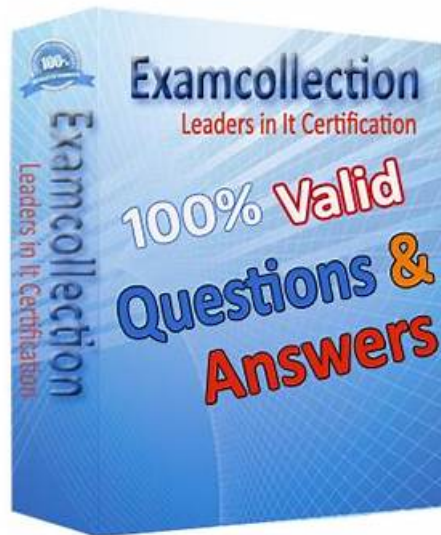


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## NBCC National Counselor Examination Sample Questions (Q100-Q105):

### NEW QUESTION # 100

Which of the following is the experimentally validated treatment modality for individuals diagnosed with substance use disorder?

- A. Motivational interviewing
- B. Narrative therapy
- C. Solution-focused brief therapy
- D. Eye movement desensitization and reprocessing

**Answer: A**

Explanation:

In the Counseling Skills and Interventions work behavior area, counselors are expected to select interventions that are supported by empirical evidence for the client's specific concerns, including substance use disorders.

Motivational interviewing (MI) (Option A) is a widely researched, empirically supported treatment modality for individuals with substance use disorders. It is a client-centered, directive approach designed to:

- \* Enhance intrinsic motivation for change,
- \* Resolve ambivalence,
- \* Support clients in moving through stages of change regarding substance use.

Core MI skills often summarized as OARS (open questions, affirmations, reflections, summaries) are used to elicit and strengthen "change talk" and reduce resistance. Research has consistently shown MI's effectiveness in reducing substance use and increasing treatment engagement across various populations and settings.

Why the other options are less appropriate here:

- \* B. Narrative therapy - While potentially helpful for meaning-making and identity reconstruction, it is not the primary empirically validated front-line modality for substance use disorders.
- \* C. Solution-focused brief therapy - Has some supportive evidence for various problems and can be useful in certain substance-related contexts, but MI has a stronger and more direct evidence base specifically for substance use disorders.
- \* D. Eye movement desensitization and reprocessing (EMDR) - Primarily validated for trauma-related disorders, particularly PTSD, rather than as a core, primary treatment for substance use disorders.

NBCC-aligned counselor work behaviors emphasize that practitioners should match interventions to the problem using approaches with strong empirical support, making motivational interviewing the best choice among the options for treating substance use disorders.

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### NEW QUESTION # 101

Which of the following factors would be most salient in the treatment of a client who grew up in an urban neighborhood and is currently unemployed?

- A. Family background and history
- B. Psychological maturity and development
- C. Cultural identity
- D. Economic and class experiences

**Answer: D**

Explanation:

The question highlights two contextual details:

- \* The client grew up in an urban neighborhood.
- \* The client is currently unemployed.

These details point strongly toward socioeconomic conditions, access to resources, exposure to systemic barriers, and the impact of poverty or underemployment—all of which are captured in economic and class experiences.

Therefore, Option C is the most salient factor for treatment planning in this scenario. Understanding economic and class realities helps the counselor:

- \* Conceptualize stressors such as financial strain, housing instability, neighborhood safety, and limited opportunity.
- \* Avoid pathologizing reactions that may be understandable responses to systemic and structural inequities.
- \* Integrate advocacy, resource referral, and practical support into the plan when appropriate.<sup>4</sup> Why the other options are less salient given the specific prompt:
  - \* A. Cultural identity - Always important, but the question specifically emphasizes urban upbringing and unemployment, which more directly point to class and economic context. Cultural identity may or may not be the central driver in this particular description.
  - \* B. Family background and history - Relevant to any case conceptualization, but not as clearly tied to the urban and unemployed descriptors given in the stem
  - \* D. Psychological maturity and development - Also important, but the vignette does not supply information about developmental maturity; instead, it highlights environmental and economic context.

In the Treatment Planning work behavior area, NBCC emphasizes integrating contextual, socioeconomic, and environmental factors into goals and interventions, particularly when clients are affected by unemployment, neighborhood conditions, or social class pressures.<sup>4</sup> Top of Form Bottom of Form

### NEW QUESTION # 102

Face validity is established by

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

**Answer: C**

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 # 103

In using self-report devices as criterion measures, which of the following may be problematic?

- A. Homogeneity of variance
- B. Social desirability responding
- C. Halo effect
- D. Type I error

**Answer: B**

Explanation:

In the Assessment and Testing core area, CACREP highlights the importance of understanding test limitations, response biases, and sources of error in measurement—especially when using self-report instruments.

A major concern with self-report is social desirability responding, where individuals intentionally or unintentionally answer in ways that:

- \* Present themselves in a more favorable light
- \* Conform to perceived expectations or norms
- \* Minimize or hide behaviors or attitudes that might be viewed negatively This bias can seriously affect the accuracy of self-report measures when they are used as criterion measures (standards against which other instruments are validated).
- \* Homogeneity of variance (A) is a statistical assumption, not a specific self-report response bias.
- \* Halo effect (B) is more commonly associated with rater bias (e.g., supervisor ratings), not with standardized self-report

questionnaires.

\* Type I error (C) is a statistical concept (rejecting a true null hypothesis), again not a specific behavioral response style in self-report.

Thus, the most relevant and problematic issue when using self-report as a criterion measure is D. Social desirability responding.

#### NEW QUESTION # 104

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

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

**Answer: D**

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 # 105

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