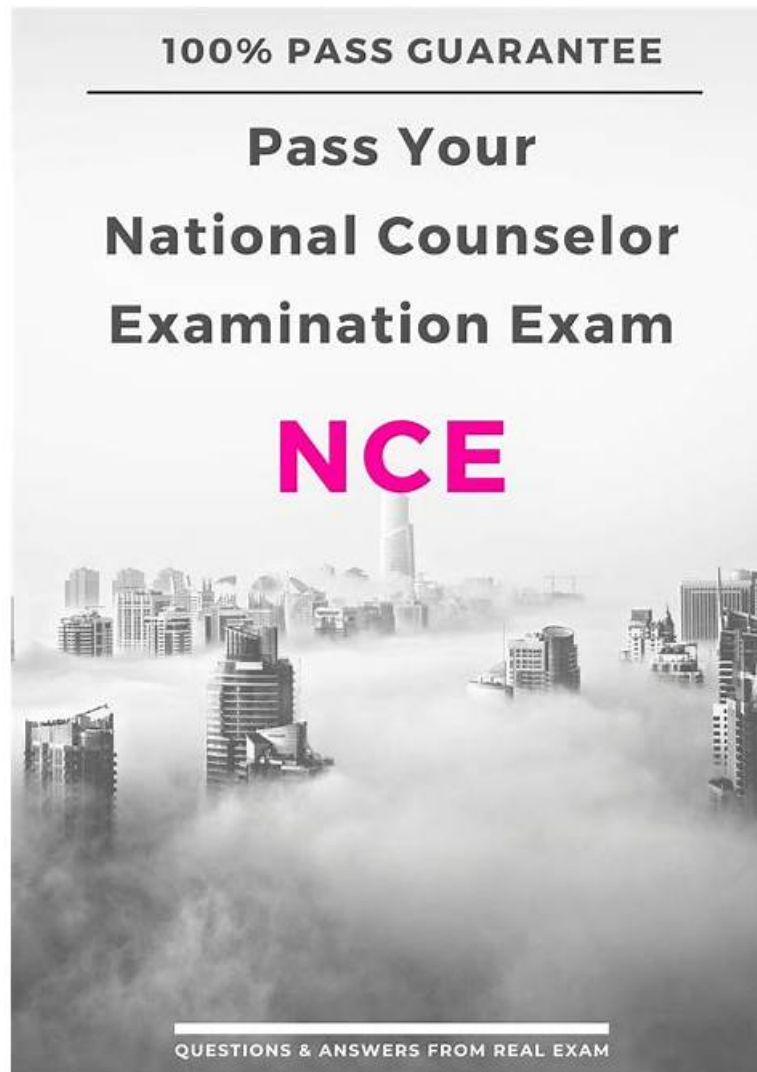


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NBCC National Counselor Examination Sample Questions (Q70-Q75):

NEW QUESTION # 70

An important emphasis of behavior therapy is:

- A. Mapping antecedents and consequences.
- B. Developing a collaborative counseling relationship.
- C. Promoting a client's personal awareness.
- D. Identifying ineffective moral behavior.

Answer: A

Explanation:

Behavior therapy is grounded in learning theory and focuses on observable behavior and the environmental conditions that maintain it. A key procedure is functional analysis, often described in terms of A-B-C:

* A - Antecedents: What happens before the behavior?

* B - Behavior: The specific, observable behavior.

* C - Consequences: What happens after the behavior that might reinforce or punish it?

Option D, mapping antecedents and consequences, directly reflects this core emphasis of behavior therapy—understanding what triggers behaviors and what maintains them, so that interventions can be designed to change environmental contingencies and support new, adaptive behaviors.

* A (collaborative relationship) is important in almost all approaches but is not a unique emphasis of behavior therapy.

* B (personal awareness) aligns more with insight-oriented or humanistic approaches.

* C (moral behavior) does not reflect standard behavior therapy focus, which is on learning processes, not moral judgment.

Mastery of theoretical orientations like behavior therapy fits under Areas of Clinical Focus, where counselors must know how different models conceptualize problems and guide intervention choices.

NEW QUESTION # 71

Which statement concerning fetal alcohol syndrome (FAS) is correct?

- A. FAS can develop through breastfeeding.
- B. The children with FAS tend to have average IQs.
- C. Fetal alcohol damage appears to be irreversible.
- D. The effects of the syndrome are mental rather than physical.

Answer: C

Explanation:

Fetal alcohol syndrome (FAS) results from prenatal exposure to alcohol and is characterized by a pattern of:

* Central nervous system (CNS) abnormalities

* Growth deficiencies

* Characteristic facial features

* Cognitive, behavioral, and learning difficulties

These effects are considered permanent and irreversible, making Option A correct. While supportive services and interventions can improve functioning and quality of life, the underlying damage does not "heal" or disappear over time [as consistently noted in medical and developmental literature, e.g., CDC and pediatric guidelines].

Why the other options are incorrect:

* B. "The effects ... are mental rather than physical." FAS includes both physical and neurodevelopmental effects—growth deficits, facial anomalies, and CNS involvement—not just "mental" effects.

* C. "FAS can develop through breastfeeding." FAS is specifically caused by alcohol exposure in utero; breastfeeding does not cause FAS, although alcohol can affect the infant in other ways.

* D. "The children with FAS tend to have average IQs." Many individuals with FAS have below-average IQ, learning disabilities, and executive functioning deficits. Average IQ is not characteristic of the syndrome as a whole.

Within the NBCC Counselor Work Behavior Areas, counselors are expected to understand key features of developmental and

neurobehavioral conditions such as FAS to inform assessment, referral, and appropriate support planning.

NEW QUESTION # 72

What is the appropriate emphasis in career counseling with persons who are vocationally immature?

- A. Identify occupational choices.
- **B. Provide occupational information.**
- C. Establish long-term goals.
- D. Evaluate past career-related decisions.

Answer: B

Explanation:

When clients are described as vocationally immature, they typically lack sufficient awareness of the world of work, have limited understanding of career options, and often have not yet developed realistic views of themselves in relation to occupations. Within the NBCC Counselor Work Behavior Areas, career-focused practice emphasizes meeting clients where they are developmentally and supplying the foundational information and experiences needed before moving into more advanced planning tasks.

For vocationally immature clients, the appropriate emphasis is on providing occupational information- helping them learn about different types of work, training requirements, work environments, typical duties, earnings, and opportunities for advancement. This information reduces confusion, increases readiness for decision-making, and supports later steps like goal setting and occupational choice, making Option B correct.

* Option A (Identify occupational choices) is premature if the client does not yet understand the range of possibilities.

* Option C (Evaluate past career-related decisions) is not central when the person has made few or no meaningful career decisions.

* Option D (Establish long-term goals) is also a later-stage task; vocationally immature clients often struggle with long-range planning until they have more information and self-understanding.

NBCC work expectations related to clinical focus in career counseling stress using developmentally appropriate interventions- building awareness and knowledge first, then progressing toward decision-making and long-term planning.

NEW QUESTION # 73

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. Imposing the counselor's personal values on the client
- D. Using counseling techniques for which the counselor has no previous training

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-exploitably, the only option that does not breach ethical counseling practice standards is C.

NEW QUESTION # 74

What term describes when immigrants identify with both their original culture and new culture?

- A. Acculturation
- B. Separation
- C. Marginalization
- D. **Biculturalism**

Answer: D

Explanation:

The Social and Cultural Diversity core area emphasizes understanding of acculturation, cultural identity development, and multicultural concepts. Within common acculturation and identity frameworks used on the NCE:

* Acculturation (A) is a broad term for the overall process of adapting to a new culture; it does not, by itself, specify whether individuals maintain their original culture, adopt the new one, or both.

* Biculturalism (B) describes people who identify with and competently navigate two cultures, maintaining their original culture while also actively participating in and identifying with the new /dominant culture.

* Marginalization (C) occurs when individuals do not strongly identify with either the original or the new culture.

* Separation (D) refers to maintaining strong identification with the original culture while rejecting or minimizing identification with the new culture.

The question specifically describes identifying with both the original and the new culture. This is the definition of biculturalism, making B the correct answer.

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NEW QUESTION # 75

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