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## NBCC National Counselor Examination Sample Questions (Q166-Q171):

### NEW QUESTION # 166

Which theorist stressed the impact of birth order in the family constellation?

- A. Virginia Satir
- B. Carl Jung
- **C. Alfred Adler**
- D. Jean Piaget

**Answer: C**

Explanation:

Counselors are expected to understand major theoretical orientations and how they conceptualize the family and the individual in context. Within this competency, Alfred Adler is recognized as the theorist who emphasized:

- \* The family constellation, including the structure and dynamics of the family system
- \* The impact of birth order (e.g., oldest, middle, youngest, only child) on personality development, beliefs, and interpersonal style.

\* How these early family experiences shape a person's sense of belonging, inferiority/superiority, and lifestyle. Adlerian theory holds that an individual's position in the family constellation influences roles, expectations, and perceived significance, which in turn affect behavior and psychological functioning. Counselors use this understanding to conceptualize clients within their relational and familial context.

Why the other options are not correct:

- \* B. Carl Jung focused on the collective unconscious, archetypes, and individuation-not birth order.
- \* C. Jean Piaget is associated with cognitive development in children, not family constellation dynamics.
- \* D. Virginia Satir worked extensively with families and communication patterns, but she is not the theorist associated with birth order as a core conceptual tool.

This aligns with the NBCC Counselor Work Behavior Area expectations that counselors understand key theorists and use family and developmental context when conceptualizing client concerns.

## NEW QUESTION # 167

A principle of behavioral group counseling is that:

- A. Group members' behaviors are seldom influenced by environmental factors.
- B. **Members should have individualized objectives to be accomplished between group sessions.**
- C. Each group member should have multiple goals stated in performance terms.
- D. Verbal interaction is the only medium to be used to convey instructions, feedback, and support.

### Answer: B

Explanation:

In the Counseling Skills and Interventions domain, behavioral approaches emphasize observable, measurable behavior change, and the use of practice outside of sessions to generalize and maintain gains.

In behavioral group counseling, key principles include:

- \* Setting specific, individualized behavioral goals
- \* Defining goals in observable, measurable terms
- \* Using homework or between-session assignments to practice new behaviors in real-life situations Option A directly reflects this: group members have individualized objectives to work on between sessions, which is a hallmark of behavioral work and supports skill acquisition and generalization.
- \* B is incorrect because behavioral methods often use more than just verbal interaction (e.g., modeling, role-playing, behavioral rehearsal, reinforcement, feedback systems).
- \* C is partially true that goals should be in performance terms, but the requirement that each member have multiple goals is not a core principle and may even dilute focus.
- \* D contradicts behavioral theory, which holds that environmental factors strongly influence behavior; behavioral counseling explicitly considers and modifies environmental contingencies.

Thus, A best reflects a principle of behavioral group counseling.

## NEW QUESTION # 168

Face validity is established by

- A. **Subjectively examining the items on the test.**
- B. Correlating the test with another test that measures the same thing.
- C. Eliminating items that do not correlate highly with the total test score.
- D. Having experts judge the adequacy and appropriateness of the items.

### Answer: A

Explanation:

In the Assessment and Testing core area, counselors must differentiate among types of validity:

\* Face validity refers to the degree to which a test appears, on the surface, to measure what it claims to measure. It is based on a subjective judgment of the items by laypersons or test users-essentially,

"does this look like it measures what it says it does?" This is captured by option D, which involves subjectively examining the items.

By contrast:

\* Option A describes criterion-related or convergent validity (correlating with another established measure).

\* Option B reflects item analysis and relates to internal consistency/reliability, not face validity.

\* Option C describes content validity, which relies on expert judgment about whether items adequately represent the construct content.

Thus, D is the correct description of how face validity is established.

### NEW QUESTION # 169

Which is a symptom of generalized anxiety disorder?

- A. Lack of hobbies
- **B. Restlessness**
- C. Rechecking locked doors
- D. Pressured speech

**Answer: B**

Explanation:

In the Assessment and Testing core area, counselors are expected to recognize common diagnostic features of mental disorders to inform screening, referral, and conceptualization (not to replace full diagnosis).

For generalized anxiety disorder (GAD), hallmark symptoms include:

- \* Excessive anxiety and worry about a variety of events or activities,
- \* Difficulty controlling the worry,
- \* Physical and cognitive symptoms such as:
- \* Restlessness or feeling keyed up/on edge,
- \* Being easily fatigued,
- \* Difficulty concentrating,
- \* Irritability,
- \* Muscle tension,
- \* Sleep disturbance.

Thus, restlessness (Option B) is a classic symptom associated with GAD.

The other options fit different or nonspecific issues:

- \* A. Lack of hobbies is not a diagnostic criterion; it may relate to lifestyle, depression, or other factors but is not specific to GAD.
- \* C. Rechecking locked doors is more characteristic of obsessive-compulsive disorder (OCD), where compulsive checking behaviors respond to intrusive obsessions.
- \* D. Pressured speech is typically associated with mania or hypomania, not GAD.

Therefore, B is the correct symptom associated with generalized anxiety disorder.

### NEW QUESTION # 170

Your client is new to therapy and tells you of their skepticism about the effectiveness of counseling and questions the treatment plan. Which of the approaches below will be most effective at engaging them?

- **A. Cognitive behavioral approach**
- B. Analytical approach
- C. Psychodynamic approach
- D. Humanistic approach

**Answer: A**

Explanation:

In the Counseling Skills and Interventions area, counselors must be able to select and apply theoretical approaches that fit client needs, preferences, and readiness. A client who is skeptical and questions the treatment plan often responds well to an approach that is:

- \* Structured and transparent
- \* Collaborative, with shared goal-setting
- \* Evidence-informed, with clear rationales for techniques

A cognitive behavioral approach (CBT) emphasizes:

- \* Clear explanations of how thoughts, feelings, and behaviors are related
- \* Time-limited, goal-oriented treatment plans
- \* Homework and behavioral experiments that allow clients to "test" ideas and see concrete outcomes. This tends to be particularly effective with clients who want to understand how and why therapy works and who are questioning its effectiveness.
- \* A humanistic approach (A) strongly values the relationship and empathy but is often less structured and may not directly satisfy a skeptical client's desire for clear rationale and techniques.
- \* Psychodynamic (C) and analytical (D) approaches typically focus on unconscious processes, past experiences, and symbolic

material, which may feel too abstract or indirect to a skeptical newcomer to therapy. Thus, B. Cognitive behavioral approach is most consistent with effectively engaging this type of client.

## NEW QUESTION # 171

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