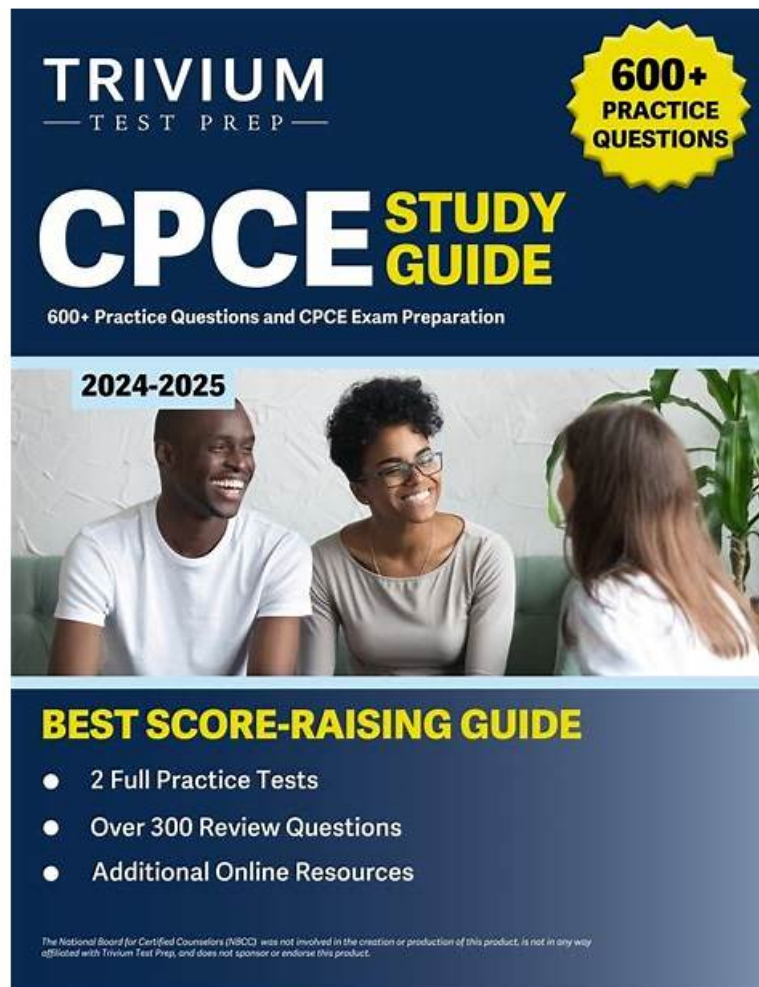


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Sample Questions (Q47-Q52):

NEW QUESTION # 47

What positive self-care strategy can counselors incorporate to prevent their work stress and burnout?

- A. mindfulness
- B. depersonalization
- C. countertransference

Answer: A

Explanation:

Mindfulness is an evidence-based self-care strategy that counselors can use to reduce stress, prevent burnout, and promote overall well-being. Mindfulness involves being present and fully engaged in the moment without judgment, which can improve emotional regulation and resilience to workplace challenges. Depersonalization and countertransference are not self-care strategies; in fact, they are potential negative effects of burnout and stress.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics (2014).

NEW QUESTION # 48

Cultural encapsulation refers to:

- A. Acceptance of cultural differences
- B. Ignoring cultural differences and imposing one's own values
- C. Culturally sensitive counseling

Answer: B

Explanation:

Cultural encapsulation describes a counselor's failure to consider cultural factors, leading to imposing their own cultural values and biases on clients. It impedes effective multicultural counseling.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Sue, D. W., & Sue, D. (2016). Counseling the Culturally Diverse.

NEW QUESTION # 49

A client was challenged by a counselor for not acknowledging that the client's child's behavior problems were influenced by the client's own behavior. The client responded, "You don't have any children, so how can you know how hard it can be when they act up?" Which form of resistance listed below describes how the client reacted to the counselor's challenge?

- A. deflecting and avoiding the issue
- B. disengaging from the counselor
- C. devaluing the issue raised by the counselor

Answer: A

Explanation:

In this scenario, the client is deflecting and avoiding the issue raised by the counselor. Rather than addressing the counselor's observation about the connection between their own behavior and their child's problems, the client shifts the focus to the counselor's lack of parental experience. This is a classic example of deflection and avoidance, both common forms of resistance in counseling.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2017). Theory and Practice of Counseling and Psychotherapy (10th Edition).

NEW QUESTION # 50

In Tuckman's model of group development, which stage involves conflict and power struggles?

- A. Forming
- B. Norming
- C. Storming

Answer: C

Explanation:

The Storming stage is characterized by conflict, competition, and struggles for power as group members assert their ideas. This is a critical phase where members test boundaries and roles before moving towards cohesion.

Awareness of this stage helps group counselors facilitate healthy group dynamics.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Yalom, I. D. (2005). The Theory and Practice of Group Psychotherapy.

NEW QUESTION # 51

"He who has a why to live can bear almost any how." This statement, made by Nietzsche, most closely follows the counseling theory developed by

- A. Frankl.
- B. Mahler.
- C. Perls.

Answer: A

Explanation:

This famous quotation by Nietzsche is closely associated with Viktor Frankl, the founder of logotherapy, which is based on the belief that finding meaning (a "why") is essential for psychological well-being and coping with adversity. Frankl frequently cited this quotation in his writings. "Frankl's logotherapy emphasizes the human search for meaning as the primary motivational force, a concept encapsulated by Nietzsche's statement." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Frankl, V. (1984). Man's Search for Meaning.

NEW QUESTION # 52

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