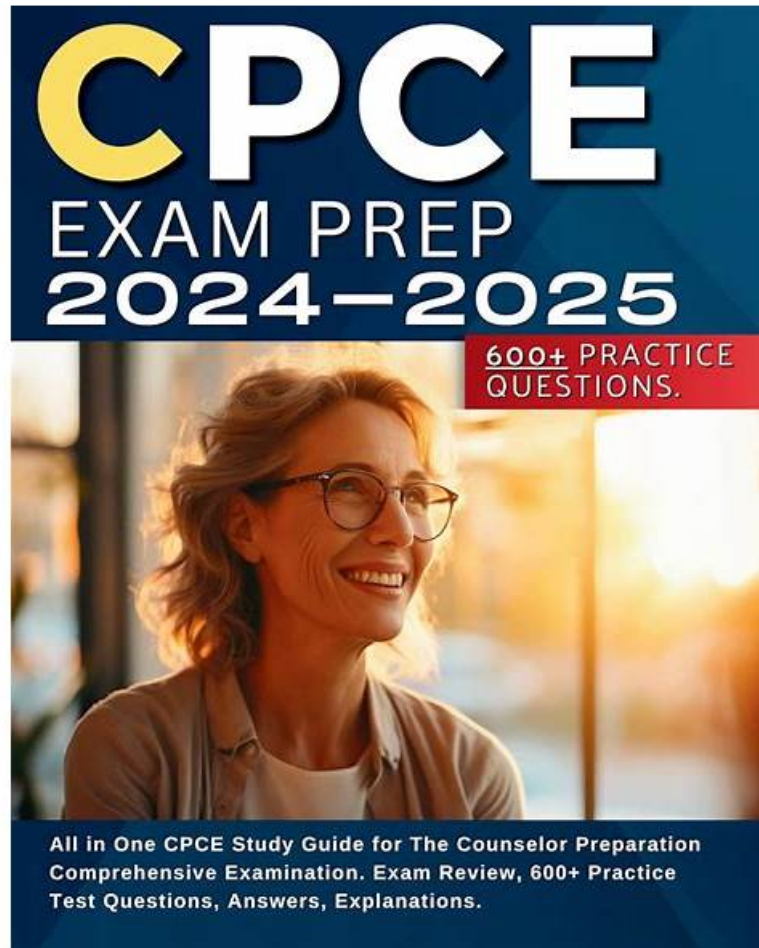


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CCE Global Counselor Preparation Comprehensive Examination (CPCE)

Sample Questions (Q57-Q62):

NEW QUESTION # 57

Super's theory of career development emphasizes:

- A. Lifespan stages and self-concept
- B. Personality types
- C. Social cognitive factors only

Answer: A

Explanation:

Super's theory highlights career development as a lifelong process involving stages and changes in self- concept. It stresses the evolving nature of career decisions across the lifespan.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Niles, S. G., & Harris-Bowlsbey, J. (2012). Career Development Interventions.

NEW QUESTION # 58

What term describes the degree to which a formal assessment instrument produces consistent scores?

- A. validity
- B. reliability
- C. standard error

Answer: B

Explanation:

Reliability refers to the consistency or stability of scores produced by a formal assessment instrument over time, across raters, or across forms. A reliable test yields similar results under consistent conditions, indicating measurement precision.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Cohen, R. J., & Swerdlik, M. E. (2018). Psychological Testing and Assessment.

NEW QUESTION # 59

According to developmental theorists such as Kohlberg and Piaget, as children grow older, effective parental methods of discipline shift to

- A. greater use of environmental restriction to instill respect.
- B. become more defined and confrontational.
- C. use of more reasoning and less punishment.

Answer: C

Explanation:

As children mature cognitively, especially as described by Piaget and Kohlberg, effective discipline shifts from strict control and punishment to increased use of reasoning and explanation. Parents are encouraged to explain rules and consequences, fostering moral understanding and internalization of values, rather than relying on punitive measures. This approach is supported in the CPCE study literature: "As children develop cognitively, effective discipline relies more on reasoning and discussion than on punishment, supporting the growth of moral and logical thinking." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling: A Comprehensive Profession (8th Edition).

NEW QUESTION # 60

Which of the following skills would enable a group leader to deal most effectively with group member behaviors of storytelling or gossiping?

- A. linking
- B. reality testing
- C. blocking

Answer: C

Explanation:

Blocking is the group leadership skill used to intervene when group members engage in unproductive behaviors, such as storytelling, gossiping, or monopolizing. The leader tactfully stops these behaviors to maintain group focus and safety. "Blocking is the deliberate intervention by the group leader to halt behaviors that are counterproductive or potentially harmful, including gossiping and storytelling." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2016). Theory and Practice of Group Counseling (9th Edition).

NEW QUESTION # 61

What is the difference between a cognitive distortion and an irrational belief in cognitive behavioral therapies?

- A. Cognitive distortions are specific thoughts patterns that skew a person's perception of reality, whereas irrational beliefs are generalized and deeply held false assumptions about oneself.
- B. Irrational beliefs are momentary thought patterns that influence our thoughts and feelings, whereas cognitive distortions are deeply ingrained thought patterns that influence our behaviors.
- C. Cognitive distortions and irrational beliefs are relatively the same concept within cognitive behavioral therapies that have no meaningful distinctions between them.

Answer: A

Explanation:

Cognitive distortions are specific, systematic errors in thinking that lead to inaccurate perceptions (e.g., catastrophizing, overgeneralization). Irrational beliefs, as described in Rational Emotive Behavior Therapy (REBT), are deeply held, global, and unrealistic assumptions about oneself, others, or the world (e.g., "I must be loved by everyone to be worthwhile"). While both are central to cognitive behavioral therapies, cognitive distortions are seen as habitual faulty thought patterns, whereas irrational beliefs are more generalized and fundamental in shaping one's worldview.

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

NEW QUESTION # 62

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