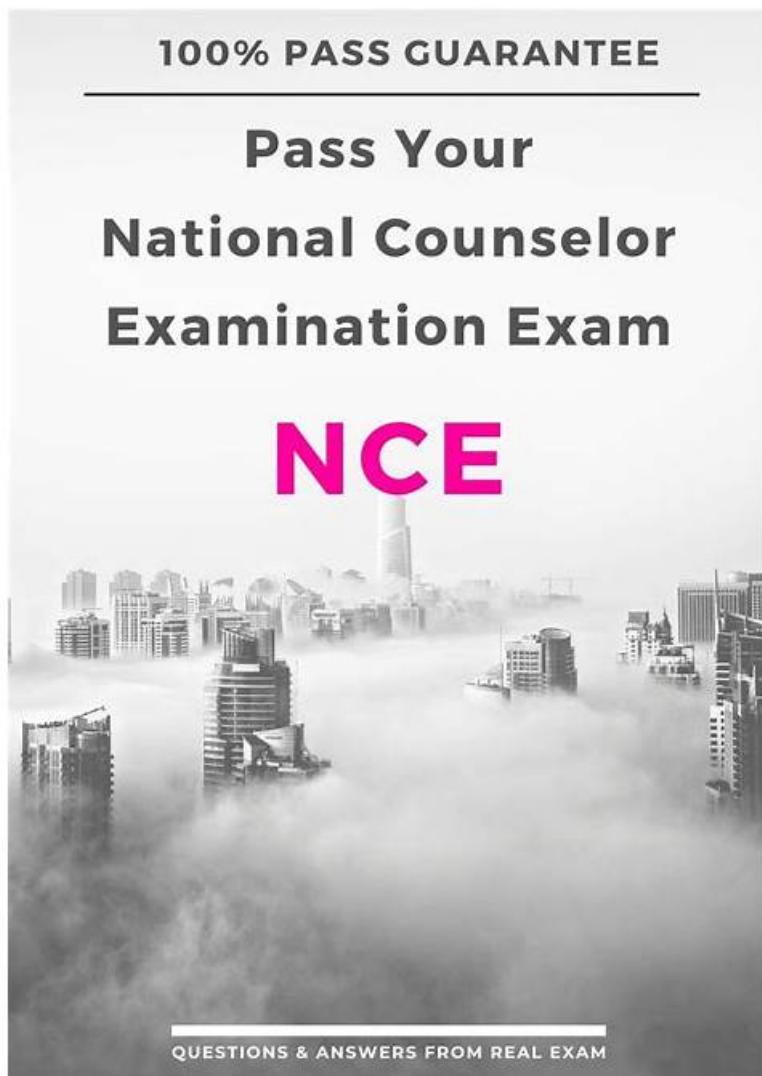


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NBCC National Counselor Examination Sample Questions (Q129-Q134):

NEW QUESTION # 129

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

Answer: A

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 # 130

Ethnography is traditionally focused on

- A. Critical tales
- B. Group behavior
- C. Hermeneutic design
- D. Storytelling

Answer: B

Explanation:

In the Research and Program Evaluation core area, CACREP includes knowledge of qualitative research methods, including ethnography.

* Ethnography is a qualitative approach in which the researcher studies a culture-sharing group (e.g., a community, organization, or subgroup) over time, focusing on patterns of group behavior, interactions, beliefs, and meanings in their natural context.

* The emphasis is on understanding how groups function and behave, often through participant observation and in-depth immersion. Storytelling (B) and critical tales (C) can be narrative products of qualitative work, and hermeneutic design (D) refers more broadly to interpretive approaches. But ethnography is most centrally concerned with the systematic study of group behavior and culture, making A the correct choice.

NEW QUESTION # 131

In outplacement counseling following downsizing, what is the immediate counseling goal?

- A. Improve job interview skills.
- B. Evaluate potentially appropriate work-leisure-lifestyle integrations.
- C. Cope with the resulting feelings.
- D. Locate sources of information about retraining and/or further education.

Answer: C

Explanation:

In the Career Development core area, counselors are expected to understand career transitions, including job loss and downsizing, and appropriate counseling responses.

Outplacement counseling often occurs right after involuntary job loss. CACREP-aligned content emphasizes that in initial stages of such a transition, the counselor should:

- * Address the client's emotional reactions, such as shock, anger, grief, shame, or anxiety.
- * Provide space to process the psychological impact of losing a job (loss of identity, routine, status, security).
- * Stabilize the client before moving into action-oriented tasks like job search strategies, retraining, or interviewing.

Options A, B, and C are important later career counseling tasks (exploring retraining, developing interview skills, integrating work with lifestyle), but the immediate counseling goal after downsizing is to help the client cope with and process the feelings associated with the loss.

Thus, D. Cope with the resulting feelings is the correct answer.

NEW QUESTION # 132

Which of the following is characteristic of reality therapy group counseling?

- A. When group members do not complete plans of action, the emphasis is on the analysis of resistance.
- **B. Group counseling involves an emphasis on actions, thinking, feelings, and individual choice.**
- C. The group leader assumes a nondirective stance.
- D. The leader outlines a strategy for changing members' behaviors.

Answer: B

Explanation:

Reality therapy, grounded in choice theory, emphasizes that clients are responsible for their choices and can learn to make more effective ones. In group counseling, the approach focuses on:

- * What members are doing and thinking in the present.
- * Encouraging effective action plans.
- * Acknowledging feelings but emphasizing choices and behaviors.
- * Personal responsibility and evaluation of whether current behavior is helping members meet their needs.

Option D accurately reflects this: reality therapy groups highlight actions, thinking, feelings, and individual choice, with particular attention to behavior and responsibility within the group context.

Why the others are incorrect:

- * A. Nondirective stance: Reality therapy is typically active and directive, not nondirective; the leader is engaged, confronts inconsistencies, and helps members plan.
- * B. Emphasis on the analysis of resistance: Rather than deeply analyzing "resistance," reality therapy focuses on what the member is willing to do now and helping them design realistic, responsible plans.
- * C. The leader outlines a strategy: In reality therapy, the counselor helps members formulate their own plans; the leader does not simply prescribe or impose a strategy.

This matches NBCC Counselor Work Behavior Areas for group work and interventions, which expect counselors to understand how theoretical orientation shapes the focus of group sessions, the leader's role, and the type of change process emphasized.

NEW QUESTION # 133

Which of the following correlation coefficients represents a complete lack of linear relationship?

- A. +1.00
- **B. 0**
- C. Unable to determine
- D. #1.00

Answer: B

Explanation:

Counselors using assessments must understand basic statistics, including correlation, to interpret test data appropriately. A correlation coefficient (r) ranges from -1.00 to +1.00 and reflects the strength and direction of a linear relationship between two variables.

* A correlation of 0 (option A) indicates no linear relationship between the variables—knowing one gives no information about predicting the other in a straight-line fashion.

* -1.00 (B) indicates a perfect negative linear relationship: as one variable increases, the other decreases in a perfectly predictable

way.

* +1.00 (C) indicates a perfect positive linear relationship: as one variable increases, the other also increases in a perfectly predictable way.

* Unable to determine (D) is incorrect because the coefficient itself does provide this information. Therefore, 0 represents a complete lack of linear relationship, making A the correct answer.

NEW QUESTION # 134

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