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## NBCC National Counselor Examination Sample Questions (Q187-Q192):

NEW QUESTION # 187

A client reports difficulty concentrating "because everyone is always speaking at once." Following this disclosure, what symptom must the counselor assess?

- A. Delusions of grandeur
- **B. Auditory hallucinations**
- C. Tactile hallucinations
- D. Visual hallucinations

**Answer: B**

Explanation:

In intake and assessment, counselors are expected to recognize possible indicators of psychotic symptoms and to follow up with focused questioning. A report that "everyone is always speaking at once" suggests that the client may be experiencing perceptual disturbances involving hearing voices, which is characteristic of auditory hallucinations.

The counselor's responsibility, as outlined in assessment-related work behaviors, is to:

- \* Identify verbal cues suggesting hallucinations or other psychotic features.
- \* Conduct further assessment to clarify the nature, frequency, and impact of these experiences.
- \* Determine risk, functional impairment, and the need for referral or coordinated care.

Why the other options are incorrect:

- \* A. Visual hallucinations involve seeing things (people, objects, lights) that are not present; the client's description specifically involves "speaking" which is auditory.
- \* C. Delusions of grandeur are fixed false beliefs about having exceptional power, importance, or identity, not a perception that many voices are speaking at once.

- \* D. Tactile hallucinations involve feeling physical sensations (e.g., bugs crawling on the skin) that are not actually occurring.

This is consistent with NBCC Counselor Work Behavior Areas, which emphasize accurate symptom recognition and diagnostic assessment as foundational to responsible counseling practice.

#### **NEW QUESTION # 188**

When counselors build an alliance and demonstrate an understanding of the client's issues and concerns, they are using which foundational skills?

- **A. Listening, attending, and reflection skills**
- B. Treatment planning, interventions, and referral skills
- C. Clarifying, assessing, and problem-solving skills
- D. Summarizing, challenging, and reframing skills

**Answer: A**

Explanation:

A strong therapeutic alliance is built through basic counseling skills (microskills) that help the client feel heard, understood, and respected. These include:

- \* Listening - giving full, focused attention to the client's words and emotions.
- \* Attending - using verbal and nonverbal behaviors (eye contact, posture, vocal tone) to show presence and engagement.
- \* Reflection - accurately reflecting the client's content and feelings to convey understanding and facilitate deeper exploration.

Option A lists the skills most directly associated with forming an alliance and demonstrating understanding.

\* B (summarizing, challenging, reframing) are valuable but often more advanced/intervention-focused and can feel confrontational if used before a strong alliance is built.

\* C (clarifying, assessing, problem-solving) are important but emphasize structure and analysis more than empathic connection.

\* D (treatment planning, interventions, referral) are broader clinical tasks, not moment-to-moment foundational relationship skills.

These basic microskills are central to the Counseling Skills and Interventions work behavior area, which highlights the counselor's ability to build rapport, facilitate safety, and promote client engagement.

#### **NEW QUESTION # 189**

A basic assumption used by counselors in providing vocational and leisure counseling to help clients achieve life satisfaction is that

- **A. Personal need satisfaction may be derived from either work or leisure activities.**
- B. Leisure time is preferable to work time for most adults in American society.
- C. Affirmation of the work ethic as an antecedent to the leisure ethic ensures consistency with societal norms.
- D. Emphasis on leisure activities should be reserved until emphasis on work activities has been operationalized.

**Answer: A**

Explanation:

Within the Career Development core area, counselors are trained to view work, career, and leisure as integrated components of overall life satisfaction and well-being. A foundational assumption is that:

\* Individuals can meet psychological needs (e.g., achievement, affiliation, autonomy, creativity, meaning) through both work roles and leisure activities.

\* Satisfaction in life may arise from a combination of paid employment, unpaid roles, and leisure pursuits, depending on the client's values and circumstances.

Thus:

\* Option C reflects the principle that personal need satisfaction and fulfillment can come from either or both work and leisure, which guides holistic counseling around lifestyle, not just employment.

\* Options A and D overemphasize a rigid "work-first" ethic and are more value-laden than is appropriate for ethical, client-centered counseling.

\* Option B assumes that leisure is "preferable" for most adults, which is not supported as a universal counseling assumption and may conflict with many clients' values around meaningful work.

Therefore, the assumption most aligned with CACREP-based career counseling concepts is C. Personal need satisfaction may be derived from either work or leisure activities.

### NEW QUESTION # 190

Which of the following counseling approaches maintains that emotional and behavioral disorders are the result of clients' self-maintained illogical beliefs?

- A. Rational-emotive behavior therapy
- B. Transactional analysis
- C. Behavior therapy
- D. Reality therapy

**Answer: A**

Explanation:

Within Counseling and Helping Relationships, counselors must understand major counseling theories and their conceptualizations of emotional and behavioral problems.

Rational-Emotive Behavior Therapy (REBT), developed by Albert Ellis, holds that:

\* People do not simply become disturbed by events themselves; rather, they become disturbed by how they interpret the events through irrational or illogical beliefs.

\* These beliefs are often rigid ("musts," "shoulds," "have tos") and self-maintained by ongoing self-talk and interpretations.

\* Emotional and behavioral disturbances are thus seen as the result of these self-sustained, irrational thought patterns, and counseling focuses on identifying, disputing, and replacing them with more rational beliefs.

\* Reality therapy (A) emphasizes choice, responsibility, and meeting basic needs, not primarily irrational beliefs.

\* Transactional analysis (C) focuses on ego states (Parent, Adult, Child) and life scripts.

\* Behavior therapy (D) emphasizes learned behaviors through conditioning and reinforcement, typically without the central emphasis on irrational beliefs as the main cause.

Therefore, the approach that specifically maintains that emotional and behavioral disorders stem from clients' self-maintained illogical beliefs is Rational-Emotive Behavior Therapy (B).

### NEW QUESTION # 191

If there is only one correct answer to each item on a measure, it is a measure of

- A. Ability
- B. Self-concept
- C. Interest
- D. Personality

**Answer: A**

Explanation:

In the Assessment and Testing core area, counselors are expected to understand different types of tests, including the distinction between maximum performance measures (e.g., ability, aptitude, achievement) and typical performance measures (e.g., personality,

interests, attitudes, self-concept).

\* Ability tests (including aptitude and achievement) are designed so that each item has one correct answer. They measure how well a person can perform on tasks that have objectively right or wrong responses.

\* Measures of personality, interest, and self-concept do not have right or wrong answers; they assess typical ways of thinking, feeling, behaving, or preferences.

Because the question states that each item has only one correct answer, this clearly describes a measure of ability, making B the correct answer.

## NEW QUESTION # 192

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