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最新的 National Certified Counselor NCE-ABE 免費考試真題 (Q174-Q179):

問題 #174

What is the purpose of documenting the use of an ethical decision-making model and actions taken?

- A. to protect the counselor if decisions are challenged
- B. to protect the integrity of the client-counselor relationship
- C. to protect the client if records are subpoenaed
- D. to protect the profession when reviewed by other professionals

答案：A

解題說明：

In the Professional Practice and Ethics domain, counselors are expected to follow a systematic ethical decision-making process and to document:

- * The model or steps they used.
- * The consultations they sought.

* The options considered and the actions taken, along with the rationale.

This documentation serves several purposes, but a key function is to show that the counselor acted in a thoughtful, reasonable, and professionally responsible manner if their decisions are later questioned by a licensing board, court, or ethics committee. This most directly aligns with:

* C. to protect the counselor if decisions are challenged.

Why the other options are less accurate:

* A. to protect the client if records are subpoenaed - good documentation can benefit the client, but the primary emphasis in ethical decision-making documentation is on demonstrating professional due diligence.

* B. to protect the profession when reviewed by other professionals - while sound documentation reflects well on the profession, this is not the main purpose.

* D. to protect the integrity of the client-counselor relationship - maintaining integrity is crucial, but documentation of an ethical decision-making model is primarily a risk management and accountability tool.

NBCC Counselor Work Behavior Areas stress that ethical practice includes using structured decision-making models and documenting the process to demonstrate adherence to professional standards and to protect the counselor in the event of scrutiny or challenge.

問題 #175

When counselors build an alliance and demonstrate an understanding of the client's issues and concerns, they are using which foundational skills?

- A. Listening, attending, and reflection skills
- B. Treatment planning, interventions, and referral skills
- C. Clarifying, assessing, and problem-solving skills
- D. Summarizing, challenging, and reframing skills

答案: A

解題說明:

A strong therapeutic alliance is built through basic counseling skills (microskills) that help the client feel heard, understood, and respected. These include:

* Listening - giving full, focused attention to the client's words and emotions.

* Attending - using verbal and nonverbal behaviors (eye contact, posture, vocal tone) to show presence and engagement.

* Reflection - accurately reflecting the client's content and feelings to convey understanding and facilitate deeper exploration.

Option A lists the skills most directly associated with forming an alliance and demonstrating understanding.

* B (summarizing, challenging, reframing) are valuable but often more advanced/intervention-focused and can feel confrontational if used before a strong alliance is built.

* C (clarifying, assessing, problem-solving) are important but emphasize structure and analysis more than empathic connection.

* D (treatment planning, interventions, referral) are broader clinical tasks, not moment-to-moment foundational relationship skills.

These basic microskills are central to the Counseling Skills and Interventions work behavior area, which highlights the counselor's ability to build rapport, facilitate safety, and promote client engagement.

問題 #176

What is the best course of treatment for a 25-year-old client who has lost 20 lb in the past month, maintains a strict exercise regimen and a restrictive diet, uses the bathroom after every meal, and has been missing 2-3 days of work each week due to fatigue?

- A. Refer the client to an eating disorder peer support group.
- B. Refer the client to a crisis unit since they intend to lose more weight.
- C. Refer the client to an eating disorder inpatient facility.
- D. Refer the client to an outpatient therapy group for eating disorders.

答案: C

解題說明:

The presentation described-rapid and significant weight loss (20 lb in one month), restrictive dieting, excessive exercise, possible purging after meals (bathroom use), and functional impairment (missing work due to fatigue)-strongly suggests a severe eating disorder with medical risk (e.g., risk of electrolyte imbalance, cardiac complications, severe malnutrition).

Within treatment planning, counselors are expected to:

* Assess risk and severity,

* Determine the least restrictive but safe level of care,

* Refer to specialized services when problems exceed their scope or when intensive medical and psychological treatment is required. Given the combination of rapid weight loss, ongoing disordered behaviors, and clear impairment, the safest and most appropriate choice is Option D: referral to an eating disorder inpatient facility, where the client can receive:

- * Medical monitoring and stabilization,
- * Nutritional rehabilitation,
- * Intensive specialized psychotherapy.

Why the other options are not appropriate as the best course:

- * A. Crisis unit - Typically used for imminent danger such as acute suicidality or psychosis; while eating disorders are serious, the scenario calls for specialized eating-disorder treatment, not just general crisis stabilization.
- * B. Peer support group - Helpful as an adjunct, but inadequate as the primary level of care for a case with this level of severity and medical risk.
- * C. Outpatient therapy group - More suitable for mild to moderate cases or for those stabilized medically; the client described likely requires a higher level of care first.

This reflects the Treatment Planning work behavior: using clinical information to select an appropriate level of care, prioritizing client safety, and coordinating referrals to intensive or specialized services when indicated.

問題 #177

Feelings of sadness and relief are characteristic of groups in the:

- A. Transition stage
- B. Production (working) stage
- C. Formative (initial) stage
- D. **Termination stage**

答案: D

解題說明:

Within the group counseling process, counselors are expected to recognize predictable emotional patterns that appear at different developmental stages of a group. According to the work behaviors related to group facilitation, counselors must understand how members respond as the group moves toward closure.

During the termination stage, members commonly experience mixed emotions, including:

- * Sadness, because they are separating from the support, cohesion, and interpersonal connections formed within the group.
- * Relief, because the formal group work is ending and members may feel a sense of completion or accomplishment.

These emotions reflect a normal and expected part of group development, and the counselor's role is to help members process these feelings, consolidate learning, and prepare to apply insights outside the group.

Why the other options are incorrect:

- * B. Transition stage: Typically involves anxiety, resistance, conflict, and testing of boundaries, not the concluding emotions associated with group completion.
- * C. Formative (initial) stage: Characterized by orientation, confusion, dependency, and uncertainty, not feelings tied to ending.
- * D. Production (working) stage: Marked by cohesion, trust, productive work, and deep exploration, not termination-related emotions.

This understanding fits the NBCC Counselor Work Behavior Areas' expectation that counselors demonstrate competence in group development, emotional processing, and effective intervention throughout all stages of group work.

問題 #178

Which is a symptom of generalized anxiety disorder?

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

答案: B

解題說明:

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 B) 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.
- * C. 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, B is the correct symptom associated with generalized anxiety disorder.

問題 #179

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