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NBCC National Counselor Examination Sample Questions (Q76-Q81):

NEW QUESTION # 76

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

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

Answer: A

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 # 77

According to cultural relativism, what is normal?

- A. Incongruence between behaviors and ideals
- B. Ideal state of self-actualization
- C. Adherence to contextual values
- D. Conformity to social expectations

Answer: C

Explanation:

In clinical work, counselors must understand how definitions of "normal" and "abnormal" can vary across cultures and theoretical perspectives.

Cultural relativism holds that:

- * There is no single universal standard of normality.
- * Behavior is understood in the context of the values, norms, and expectations of a particular culture or context.
- * What is considered healthy or deviant depends on culturally shaped value systems.

Thus, "normal" under cultural relativism is best captured by:

- * D. Adherence to contextual values - that is, behavior is normal when it fits the values and norms of the specific cultural context in which the person lives.

Why the others are not correct under cultural relativism:

- * A. Conformity to social expectations - close, but too general; it doesn't explicitly reference the cultural-contextual framework that relativism emphasizes.
- * B. Ideal state of self-actualization - reflects more of a humanistic view, not cultural relativism.
- * C. Incongruence between behaviors and ideals - describes distress or conflict, not a definition of normality.

Counselors are expected to incorporate this understanding when assessing behavior and distress across diverse populations, avoiding imposing one culture's standards on another.

NEW QUESTION # 78

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

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

Answer: C

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 # 79

Generally, the provision of career counseling for persons at midlife and older should

- A. Emphasize the continuing need for self-development through training or education
- B. Be presented systematically with a focus on career selection
- C. Be grounded in the realities of clients' lives
- D. Focus on abstract considerations of clients' perception of self

Answer: C

Explanation:

Career work with clients in midlife and later adulthood must consider actual life circumstances, including financial responsibilities, health, caregiving roles, retirement timing, age discrimination, and existing skills.

For this reason, career counseling for this group should be grounded in the realities of clients' lives—their current roles, constraints, and opportunities—making Option C the best answer.

* Option A (focus on career selection) is more appropriate for adolescents or emerging adults choosing an initial field, not individuals who already have extensive work histories.

* Option B (abstract self-perception) is too vague and detached from the very concrete life factors often central in midlife/older transitions.

* Option D (emphasize training/education) may be appropriate for some clients, but it is not a universal guiding principle and ignores many who may not have the time, resources, or interest for extensive retraining.

NBCC Counselor Work Behavior Areas highlight that, in career development, counselors must integrate developmental stage and real-world context into their clinical focus, particularly for adults navigating later-life work and retirement decisions.

NEW QUESTION # 80

What can happen when group rules are established and stated explicitly?

- A. Members move through group stages more slowly.
- B. More work is required of the group leader to enforce the norms.
- C. Group members follow the group guidelines when participating.
- D. Members' reliance on the group leader for guidance increases.

Answer: C

Explanation:

The Group Counseling and Group Work core area highlights the importance of group norms, ground rules, and structure in promoting effective group functioning. When group rules are clear and explicit:

* Members know what behavior is expected and what is inappropriate,

* There is a shared understanding of participation, confidentiality, respect, and attendance, and

* Members can self-regulate and hold each other accountable, rather than relying solely on the leader.

Thus, Option A is correct: clearly stated rules increase the likelihood that members will follow the group guidelines in their participation.

Why the other options are less accurate:

* B. Move through stages more slowly - Having explicit rules generally supports smoother movement through group stages by reducing confusion and conflict, not slowing development.

* C. More work for the leader - Explicit rules typically reduce the leader's enforcement burden because expectations are shared and can be maintained by the group.

* D. Increased reliance on the leader - Clear, agreed-upon rules foster greater group autonomy, not greater dependence on the leader.

Therefore, consistent with CACREP's emphasis on understanding and facilitating group norms, A is the best answer.

NEW QUESTION # 81

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