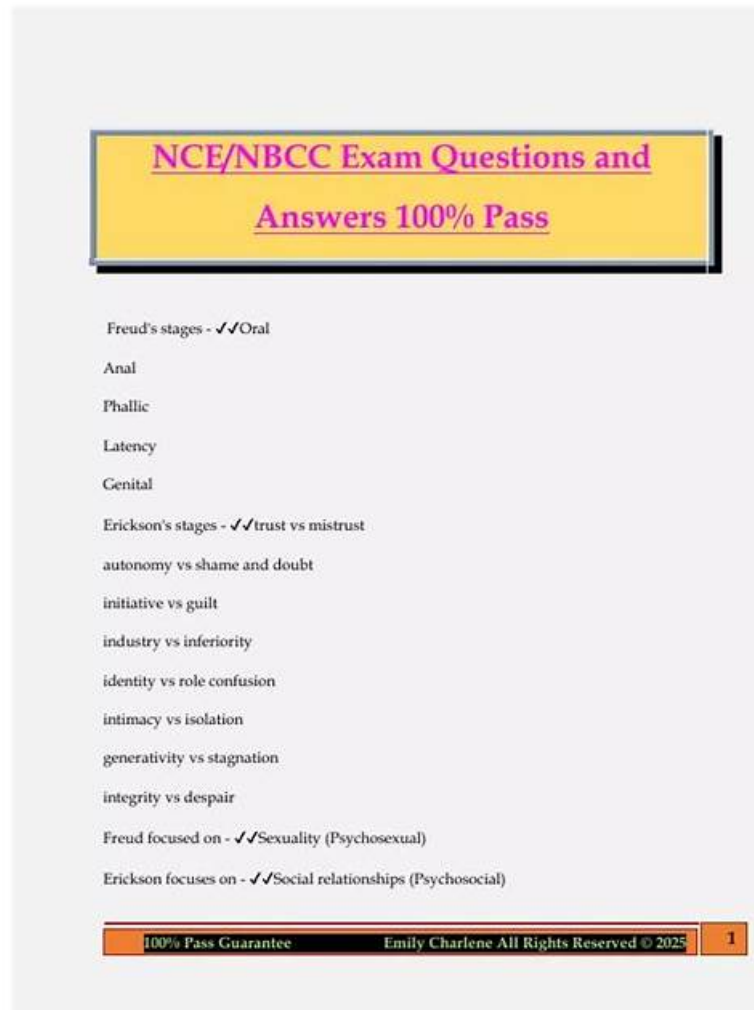


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NBCC National Counselor Examination Sample Questions (Q167-Q172):

NEW QUESTION # 167

Which is a symptom of generalized anxiety disorder?

- A. Lack of hobbies
- B. Rechecking locked doors
- C. Restlessness
- D. Pressured speech

Answer: C

Explanation:

In the Assessment and Testing core area, counselors are expected to recognize common diagnostic features of mental disorders to inform screening, referral, and conceptualization (not to replace full diagnosis).

For generalized anxiety disorder (GAD), hallmark symptoms include:

- * Excessive anxiety and worry about a variety of events or activities,
- * Difficulty controlling the worry,
- * Physical and cognitive symptoms such as:
 - * Restlessness or feeling keyed up/on edge,
 - * Being easily fatigued,
 - * Difficulty concentrating,
 - * Irritability,
 - * Muscle tension,
 - * Sleep disturbance.

Thus, restlessness (Option C) is a classic symptom associated with GAD.

The other options fit different or nonspecific issues:

- * A. Lack of hobbies is not a diagnostic criterion; it may relate to lifestyle, depression, or other factors but is not specific to GAD.
 - * B. Rechecking locked doors is more characteristic of obsessive-compulsive disorder (OCD), where compulsive checking behaviors respond to intrusive obsessions.
 - * D. Pressured speech is typically associated with mania or hypomania, not GAD.
- Therefore, C is the correct symptom associated with generalized anxiety disorder.

NEW QUESTION # 168

Contemporary theories of occupational placement services emphasize

- A. that the singular purpose of placement centers is to find jobs for clients.
- B. the need for clients to develop job search and networking skills.
- C. that personal skills and abilities can compensate for declining trends in any occupational field.
- D. reliance on computer-assisted decision-making models.

Answer: B

Explanation:

In the Career Development core area, modern practice emphasizes career self-management, lifelong employability, and empowering clients with skills to navigate a changing labor market.

- * Contemporary occupational placement and career services focus on helping clients develop practical job search skills (resume writing, interviewing, networking, use of online tools) and the ability to build and maintain professional networks. Clients are taught to actively manage their careers rather than passively wait for placements. This aligns with Option B, making it correct.
- * Computer-assisted decision-making models (D) can be useful tools, but current theory does not emphasize reliance on them as the main feature; they are one resource among many.
- * The idea that the singular purpose of placement centers is simply to find jobs for clients (Option A) reflects an outdated, narrow view. Contemporary practice emphasizes counseling, skill-building, and career development, not only placement.
- * Option C, suggesting that personal skills can always compensate for declining trends in any occupational field, is inaccurate; labor market conditions and field-specific trends significantly affect opportunities, and counselors are trained to help clients realistically consider labor market information and occupational outlooks.

Thus, the focus on clients developing job search and networking skills (B) best represents contemporary theories of occupational placement services.

NEW QUESTION # 169

The measure of central tendency that separates the top half of the scores from the bottom half is the

- A. Semi-interquartile range
- **B. Median**
- C. Mode
- D. Mean

Answer: B

Explanation:

Within the Assessment and Testing core area, counselors are expected to understand and correctly use basic statistical concepts, including measures of central tendency and variability.

- * The median is defined as the score that divides a distribution into two equal halves, with 50% of the scores falling above it and 50% below it. This is exactly what the question is asking: the value that separates the top half of the scores from the bottom half.
- * The mode is the most frequently occurring score in a distribution and does not necessarily divide the distribution into equal halves.
- * The mean is the arithmetic average of the scores and can be influenced by extreme scores; it does not, by definition, guarantee that half the scores are above and half below.
- * The semi-interquartile range is a measure of variability (spread), not a measure of central tendency.

It represents half the distance between the first and third quartiles.

Because the median is the statistic that separates the upper 50% of scores from the lower 50%, A (Median) is the correct answer.

NEW QUESTION # 170

How would a counselor apply internal family systems therapy with an individual having relationship difficulties?

- **A. Facilitate identification and visualization of parts taking over in the relationship.**
- B. Recognize internal conflicts and attachment wounds affecting the client.
- C. Explore how the client's family of origin shows up in relationship patterns.
- D. Include family members in counseling sessions to resolve internal conflicts.

Answer: A

Explanation:

Internal Family Systems (IFS) therapy views the mind as composed of multiple "parts" (such as protectors and exiles) and a core Self that is calm, compassionate, and centered. Even when working with an individual (rather than an actual family), the counselor:

- * Helps the client identify and get to know different internal parts,
- * Notices which parts become activated or "take over" in specific contexts, such as relationships,
- * Supports the client in unblending from these parts and relating to them from Self-leadership.

Option B best captures this process: the counselor facilitates identification and visualization of parts that are taking over in the relationship, so the client can understand how these parts influence their reactions and choices with others.

* A is more aligned with traditional family-of-origin or Bowenian/systemic exploration and is less specific to IFS's internal "parts" model.

* C is not required in IFS; the "family" being worked with is the internal system, not necessarily the external family.

* D is partially true in a broad sense (IFS does recognize internal conflicts and wounds), but it is too general and does not specify the key IFS intervention of working explicitly with "parts." This question falls under Counseling Skills and Interventions, since it focuses on how a counselor would apply a specific therapeutic model in practice with a client experiencing relational difficulties.

NEW QUESTION # 171

Feminist counselors suggest that:

- A. Women can be empowered by men.
- B. One must understand the relationship with one's mother to obtain any lasting change.
- **C. Individual counseling can be used as a tool of social change.**
- D. Women have socially acknowledged equality.

Answer: C

Explanation:

Feminist counseling emphasizes how social, political, and cultural structures contribute to client distress, especially for women and

other marginalized groups. A core idea is that personal problems are often rooted in systemic oppression, and therefore counseling is not only about individual change but also about social transformation.

Option C reflects this: feminist counselors view individual counseling as a potential tool of social change by helping clients recognize oppressive systems, develop critical consciousness, and become empowered to challenge inequities in their lives and communities.

* A focuses narrowly on the mother relationship, which is more aligned with psychodynamic approaches, not feminist theory.

* B is incorrect because feminist counseling explicitly recognizes that women do not have full social equality.

* D conflicts with feminist principles, which stress self-empowerment and mutual empowerment, rather than empowerment being bestowed by a more powerful group (e.g., men).

This fits within Areas of Clinical Focus, where counselors must understand theoretical orientations that address power, oppression, gender roles, and social justice in clinical work.

NEW QUESTION # 172

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