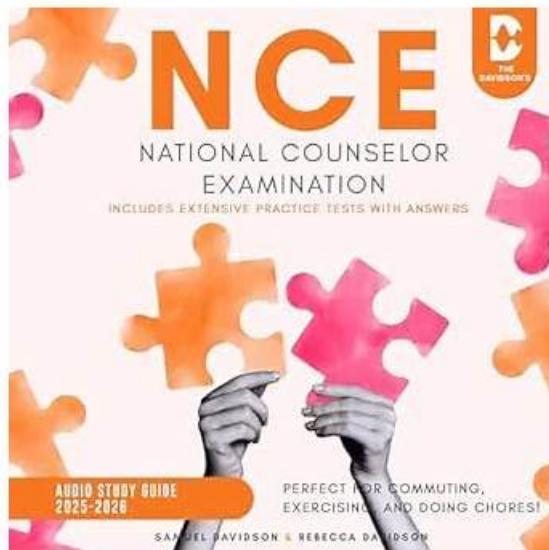


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## NBCC National Counselor Examination Sample Questions (Q109-Q114):

### NEW QUESTION # 109

What statistical technique determines the degree of the relationship between one dependent variable and multiple independent variables?

- A. Chi-square test
- B. **Multiple regression**
- C. Stratified sampling

- D. Point-biserial correlation

**Answer: B**

Explanation:

In the Research and Program Evaluation core area, CACREP emphasizes knowledge of quantitative methods, including the use of regression techniques, correlations, and appropriate statistical procedures.

- \* Multiple regression is a statistical technique used when there is one dependent (criterion) variable and two or more independent (predictor) variables. It estimates how well the set of independent variables predicts or explains variance in the dependent variable and provides coefficients indicating the strength and direction of each relationship.
- \* Stratified sampling is a sampling method, not a statistical technique for analyzing relationships.
- \* Chi-square tests are used primarily for categorical data, examining associations between variables, but do not involve multiple predictors predicting one continuous dependent variable in the same way as multiple regression.
- \* Point-biserial correlation measures the relationship between one continuous and one dichotomous variable, not between multiple independent variables and one dependent variable.

Thus, the method that specifically examines the relationship between one dependent variable and multiple independent variables is A. Multiple regression.

**NEW QUESTION # 110**

Within the context of Minuchin's theory of family counseling, standards that govern behavior in families are determined primarily by

- A. Family hierarchy
- B. Socioeconomic status
- **C. Family norms**
- D. Genetics

**Answer: C**

Explanation:

In Counseling and Helping Relationships, especially in systemic and family counseling, Minuchin's structural family therapy focuses on:

- \* Family structure (patterns of interaction),
- \* Subsystems,
- \* Boundaries,
- \* Rules and norms that govern behavior.

The "standards that govern behavior" in a family-what is acceptable, expected, or prohibited-are best described as family norms (Option B). These norms shape how members interact, how power is distributed, and how roles are carried out.

- \* Family hierarchy (D) is one important aspect of structure (who has authority over whom), but the broader phrase "standards that govern behavior" aligns more directly with norms and rules across the whole family system.
- \* Genetics (A) and socioeconomic status (C) may influence the family, but they are not Minuchin's primary explanatory construct for behavioral standards.

Thus, B. Family norms is the best answer.

**NEW QUESTION # 111**

Which of the following is the experimentally validated treatment modality for individuals diagnosed with substance use disorder?

- A. Eye movement desensitization and reprocessing
- B. Narrative therapy
- **C. Motivational interviewing**
- D. Solution-focused brief therapy

**Answer: C**

Explanation:

In the Counseling Skills and Interventions work behavior area, counselors are expected to select interventions that are supported by empirical evidence for the client's specific concerns, including substance use disorders.

Motivational interviewing (MI) (Option A) is a widely researched, empirically supported treatment modality for individuals with substance use disorders. It is a client-centered, directive approach designed to:

- \* Enhance intrinsic motivation for change,

\* Resolve ambivalence,

\* Support clients in moving through stages of change regarding substance use.

Core MI skills often summarized as OARS (open questions, affirmations, reflections, summaries) are used to elicit and strengthen "change talk" and reduce resistance. Research has consistently shown MI's effectiveness in reducing substance use and increasing treatment engagement across various populations and settings.

Why the other options are less appropriate here:

\* B. Narrative therapy - While potentially helpful for meaning-making and identity reconstruction, it is not the primary empirically validated front-line modality for substance use disorders.

\* C. Solution-focused brief therapy - Has some supportive evidence for various problems and can be useful in certain substance-related contexts, but MI has a stronger and more direct evidence base specifically for substance use disorders.

\* D. Eye movement desensitization and reprocessing (EMDR) - Primarily validated for trauma-related disorders, particularly PTSD, rather than as a core, primary treatment for substance use disorders.

NBCC-aligned counselor work behaviors emphasize that practitioners should match interventions to the problem using approaches with strong empirical support, making motivational interviewing the best choice among the options for treating substance use disorders.

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### NEW QUESTION # 112

Which is an example of addressing diversity in treatment objectives?

- A. Measuring the client's beliefs of societal systems
- B. Continuous monitoring to maintain rapport
- C. Assessing individual and family dynamics
- D. Including spiritual and religious resources

**Answer: D**

Explanation:

The Social and Cultural Diversity core area emphasizes that counselors must develop culturally responsive interventions and treatment plans that consider clients' cultural identities, including religion and spirituality

. CACREP-aligned training highlights:

- \* The importance of integrating clients' cultural values, beliefs, and practices into treatment,
- \* Respecting clients' spiritual and religious traditions as meaningful components of identity, and
- \* Using culturally congruent resources and supports in counseling goals and interventions.

Looking at the options:

- \* A. Continuous monitoring to maintain rapport - Good general counseling practice, but not specifically an example of addressing diversity in treatment objectives.
- \* B. Assessing individual and family dynamics - Important for case conceptualization, but still not explicitly diversity-focused unless clearly tied to culture.
- \* D. Measuring the client's beliefs of societal systems - This may be part of multicultural assessment, but it is more evaluative than clearly a treatment objective that incorporates diverse resources.
- \* C. Including spiritual and religious resources - Directly exemplifies integrating cultural, spiritual, and religious dimensions into treatment objectives, which is exactly what multicultural counseling competency requires.

Therefore, C (including spiritual and religious resources) is the best example of explicitly addressing diversity in treatment objectives.

### NEW QUESTION # 113

Attention-deficit/hyperactivity disorder can be characterized as predominately hyperactive/impulsive, combined, or which other presentation?

- A. Inattentive
- B. Interpersonal
- C. Disorganized
- D. Aggressive

**Answer: A**

Explanation:

Within the Assessment and Testing core area, counselors are expected to know the basic diagnostic classification of common

disorders, including ADHD, as described in widely used diagnostic systems.

ADHD is described as having three primary presentations:

- \* Predominantly inattentive
- \* Predominantly hyperactive/impulsive
- \* Combined presentation

The inattentive presentation is characterized by symptoms such as difficulty sustaining attention, being easily distracted, forgetfulness, and problems with organization. "Aggressive," "disorganized," and "interpersonal" are not formal diagnostic presentations of ADHD. Therefore, the correct answer is C. Inattentive.

## NEW QUESTION # 114

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