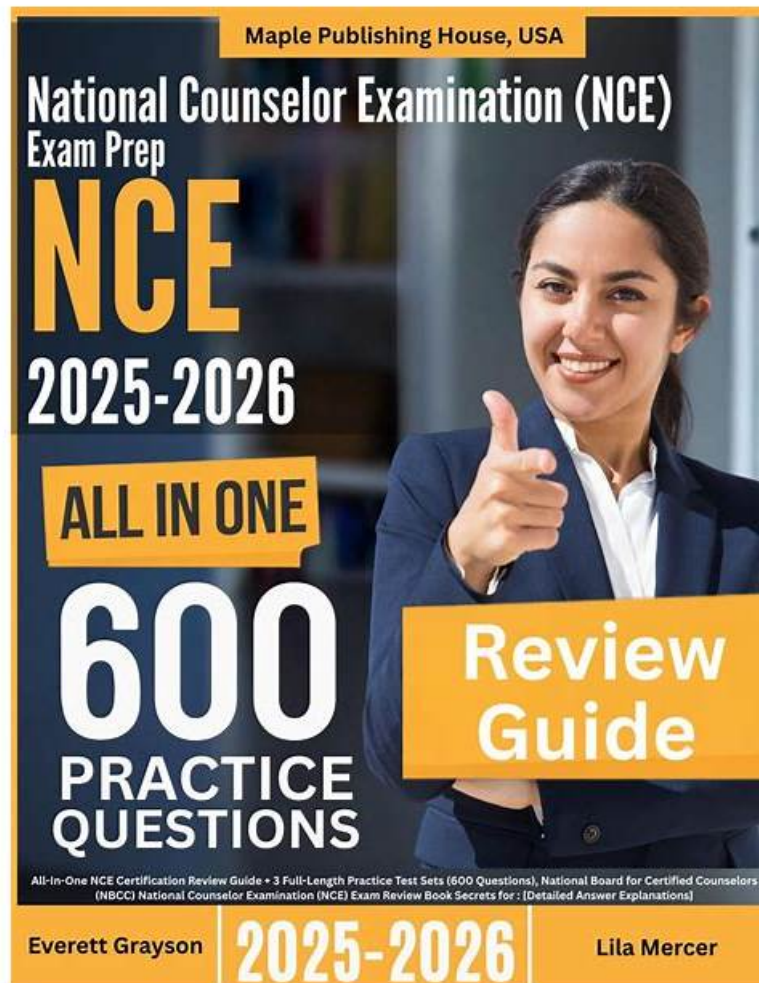


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## NBCC National Counselor Examination Sample Questions (Q202-Q207):

### NEW QUESTION # 202

You have diagnosed your client with generalized anxiety disorder (GAD). Which of the following would you implement as the primary long-term goal for this client?

- A. Listen to relaxing music for 15 minutes, 3-5 times per week.
- B. Reduce frequency of anxiety so that daily routines are not interrupted or impaired.
- C. Learn one or two strategies to reduce bouts of anxiety to 2-3 times per week.
- D. Develop relationships with others by attending regular group counseling sessions.

**Answer: B**

Explanation:

Under Counseling and Helping Relationships, CACREP emphasizes treatment planning that:

- \* Flows from the diagnosis and presenting problems, and
- \* Includes long-term goals focused on improving overall functioning, with short-term objectives that support those goals.

For generalized anxiety disorder (GAD), diagnostic criteria emphasize excessive, persistent anxiety and worry that cause clinically significant distress or impairment in social, occupational, or other important areas of functioning. Therefore, the primary long-term goal should focus on reducing impairment in daily life:

\* Option D ("Reduce frequency of anxiety so that daily routines are not interrupted or impaired") directly addresses the functional impact of GAD and is appropriately broad and long-term.

The other options are more like short-term objectives or specific interventions:

- \* A (attending group counseling) is a means or method, not the central functional outcome.
- \* B (learning one or two strategies to reduce bouts of anxiety) is a concrete short-term skill-building objective.
- \* C (listening to relaxing music) is a specific coping strategy, not a long-term treatment goal.

Thus, the best primary long-term goal for a client with GAD is to reduce anxiety so that it no longer disrupts daily routines, making D the correct answer.

### NEW QUESTION # 203

Group leaders are continually observing group members. It is essential that the group leader

- A. Take notes pertaining to the group members' behaviors.
- B. Inform the group members that the observation is taking place.
- C. Be unobtrusive (i.e., out of sight of the group members).
- D. Have a clear idea of what is to be observed.

**Answer: D**

Explanation:

In the Group Counseling and Group Work core area, counselors are trained to use systematic observation to understand group dynamics, members' behaviors, and group process. Effective observation is intentional, not random. That means the group leader must know what specific behaviors, interactions, or processes they are watching for (e.g., participation patterns, conflict, cohesion, leadership, resistance).

CACREP-based training emphasizes:

- \* Using planned, purposeful observation tied to the group's goals and stage of development.
- \* Monitoring both verbal and nonverbal behaviors to inform interventions.

While informing members about general observation and taking notes can be good practice, the essential professional skill is having a clear, defined focus for what is being observed, which makes D the best answer.

### NEW QUESTION # 204

Which of the following is consistent with a strengths-based approach that can improve the client's ability to attain goals?

- A. Discover and utilize client resources and resilience.
- B. Reward the client for challenging negative thoughts.

- C. Recognize the effects of social structures on the client.
- D. Strengthen the client's perceived self-worth.

**Answer: A**

Explanation:

A strengths-based approach emphasizes identifying, affirming, and using the client's existing resources, abilities, and resilience to support change. Within core counseling attributes, counselors are expected to maintain a positive, hopeful view of the client, focusing on what the client already does well and how those capacities can be applied toward goals.

\* Option A directly reflects this: discover and utilize client resources and resilience is the essence of a strengths-based stance-locating inner and outer strengths and using them in planning and intervention.

\* Option B (rewarding the client for challenging negative thoughts) is more characteristic of cognitive-behavioral techniques, not specifically a strengths-based orientation.

\* Option C (strengthening perceived self-worth) is valuable and related to positive regard, but it does not explicitly capture the process of identifying and using strengths as the main pathway to change.

\* Option D (recognizing the effects of social structures) is more aligned with social justice and multicultural counseling perspectives.

Therefore, the option most consistent with a strengths-based approach as emphasized in core counseling attributes is A.

### NEW QUESTION # 205

What strategy would a counselor use with a client whose cultural background is different from their own?

- A. Address presenting concerns separately from culture, race, and ethnic background.
- B. View cultural background as secondary to treatment planning.
- C. Ask the client about any cultural issues or beliefs that may be impacting them.
- D. Wait for the client to share their cultural experiences.

**Answer: C**

Explanation:

Within the Social and Cultural Diversity core area, counselors are expected to demonstrate multicultural competence, which includes recognizing how culture, race, ethnicity, and worldview affect clients' experiences and concerns, and actively exploring these with clients. Ethical and culturally responsive practice involves:

\* Openly inviting discussion of cultural beliefs, values, and experiences that may influence the client's presenting concerns.

\* Avoiding assumptions or minimizing culture as "secondary" to treatment.

Option D reflects this standard: the counselor asks the client directly about any cultural issues or beliefs that may be impacting them, honoring client expertise about their own cultural context and integrating it into case conceptualization and treatment planning.

\* A places the responsibility fully on the client and can lead to important cultural issues being overlooked.

\* B contradicts multicultural counseling principles by treating culture as unimportant.

\* C suggests separating concerns from culture, which ignores the fact that many problems are embedded in cultural, racial, and systemic contexts.

Therefore, D is the strategy that aligns with CACREP's multicultural and social justice competencies.

### NEW QUESTION # 206

Which therapeutic approach would utilize outsider witness groups to integrate social resources in supporting client change?

- A. Community psychology
- B. Adlerian therapy
- C. Gestalt therapy
- D. Narrative therapy

**Answer: D**

Explanation:

The term "outsider witness groups" comes specifically from narrative therapy. In this approach, clients tell and re-author their stories, and selected others (outsider witnesses) listen to these stories and then respond by sharing what moved or resonated with them. This process:

\* Brings in social resources and supportive witnesses.

\* Strengthens the client's preferred identity and alternative story.

\* Helps the client feel seen and supported in a broader community context.

Thus, option D. Narrative therapy is correct.

\* Adlerian therapy (A) uses family constellation, early recollections, and encouragement, but not outsider witness groups as a standard technique.

\* Gestalt therapy (B) emphasizes experiential awareness, here-and-now work, and empty-chair techniques.

\* Community psychology (C) incorporates social systems and resources but does not specifically use "outsider witness groups" as conceptualized in narrative therapy.

NBCC Counselor Work Behaviors expect counselors to know the distinctive concepts and methods of major counseling theories, including narrative therapy's use of outsider witnesses to support client change.

## NEW QUESTION # 207

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