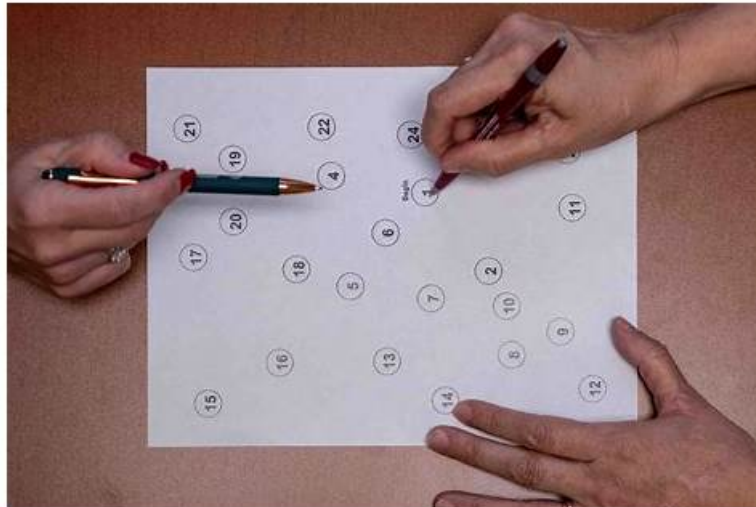


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NBCC National Counselor Examination Sample Questions (Q68-Q73):

NEW QUESTION # 68

Generalized anxiety disorder is best characterized by which of the following symptom patterns?

- A. Repetitive thoughts and ritualistic actions
- B. Overconcern with bodily functioning and possible ailments
- C. Pervasive lack of enthusiasm coupled with continual fatigue
- D. Continual yet diffuse and overly-intense reactions to day-to-day stress

Answer: D

Explanation:

In the intake, assessment, and diagnosis domain, counselors must distinguish among common mental disorders based on symptom

patterns. Generalized anxiety disorder (GAD) is characterized by:

- * Excessive anxiety and worry occurring more days than not
- * Worry that is difficult to control
- * Concerns that are broad and diffuse, often about everyday events or activities
- * Associated symptoms such as restlessness, fatigue, muscle tension, irritability, and sleep disturbance This is captured by Option D: continual yet diffuse and overly-intense reactions to day-to-day stress.

The other options describe different clinical patterns:

- * A: A persistent lack of enthusiasm with fatigue is more characteristic of depressive disorders.
- * B: Overconcern with bodily functioning and possible ailments fits somatic symptom-related or illness anxiety presentations, not classic GAD.
- * C: Repetitive thoughts and ritualistic actions are typical of obsessive-compulsive disorder (OCD).

Thus, the symptom pattern most consistent with generalized anxiety disorder is D.

NEW QUESTION # 69

What is a characteristic of a group-centered leader?

- A. Being focused on redirecting negative impulses
- B. Being pessimistic about human nature
- C. Seeing people as reactive to their environments
- D. Seeing people as basically positive in their intentions

Answer: D

Explanation:

In the Group Counseling and Group Work core area, CACREP includes knowledge of group leadership styles, including approaches grounded in person-centered (client-centered / group-centered) theory.

A group-centered leader, drawing from person-centered principles, typically:

- * Holds a positive view of human nature,
- * Believes members have an innate tendency toward growth and self-actualization,
- * Trusts that, given the right conditions (empathy, genuineness, unconditional positive regard), people will move in constructive directions.

This matches D: seeing people as basically positive in their intentions.

Why the others are not best:

- * A (pessimistic about human nature): More consistent with some strictly psychoanalytic or control-oriented approaches, not group-centered leadership.
- * B (seeing people as reactive to their environments): Sounds more like behavioral or social learning perspectives, not specifically group-centered.
- * C (focused on redirecting negative impulses): Implies a directive, control-focused stance, rather than the non-directive, facilitative stance of a group-centered leader.

Therefore, the characteristic that best fits a group-centered leader is D. Seeing people as basically positive in their intentions.

NEW QUESTION # 70

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. Psychodynamic approach
- C. Humanistic approach
- D. Analytical 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 # 71

The type of test validity that refers to the test's relationship to independent ratings of an individual's performance in a particular area is:

- A. Construct validity.
- **B. Criterion validity.**
- C. Content validity.
- D. Face validity.

Answer: B

Explanation:

Within the Intake, Assessment and Diagnosis work behavior area, counselors are expected to understand the basic principles of test construction, reliability, and validity so they can select and interpret assessment instruments appropriately.

Criterion validity refers to how well a test score is related to an external criterion, such as independent ratings, real-world performance, or other objective measures of behavior or achievement. For example, if a test is designed to measure job performance, its criterion validity would be demonstrated by the strength of the relationship between test scores and supervisor performance ratings or actual productivity.

* Face validity (A) is a superficial judgment about whether a test appears to measure what it claims to measure and is not based on statistical relationships.

* Content validity (C) concerns whether the items on a test adequately represent the full range of the content area or domain being measured.

* Construct validity (D) refers to how well a test measures a theoretical construct or trait (such as depression, anxiety, or intelligence) and involves an accumulation of evidence from many sources.

Because this question specifically references the test's relationship to independent ratings of performance, it is describing criterion validity, making option B the correct answer.

NEW QUESTION # 72

What term is used for the act a counselor displays when they set aside personal values to provide services for a diverse client?

- A. Acculturation
- **B. Ethical bracketing**
- C. Countertransference
- D. Developmental maturation

Answer: B

Explanation:

Within the CACREP Core Area of Social and Cultural Diversity, counselors are expected to demonstrate skills that allow them to work effectively with clients from diverse backgrounds. A key competency is the ability to avoid imposing personal values and to maintain an unbiased, respectful stance toward clients' cultural identities, beliefs, and worldviews.

* Ethical Bracketing (Correct Answer) Ethical bracketing refers to a counselor's intentional process of setting aside personal values, beliefs, or biases in order to provide competent, culturally responsive services. This aligns with ethical expectations that counselors:

* Maintain value neutrality,

* Avoid personal value imposition, and

* Uphold client autonomy, dignity, and cultural uniqueness. Ethical bracketing is specifically encouraged as an important skill when working with diverse populations.

* Countertransference (Incorrect) This refers to a counselor's emotional reactions toward the client, often based on the counselor's

unresolved issues. It is not about intentionally setting aside personal values; instead, it is an internal emotional process that must be managed during therapy.

* Acculturation (Incorrect) Acculturation refers to the process of adapting to a dominant or new culture, not the counselor's act of setting aside personal values during counseling.

* Developmental Maturation (Incorrect) This refers to normal growth processes across the lifespan. It has no direct connection to value management in counseling.

Because only ethical bracketing describes consciously setting aside personal values to serve clients without bias, A is the correct answer.

NEW QUESTION # 73

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