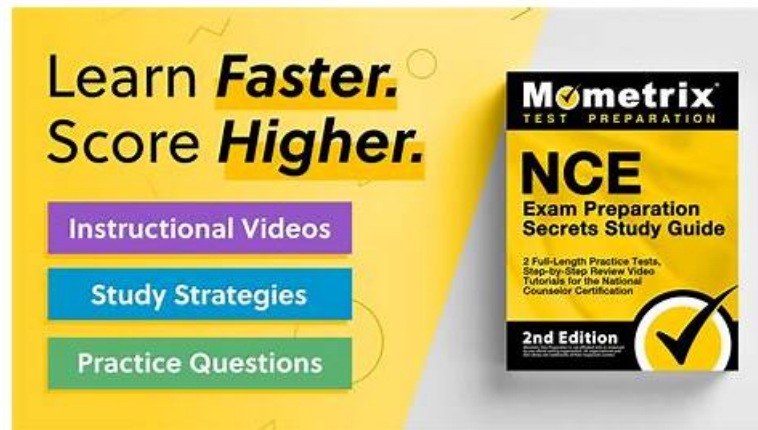


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## NBCC National Counselor Examination Sample Questions (Q176-Q181):

### NEW QUESTION # 176

During an intake session, a client reports persistent worry, muscle tension, difficulty concentrating, and excessive anxiety occurring more days than not for the past six months. What is the most appropriate preliminary diagnostic impression?

- A. Somatic Symptom Disorder
- **B. Generalized Anxiety Disorder**
- C. Panic Disorder
- D. Acute Stress Disorder

**Answer: B**

Explanation:

The counselor's role in intake and assessment includes identifying symptom patterns, duration, and functional impairment to form a preliminary diagnostic impression. Persistent and excessive worry occurring for at least six months, accompanied by symptoms such as muscle tension and difficulty concentrating, is characteristic of Generalized Anxiety Disorder. Counselors must evaluate duration, symptom clusters, and context to differentiate GAD from other anxiety- or stress-related conditions.

### NEW QUESTION # 177

How would a counselor demonstrate empathy in a counseling session?

- A. Provide a detailed summary of the story the client just shared.
- **B. Communicate an accurate perception of the client's feelings.**
- C. Sit in an open posture without crossing arms or legs.
- D. Nod their head frequently as the client speaks.

**Answer: B**

Explanation:

Within the Core Counseling Attributes domain, counselors are expected to demonstrate an ability to accurately understand and reflect the client's emotional experience. Empathy involves communicating back to the client an accurate awareness of their internal world, especially their feelings, meanings, and emotional nuances.

Option A reflects this essential skill: the counselor expresses an understanding of what the client is feeling, allowing the client to feel heard, validated, and emotionally understood. This is central to building the therapeutic relationship and promoting client growth.

Why the other options are incorrect:

\* B. Nod their head frequently: This is a nonverbal attending skill, but nodding alone does not establish empathy or convey an understanding of the client's emotional experience.

\* C. Open posture: Although helpful for rapport and presence, posture alone does not demonstrate emotional understanding and therefore is not empathy by itself.

\* D. Provide a detailed summary: Summarizing is a useful skill, but a detailed summary may focus on content rather than the client's emotional experience, and therefore does not fully represent empathy.

The NBCC Counselor Work Behavior Areas emphasize that empathy involves accurately perceiving and clearly communicating the client's emotional state, making option A the correct answer.

### NEW QUESTION # 178

Which of the following does not breach ethical counseling practice standards?

- A. Disclosing counseling notes and records of sessions without the client's permission
- **B. Charging fees that are much higher than those of other service providers in the area**
- C. Using counseling techniques for which the counselor has no previous training
- D. Imposing the counselor's personal values on the client

**Answer: B**

Explanation:

This question falls under Professional Counseling Orientation and Ethical Practice, especially ethical standards, professional responsibility, and client rights.

\* Option A - Using techniques without prior training Ethical standards require counselors to practice within the boundaries of their competence, which is based on education, training, supervised experience, and appropriate professional experience. Using counseling techniques for which the counselor has no prior training or competence violates these standards and may place clients at risk.

This breaches ethical practice.

\* Option B - Imposing personal values Counselors are expected to avoid imposing their own values, attitudes, beliefs, or behaviors on clients, especially when such imposition may interfere with the counseling process or clients' autonomy. Ethically, counselors must respect the dignity and autonomy of clients and support their ability to make their own decisions. Imposing the counselor's personal values is clearly unethical.

\* Option C - Charging higher fees than others in the area Ethical codes state that counselors must establish fees that are consistent with accepted professional practices, explain fees and billing to clients in advance, and avoid exploitation of clients. However, it is not an ethical requirement that a counselor's fees match or be similar to other providers' fees in the area. A counselor may charge higher fees if:

\* The fees are clearly disclosed to the client beforehand,

\* The client agrees voluntarily, and

\* The fee structure is not exploitative or fraudulent. Therefore, simply charging higher fees than others does not, by itself, constitute an ethical violation, making C the correct answer.

\* Option D - Disclosing notes and records without permission Ethical standards emphasize confidentiality as a core duty. Counselors must not disclose client information, counseling notes, or records without the client's informed consent, except under specific legal or ethical exceptions (e.g., risk of harm, court order, etc.). Disclosing records without permission generally breaches confidentiality and ethical practice.

Because A, B, and D all represent clear ethical violations, while C describes something that is not inherently unethical when done transparently and non-exploitatively, the only option that does not breach ethical counseling practice standards is C.

#### NEW QUESTION # 179

What is a major limitation of using groups when providing career counseling?

- A. There are no limitations to using groups in career counseling.
- B. It is more difficult to assess members' occupational functioning.
- C. The psychological functioning of group members cannot be assessed.
- **D. The leader can find it difficult to meet the wide range of individual interests.**

**Answer: D**

Explanation:

The Group Counseling and Group Work core area requires counselors to know the advantages and limitations of using groups in various settings, including career counseling.

One commonly noted limitation is that:

\* Group members often have a wide range of individual needs, interests, and career concerns.

\* A group format can make it challenging for the leader to tailor content, activities, and feedback to each person's unique interests and decision-making stage.

This is exactly what option D describes: the leader may struggle to address the full variety of individual interests in a group setting. Why the others are not best:

\* A: It is possible (and common) to assess members' occupational functioning through intakes, assessments, and individual check-ins, even in group programs.

\* B: Psychological functioning can be assessed in a group setting; group counselors are trained to observe behavior, collect histories, and use assessment tools.

\* C: All formats (individual, group, family) have limitations; stating there are none is inconsistent with CACREP's emphasis on critical evaluation of methods.

Thus, a major limitation in career groups is that the leader can find it difficult to meet the wide range of individual interests, making D the correct answer.

#### NEW QUESTION # 180

Which Holland personality type should be assigned to a person who enjoys engaging in verbal persuasion to gain power and social status?

- A. Conventional
- B. Realistic
- C. Social
- **D. Enterprising**

**Answer: D**

Explanation:

Holland's theory of vocational personalities describes the Enterprising type as someone who enjoys leading, persuading, selling, influencing others, and seeking status or power. These individuals often gravitate toward roles involving management, politics, sales, or entrepreneurship.

Option A (Enterprising) matches the description of a person who enjoys verbal persuasion to gain power and social status.

\* Realistic (B) types prefer hands-on, practical activities.

\* Conventional (C) types prefer structured, orderly, detail-oriented tasks.

\* Social (D) types enjoy helping, teaching, and supporting others more than seeking power or status.

Understanding Holland's types is part of career and vocational conceptualization, which falls under Areas of Clinical Focus in the NBCC Counselor Work Behavior Areas.

#### NEW QUESTION # 181

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