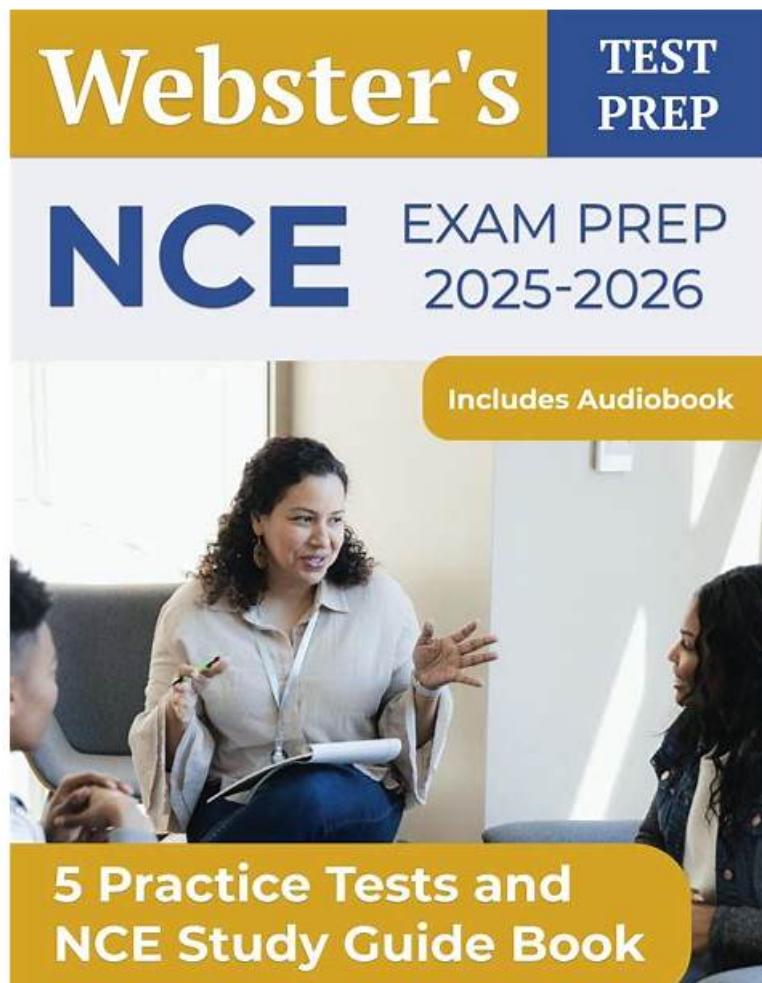


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## NBCC National Counselor Examination Sample Questions (Q126-Q131):

### NEW QUESTION # 126

The reality therapy approach to counseling stresses that the counselor must assume which role?

- A. An effective listener who can sort out the client's problems
- B. A parental surrogate who can provide behavioral guidance
- **C. A partner who helps the client accept behavioral responsibility**
- D. A consultant who can solve the client's problems

**Answer: C**

Explanation:

In the Counseling and Helping Relationships core area, CACREP includes knowledge of major counseling theories, including Reality Therapy/Choice Theory. Reality therapy emphasizes:

- \* Personal responsibility for choices and behaviors
- \* Focus on current behavior rather than the past
- \* Collaborative evaluation of whether the client's behavior is helping them meet their needs. The counselor's role is not to act as an authority who fixes the client, but as a collaborative partner who:
  - \* Builds a warm, involved relationship
  - \* Helps the client evaluate their own behavior
  - \* Encourages the client to accept responsibility and make more effective choices. Therefore:
    - \* Option A (consultant solving problems) is too expert-driven and takes responsibility away from the client.
    - \* Option B (effective listener) is necessary but does not capture the responsibility-focused, collaborative nature of reality therapy.
    - \* Option C (parental surrogate) conflicts with the reality therapy emphasis on adult responsibility, not dependency.

The best description of the reality therapy counselor's role is D. A partner who helps the client accept behavioral responsibility.

### NEW QUESTION # 127

Which statement concerning fetal alcohol syndrome (FAS) is correct?

- **A. Fetal alcohol damage appears to be irreversible.**
- B. FAS can develop through breastfeeding
- C. The children with FAS tend to have average IQs.
- D. The effects of the syndrome are mental rather than physical.

**Answer: A**

Explanation:

Fetal alcohol syndrome (FAS) results from prenatal exposure to alcohol and is characterized by a pattern of:

- \* Central nervous system (CNS) abnormalities
- \* Growth deficiencies
- \* Characteristic facial features
- \* Cognitive, behavioral, and learning difficulties

These effects are considered permanent and irreversible, making Option A correct. While supportive services and interventions can improve functioning and quality of life, the underlying damage does not "heal" or disappear over time [as consistently noted in medical and developmental literature, e.g., CDC and pediatric guidelines].

Why the other options are incorrect:

- \* B. "The effects ... are mental rather than physical." FAS includes both physical and neurodevelopmental effects-growth deficits, facial anomalies, and CNS involvement-not just "mental" effects.
- \* C. "FAS can develop through breastfeeding." FAS is specifically caused by alcohol exposure in utero; breastfeeding does not cause FAS, although alcohol can affect the infant in other ways.
- \* D. "The children with FAS tend to have average IQs." Many individuals with FAS have below-average IQ, learning disabilities, and executive functioning deficits. Average IQ is not characteristic of the syndrome as a whole.

Within the NBCC Counselor Work Behavior Areas, counselors are expected to understand key features of developmental and neurobehavioral conditions such as FAS to inform assessment, referral, and appropriate support planning.

### NEW QUESTION # 128

What is the process by which offspring develop an attachment to the primary caregiver?

- A. **Imprinting**
- B. Role identification
- C. Operant conditioning
- D. Classical conditioning

**Answer: A**

Explanation:

In developmental and ethological theory, imprinting refers to the process by which very young offspring form a strong, early bond or attachment to a primary caregiver. This process is especially noted in animal studies but is often used conceptually to describe how early, close caregiver relationships form and shape later attachment patterns.

\* Option B, imprinting, matches the idea of an early, foundational attachment process.

\* Role identification (A) involves modeling and adopting roles/behaviors, typically later in development.

\* Operant conditioning (C) and classical conditioning (D) describe learning through reinforcement or association, not specifically the attachment bond itself.

Knowledge of early attachment processes and their impact on later emotional and relational functioning is part of Areas of Clinical Focus in the NBCC Counselor Work Behavior Areas, as it helps counselors understand developmental roots of clients' concerns.

#### **NEW QUESTION # 129**

The responsibility of fostering intermember interactions in an existential group rests with

- A. Group members and the leader.
- **B. The group leader.**
- C. Group members.
- D. The group leader and strongest group members.

**Answer: B**

Explanation:

Within the Group Counseling and Group Work core area, counselor training emphasizes that the group leader has primary responsibility for establishing and facilitating the group process, particularly in the early stages. In existentially oriented groups, the leader:

\* Actively models authentic, present-centered interaction.

\* Invites and structures here-and-now dialogue between members.

\* Encourages members to move from speaking to the leader to speaking to one another.

Although an eventual goal is for members to assume more ownership of the interaction, the initial responsibility for fostering intermember interactions rests with the leader, who intentionally shapes a climate that supports genuine encounter, openness, and exploration of meaning.

Option A (group members alone) minimizes the leader's intentional facilitating role.

Option C (group members and leader) is partially true in practice, but exam content and theory place primary responsibility on the leader to initiate and sustain interaction patterns.

Option D (leader and strongest group members) is inconsistent with group counseling principles, which avoid privileging "strongest" members and instead promote shared participation.

Therefore, based on group leadership roles taught under the CACREP core area, the best answer is B. The group leader.

#### **NEW QUESTION # 130**

Contemporary theories of occupational placement services emphasize

- A. reliance on computer-assisted decision-making models.
- **B. the need for clients to develop job search and networking skills.**
- C. that the singular purpose of placement centers is to find jobs for clients.
- D. that personal skills and abilities can compensate for declining trends in any occupational field.

**Answer: B**

Explanation:

In the Career Development core area, modern practice emphasizes career self-management, lifelong employability, and empowering

clients with skills to navigate a changing labor market.

\* Contemporary occupational placement and career services focus on helping clients develop practical job search skills (resume writing, interviewing, networking, use of online tools) and the ability to build and maintain professional networks. Clients are taught to actively manage their careers rather than passively wait for placements. This aligns with Option A, making it correct.

\* Computer-assisted decision-making models (B) can be useful tools, but current theory does not emphasize reliance on them as the main feature; they are one resource among many.

\* The idea that the singular purpose of placement centers is simply to find jobs for clients (Option C) reflects an outdated, narrow view. Contemporary practice emphasizes counseling, skill-building, and career development, not only placement.

\* Option D, suggesting that personal skills can always compensate for declining trends in any occupational field, is inaccurate; labor market conditions and field-specific trends significantly affect opportunities, and counselors are trained to help clients realistically consider labor market information and occupational outlooks.

Thus, the focus on clients developing job search and networking skills (A) best represents contemporary theories of occupational placement services.

## NEW QUESTION # 131

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