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NBCC National Counselor Examination Sample Questions (Q92-Q97):

NEW QUESTION # 92

What is an appropriate reason for a counselor to consult with another professional counselor?

- A. To engage peers in building a supportive professional community
- B. To share professional frustrations with a trusted colleague
- C. To seek assistance with ethical obligations or professional practice
- D. To gather instructions in lieu of professional development

Answer: C

Explanation:

In the Professional Counseling Orientation and Ethical Practice core area, counselors are expected to recognize that consultation with colleagues is an important part of maintaining ethical and competent practice. Ethical guidelines emphasize that counselors:

- * Seek consultation or supervision when facing ethical dilemmas,
- * Seek consultation when a client's needs are beyond their current competence,
- * Use consultation to improve the quality of client care.

While collegial support (options A and D) can be helpful, CACREP-aligned ethical standards specifically highlight consultation as a means to clarify and uphold ethical responsibilities and strengthen clinical decision-making, not simply to vent or replace formal professional development. Thus, the best answer is C.

To seek assistance with ethical obligations or professional practice.

NEW QUESTION # 93

Which of the following would be the most appropriate approach for the counselor to use to help the client clarify vague descriptions of depression and existential concerns?

- A. Generate and discuss possible antecedents of depression for the client to consider and evaluate.
- B. Confront the client's inconsistency between feelings of depression and lack of explanation of those feelings.
- **C. Use active-listening skills to help the client to be more competent in describing the problem.**
- D. Challenge the client to establish a structure with which the client can organize life values.

Answer: C

Explanation:

When a client presents vague descriptions of depression and existential concerns, the first task is to clarify and deepen understanding of the client's experience. The counselor should use core counseling micro-skills

, especially:

- * Attentive listening
- * Reflections of feeling and content
- * Clarification
- * Summarizing

These are all part of active listening, which helps the client find words for internal experiences and feel safe enough to explore more deeply. That is why Option B is the best answer.

Why the other options are less appropriate at this stage:

- * A. Challenge the client to establish a structure for organizing life values. This is more advanced, existential/values work that may be appropriate later, but it is premature when the client's descriptions are still vague and unclear.
- * C. Generate and discuss possible antecedents of depression. This leans toward a cognitive- behavioral analysis (triggers, thoughts, behaviors). It can be helpful eventually, but it risks imposing explanations before the client has fully expressed and clarified their internal world.
- * D. Confront inconsistency between feeling depressed and lack of explanation. Confrontation here can feel invalidating or shaming ("you can't explain it, so something is wrong with your story"), and it may shut down rather than open up exploration.

The NBCC Counselor Work Behavior Areas emphasize that effective counselors rely first on empathic, active listening and clarification to understand the client's subjective experience before moving to more structured or challenging intervention

NEW QUESTION # 94

A diagnosis of attention-deficit/hyperactivity disorder is

- A. more prevalent in individuals whose family members suffer personality disorders.
- B. more frequently diagnosed in females than in males.
- **C. justified primarily when social and academic/occupational functioning have been impaired.**
- D. typically diagnosed before children enter formal educational settings.

Answer: C

Explanation:

Within the Assessment and Testing core area, counselors are expected to understand the principles of diagnosis, including that mental disorder diagnoses (such as ADHD) are based not only on the presence of symptoms but also on clinically significant impairment in social, academic, or occupational functioning across settings.

- * Diagnostic criteria for attention-deficit/hyperactivity disorder specify that symptoms must cause clear evidence of interference with, or reduction in quality of, social, academic, or occupational functioning, and must be present in two or more settings (e.g., home and school). Therefore, a diagnosis is justified primarily when functioning is impaired, which matches Option D.
- * ADHD is more commonly diagnosed in males than females, particularly in childhood; thus, Option A is incorrect.
- * Although symptoms often begin in early childhood, ADHD is commonly identified after increased demands in school; it is not typically diagnosed before formal schooling, so Option B is incorrect.
- * ADHD is associated with a familial pattern of ADHD and related conditions, not specifically with family members having personality disorders, so Option C is incorrect.

Therefore, D is the correct answer because diagnosis must be tied to meaningful impairment in functioning, not just the presence of symptoms.

NEW QUESTION # 95

Counselors working with adults in midlife know that there are some distinct but relatively generalizable characteristics of persons in this age group. What does human development theory tell us about people between the ages of 40 to 65?

- A. Short-term memory facility decreases while long-term memory facility increases.
- B. For most people, there is a sense that time is running out and that earlier goals may not be achieved.
- C. There is little difference in the developmental issues faced by men and women during this period.
- D. Deaths of peers result in severe emotional distress, usually followed by heightened spirituality.

Answer: B

Explanation:

In the Human Growth and Development core area, middle adulthood (approximately 40-65) is commonly associated with life review, reappraisal, and concerns about time and life goals. Theories such as Erikson's generativity vs. stagnation and life-span models emphasize:

- * Awareness that time is finite,
- * Reflection on accomplishments vs. unfulfilled goals,
- * A possible sense that some earlier aspirations may no longer be realistic or attainable.

This makes Option A consistent with core developmental theory for this age range.

- * Option B is inaccurate because men and women often experience different developmental stressors, roles, and expectations (e.g., caregiving, menopause, occupational shifts).
- * Option C overgeneralizes; while peer deaths may trigger grief and reflection, severe distress and heightened spirituality are not universal or predicted outcomes.
- * Option D is not characteristic specifically of ages 40-65; significant memory decline is more commonly associated with older adulthood, and even then, it tends to be more complex than "short-term down, long-term up." Therefore, A best reflects what human development theory tells us about midlife adults.

NEW QUESTION # 96

Which of the following is a factor not initially addressed in the treatment of a client diagnosed with substance use disorder?

- A. Managing stress without substances
- B. Physical concerns
- C. Dysfunctional lifestyle
- D. Personality traits

Answer: D

Explanation:

When planning treatment for substance use disorders, counselors are expected to prioritize immediate safety and stabilization, followed by the development of skills and environmental changes that support abstinence and recovery. Early treatment typically focuses on:

- * Physical concerns (A): addressing withdrawal, medical risks, and overall health stability is often the first priority.
- * Managing stress without substances (B): clients need early coping strategies to handle cravings and stressors without returning to use.
- * Dysfunctional lifestyle (C): examining and beginning to modify high-risk routines, relationships, and environments that maintain substance use is an early and ongoing focus.

Personality traits (D), while potentially relevant, are typically not an initial focus. Deep exploration of personality structure, enduring traits, or complex characterological issues usually comes later, after stabilization, reduction of use, and establishment of basic coping

skills. Addressing these too early can be overwhelming and may distract from urgent recovery tasks. Therefore, the factor not initially addressed is personality traits, making D the correct answer.

Top of Form

□ Extended thinking

Bottom of Form

NEW QUESTION # 97

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