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NCE-ABEコンポーネント、NCE-ABE日本語対策問題集

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NBCC National Counselor Examination 認定 NCE-ABE 試験問題 (Q59-Q64):

質問 # 59

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

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

正解: B

解説:

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.

質問 # 60

Being able to sit with a client's experience without judging it or analyzing it demonstrates which concept?

- A. Active listening
- **B. Empathic attunement**
- C. Integration
- D. Interpretation

正解: B

解説:

Within the Counseling and Helping Relationships core area, CACREP highlights the importance of empathy and the counselor's ability to be fully present with the client. Empathic attunement refers to:

- * Deeply tuning in to the client's emotional experience,
- * Staying present with the client without judging, fixing, or overanalyzing,
- * Conveying understanding and acceptance of the client's internal world.

Active listening (option B) involves attending behaviors and reflective responses, but empathic attunement specifically emphasizes nonjudgmental presence and emotional resonance with the client's experience.

Interpretation (option A) involves analyzing or offering meanings, which is the opposite of simply sitting with the experience.

Integration (option C) refers more broadly to combining insights or aspects of the self, not this particular stance.

質問 # 61

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

- **A. Multiple regression**
- B. Chi-square test
- C. Stratified sampling
- D. Point-biserial correlation

正解: A

解説:

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.

質問 # 62

Counselors working with adults in midlife know that there are some distinct but relatively generalizable characteristics of persons in this age group. What does human development theory tell us about people between the ages of 40 to 65?

- A. There is little difference in the developmental issues faced by men and women during this period.
- **B. For most people, there is a sense that time is running out and that earlier goals may not be achieved.**
- C. Short-term memory facility decreases while long-term memory facility increases.
- D. Deaths of peers result in severe emotional distress, usually followed by heightened spirituality.

正解: B

解説:

In the Human Growth and Development core area, middle adulthood (approximately 40-65) is commonly associated with life review, reappraisal, and concerns about time and life goals. Theories such as Erikson's generativity vs. stagnation and life-span models emphasize:

- * Awareness that time is finite,
- * Reflection on accomplishments vs. unfulfilled goals,
- * A possible sense that some earlier aspirations may no longer be realistic or attainable.

This makes Option A consistent with core developmental theory for this age range.

* Option B is inaccurate because men and women often experience different developmental stressors, roles, and expectations (e.g., caregiving, menopause, occupational shifts).

* Option C overgeneralizes; while peer deaths may trigger grief and reflection, severe distress and heightened spirituality are not universal or predicted outcomes.

* Option D is not characteristic specifically of ages 40-65; significant memory decline is more commonly associated with older adulthood, and even then, it tends to be more complex than "short-term down, long-term up." Therefore, A best reflects what human development theory tells us about midlife adults.

質問 # 63

In some family counseling processes, attention is given to discussions about the behaviors of participating family members and members of the extended family (e.g., grandparents, aunts, uncles, and cousins). A primary reason for including these discussions in the family counseling process is to

- A. trace the origins of inappropriate behaviors.
- B. identify model family members.
- C. determine who else should be in counseling.
- **D. clarify familial behavior norms.**

正解: D

解説:

In the Counseling Skills and Interventions domain, family counselors are expected to explore interactional patterns and multigenerational influences to understand how families function as systems. Discussing extended family behaviors helps the counselor and family members:

- * Identify repeated patterns of interaction and expectations across generations.
- * Understand implicit rules, roles, and norms that guide behavior in the family system.
- * Recognize how these norms influence current conflicts, alliances, and communication styles.

This directly aligns with:

- * D. clarify familial behavior norms.

Why the other options are less accurate:

- * A. trace the origins of inappropriate behaviors - while understanding patterns over time may shed light on how certain behaviors developed, the primary systemic focus is on current norms and patterns, not on blaming or pinpointing an "origin."
- * B. determine who else should be in counseling - extended family discussions may occasionally inform decisions about including others, but this is not the primary goal.
- * C. identify model family members - the purpose is not to label some members as "models" but to understand the overall system and its norms.

NBCC Counselor Work Behavior Areas emphasize that effective family counseling interventions involve examining family structure, patterns, and norms, including those influenced by extended family systems, to guide intervention planning.

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