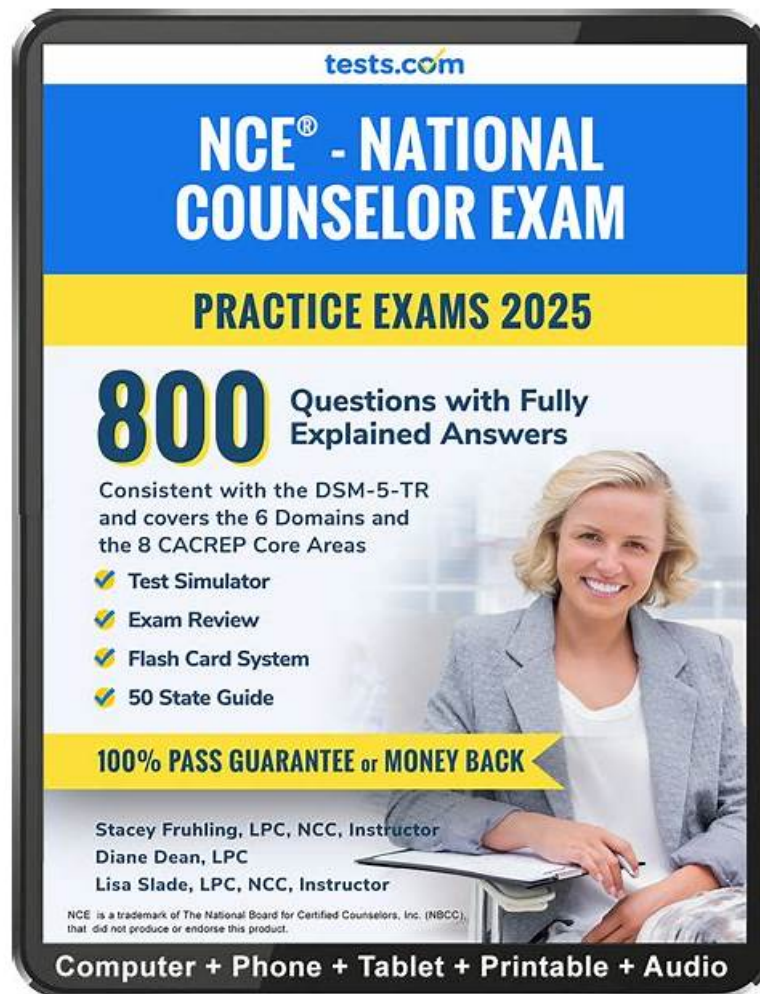


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## NBCC National Counselor Examination Sample Questions (Q150-Q155):

### NEW QUESTION # 150

The main purpose of structuring in the counseling process is to

- A. Reduce the amount of time needed for counseling.
- B. Increase client motivation.
- C. Increase the client's willingness to ventilate feelings.
- **D. Reduce ambiguity in the counseling relationship.**

**Answer: D**

Explanation:

In the Counseling and Helping Relationships core area, trainees learn that structuring refers to explaining the nature, roles, expectations, limits, and process of counseling to the client—often done at the beginning and revisited as needed.

Core purposes of structuring include:

- \* Clarifying the roles of counselor and client.
- \* Explaining confidentiality and its limits.
- \* Outlining session length, frequency, and procedures.
- \* Setting goals and boundaries for the work.

All of this is designed to reduce ambiguity and confusion about what counseling is and how it will proceed, which helps build a safe, predictable therapeutic frame.

\* While structuring may indirectly increase motivation (A) or emotional expression (D), that is not its primary purpose.

\* It is also not primarily intended to shorten counseling (B), although clarity can sometimes make work more efficient.

Therefore, the main purpose is to reduce ambiguity in the counseling relationship, making C the correct answer.

### NEW QUESTION # 151

In family counseling, when a counselor attempts to help one family member become more assertive, the counselor recognizes that

- **A. changing one family member's behavior will change the behavior of other family members.**
- B. such a behavior change can be accomplished effectively only if the other family members concur that it is a desirable change.
- C. making one member more assertive will result in other family members becoming more assertive.
- D. assertiveness is a uniquely personal attribute not usually amenable to change through family counseling.

**Answer: A**

Explanation:

Family counseling is grounded in systems theory, which views the family as an interconnected unit where each member's behavior affects the entire system. When a counselor helps one member become more assertive, they operate from the assumption that a change in one part of the system will influence changes in other parts of the system.

Therefore, option B is correct: changing one family member's behavior will change the behavior of other family members. It does not mean everyone will necessarily become more assertive (so A is too specific and inaccurate), nor does it assume assertiveness is purely individual and unreachable through family work (C). It also does not require that all family members agree to the change before it can occur (D).

NBCC-aligned work behaviors expect counselors to understand systemic dynamics and recognize that interventions aimed at a single family member can ripple through the entire family system.

### NEW QUESTION # 152

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

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

**Answer: C**

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 # 153

Being able to sit with a client's experience without judging it or analyzing it demonstrates which concept?

- A. Integration
- **B. Empathic attunement**
- C. Interpretation
- D. Active listening

**Answer: B**

Explanation:

Within the Counseling and Helping Relationships core area, CACREP highlights the importance of empathy and the counselor's ability to be fully present with the client. Empathic attunement refers to:

\* Deeply tuning in to the client's emotional experience,

\* Staying present with the client without judging, fixing, or overanalyzing,

\* Conveying understanding and acceptance of the client's internal world.

Active listening (option B) involves attending behaviors and reflective responses, but empathic attunement specifically emphasizes nonjudgmental presence and emotional resonance with the client's experience.

Interpretation (option A) involves analyzing or offering meanings, which is the opposite of simply sitting with the experience.

Integration (option C) refers more broadly to combining insights or aspects of the self, not this particular stance.

### NEW QUESTION # 154

Within group counseling, the formation of subgroups as a reaction to initial intragroup conflict:

- A. Indicates need for change in leadership style.
- B. Serves as an indicator of counseling effectiveness.
- **C. Is a phenomenon to be expected.**
- D. Should be prevented by the counselor.

**Answer: C**

Explanation:

Counselors are expected to understand group development processes and respond therapeutically rather than pathologizing normal group phenomena.

During the transition stage of group development, members often experience:

\* Anxiety and uncertainty

\* Testing of the leader

\* Conflict and disagreement

\* Possible formation of subgroups as members seek safety and alignment

The formation of subgroups in response to early intragroup conflict is a common and expected phenomenon in group counseling, not automatically a sign of poor leadership or failure.

\* B. Should be prevented by the counselor - trying to suppress all subgrouping can interfere with authentic expression and working through conflict.

\* C. Indicates need for change in leadership style - subgroup formation alone does not automatically mean the leader is ineffective.

\* D. Indicator of counseling effectiveness - subgrouping is developmental, not inherently a sign of success or failure.

Recognizing this as an expected part of group development (A) allows the counselor to facilitate movement toward cohesion and productive work rather than overreacting to normal dynamics.

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