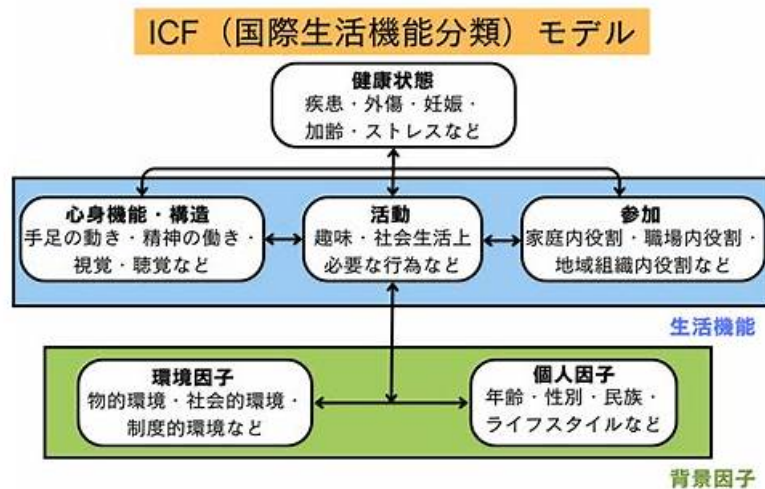


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ICF Associate Certified Coach 認定 ICF-ACC 試験問題 (Q44-Q49):

質問 # 44

Which reflects a challenge best addressed through coaching rather than psychotherapy?

- A. Managing an intense fear of flying
- B. Reducing feelings of sadness
- C. Committing to eating healthier foods
- D. Eliminating obsessive thoughts

正解: C

解説:

ICF coaching focuses on goal-setting and personal growth (ICF Definition of Coaching), not treating mental health conditions (ICF Coaching Boundaries). Let's assess:

- A . Eliminating obsessive thoughts: This suggests a clinical issue (e.g., OCD), requiring psychotherapy, not coaching (Section 2.5).
- B . Committing to eating healthier foods: This is a behavioral goal within coaching's scope, supporting lifestyle changes (Competency 8).
- C . Reducing feelings of sadness: Persistent sadness may indicate depression, a therapeutic need beyond coaching (ICF Coaching Boundaries).
- D . Managing an intense fear of flying: This phobia typically requires therapy, not coaching, due to its psychological depth (Section 2.5).

Option B is best addressed through coaching, per ICF's focus and boundaries.

質問 # 45

During the coaching session, a client has a new and very clear insight about the way that they have been treating a colleague. The worst response is:

- A. Ask them how they would feel if they were the colleague being treated in this way.
- **B. Tell them that the way they have been treating the colleague is unacceptable, and they need to change if they want to be a better person.**
- C. Ask the client how this new insight could impact his/her behavior towards the colleague.
- D. Suggest that this insight could be very useful in changing the client's behavior toward the colleague.

正解: B

解説:

Option A is the worst because it imposes judgment ("unacceptable") and directs the client ("need to change"), violating Competency 4.1 (safe, non-judgmental environment) and Competency 2.2 (partnership). It also breaches Ethics Section 2.2 (avoiding personal bias) and the ICF Definition of Coaching, which emphasizes facilitating, not dictating.

Option B invites perspective but isn't harmful. Option C (best, see Question 11) empowers the client. Option D suggests rather than collaborates but isn't judgmental. A most severely undermines the coaching process.

References: ICF Core Competencies (2.2, 4.1); ICF Code of Ethics (2.2); ICF Definition of Coaching.

質問 # 46

Which behavior best reflects the coaching competency Establishes and Maintains Agreements?

- A. Manages their emotions to remain present with the client
- B. Develops an ongoing reflective practice to enhance one's coaching
- C. Acknowledges and respects the client's unique insights in the coaching process
- **D. Partners with the client to determine client-coach compatibility**

正解: D

質問 # 47

Which sentence best describes the coaching process?

- A. Creating customized solutions that meet clients' needs
- **B. Supporting change through collaboration and facilitation**
- C. Improving well-being by working with the client on their issues
- D. Providing wisdom to individuals teams and organizations

正解: B

解説:

The ICF defines coaching as a collaborative partnership where the coach facilitates a process to help clients achieve their goals (ICF Definition of Coaching). The sentence "Supporting change through collaboration and facilitation" best captures this essence, aligning with the ICF Core Competencies and ethical guidelines.

Specifically:

* Collaboration: ICF Competency 2 ("Embodies a Coaching Mindset") and Competency 5 ("Cultivates Trust and Safety") emphasize a partnership where the coach and client co-create the process. The ICF Code of Ethics (Section 1.3) reinforces this by

requiring coaches to "honor the client's autonomy," highlighting the collaborative nature of coaching.

* Facilitation: Competency 7 ("Evokes Awareness") and Competency 8 ("Facilitates Client Growth") describe the coach's role in guiding clients to insights and actions through questioning and exploration, rather than directing or solving problems for them. This aligns with the ICF's boundary that coaching is not about providing answers but facilitating client-driven change (ICF Coaching Boundaries).

* Supporting change: The ultimate aim of coaching, as per ICF, is to inspire and support clients in maximizing their potential, often through transformative shifts in perspective or behavior (ICF Definition of Coaching).

Analysis of other options:

* A. Providing wisdom to individuals, teams, and organizations: This suggests a directive approach, which contradicts ICF's non-advisory stance (ICF Code of Ethics, Section 2.3: "I will not give my clients advice unless specifically agreed upon"). Coaching is not about imparting wisdom but enabling clients to find their own solutions.

* C. Improving well-being by working with the client on their issues: While well-being may improve, this phrasing implies a therapeutic focus on "issues," which crosses into counseling and exceeds coaching's scope (ICF Coaching Boundaries).

* D. Creating customized solutions that meet clients' needs: Coaches do not "create solutions" for clients; they facilitate clients in discovering their own solutions, per Competency 8 and the ICF ethical principle of client autonomy (ICF Code of Ethics, Section 1). Thus, "Supporting change through collaboration and facilitation" is the most accurate description of the coaching process, as verified by ICF standards.

質問 # 48

When determining the structure of the coaching sessions, the key factor for coaches to consider is.

- A. determining which techniques they can do most effectively and then use them consistently across clients
- B. applying a client-centered approach that allows clients to drive the session without interruption from the coach
- C. having the flexibility to change the structure of the session as needed to meet the client's needs
- D. developing session structures that follow the basic process of introducing a topic exploring the content, and wrapping up

正解: C

解説:

ICF Competency 2 ("Embodies a Coaching Mindset") and Competency 5 ("Cultivates Trust and Safety") emphasize adaptability to the client's unique needs, prioritizing their agenda (ICF Code of Ethics, Section 1). Let's evaluate:

A. Determining which techniques they can do most effectively and then use them consistently across clients: This is coach-centric, ignoring client individuality (Competency 3).

B. Developing session structures that follow the basic process of introducing a topic, exploring the content, and wrapping up: A rigid structure limits responsiveness to client needs (Competency 2).

C. Having the flexibility to change the structure of the session as needed to meet the client's needs: This reflects ICF's client-centered, adaptable approach (Competency 8).

D. Applying a client-centered approach that allows clients to drive the session without interruption from the coach: While client-driven, uninterrupted sessions may hinder facilitation (Competency 7).

Option C is the key factor, per ICF's flexible, client-focused standards.

質問 # 49

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