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ICF-ACC Ppt

New ICF Credentialing Exam

81 SCENARIOS
BASED ON
ICF CODE OF ETHICS
& ICF CORE
COMPETENCIES

G

MASTER
COACH

EXAM INSTRUCTIONS

3 minutes

The exam is administrated by "Pearson VUE" and happens either in one of their test centers or online with a "proctor".



SECTION 1

87 minutes

41 scenarios

For each scenario you will be presented with 4 possible answers. You will have to select the best action and the worst action among the options provided for that scenario.



BREAK

5 minutes

The break set-up is offered from 1st Feb 2023.



SECTION 2

85 minutes

40 scenarios

Same as Section 1



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ICF ICF-ACC Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"> Domain: Definition and Boundaries of Coaching: This section evaluates the expertise of Coaching Consultants in understanding the definition of coaching and the coaching process. It includes differentiating coaching from related professions like therapy, counseling, mentoring, and consulting. Additionally, it covers knowledge of when and how to make appropriate referrals to mental health professionals and recognizing signs of mental health conditions that may hinder coaching progress. This section ensures coaches maintain clear boundaries and make informed decisions for client well-being.
Topic 2	<ul style="list-style-type: none"> Domain: Coaching Ethics: This section of the exam measures the skills of Professional Coaches and covers knowledge of professional ethics codes, including understanding what constitutes a conflict of interest. It also evaluates awareness of relevant laws, regulations, and organizational policies related to confidentiality, such as identifying factors that may necessitate breaking confidentiality. This section ensures that coaches adhere to ethical standards and legal requirements.
Topic 3	<ul style="list-style-type: none"> Domain: Coaching Competencies, Strategies, and Techniques: This section measures the skills of Life Coaches in applying coaching competencies, strategies, and techniques. It includes knowledge of how to contract with clients, focusing on key elements of a coaching agreement. It also covers the ICF Core Competencies, goal setting, motivation, and a variety of coaching techniques, tools, and resources. This section ensures coaches are equipped to effectively support clients in achieving their goals.

ICF Associate Certified Coach Sample Questions (Q84-Q89):

NEW QUESTION # 84

Which is important for coaches to do when working with clients?

- A. Support client success
- B. Understand client mental health
- C. Manage client behaviors
- D. Analyze client emotions

Answer: A

Explanation:

The ICF Definition of Coaching centers on "partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential," making client success the coach's primary focus. ICF Competency 8 ("Facilitates Client Growth") underscores supporting clients in achieving their goals. Let's review:

A . Analyze client emotions: While understanding emotions aids coaching (Competency 6), analyzing them risks crossing into therapy (ICF Coaching Boundaries), and it's not the core focus.

B . Manage client behaviors: Coaches facilitate, not manage, client actions (ICF Code of Ethics, Section 1), preserving autonomy rather than controlling behavior.

C . Support client success: This encapsulates ICF's mission and competencies (e.g., Competency 5: "Cultivates Trust and Safety," Competency 8), focusing on empowering clients to succeed.

D . Understand client mental health: This exceeds coaching's scope, which avoids diagnosing or treating mental health (ICF Code of Ethics, Section 2.5), requiring referral instead.

Option C is most important, reflecting ICF's foundational commitment to client success.

NEW QUESTION # 85

What is the best action to take when a client says they are not satisfied with the coach and wants to end the coaching relationship'?

- A. Encourage the client to continue through this difficult process
- B. Recommend another coach that better aligns with the client's needs
- C. Suggest trying new coaching methods until they find one that works
- D. Try conducting the next coaching session in a new location

Answer: B

NEW QUESTION # 86

During the coaching session, a client has a new and very clear insight about the way that they have been treating a colleague. The best response is:

- A. Suggest that this insight could be very useful in changing the client's behavior toward the colleague.
- B. Ask them how they would feel if they were the colleague being treated in this way.
- C. Ask the client how this new insight could impact his/her behavior towards the colleague.
- D. Tell them that the way they have been treating the colleague is unacceptable, and they need to change if they want to be a better person.

Answer: C

Explanation:

Option C aligns with ICF Core Competency 8, "Facilitates Client Growth" (8.1 - Works with the client to integrate new awareness into behaviors), by encouraging the client to explore the practical implications of their insight. This fosters autonomy (Competency 8.3) and partnership (Competency 2.2), while respecting the client's experience per Ethics Section 1.1.

Option A judges the client, violating Competency 4.1 (non-judgmental stance) and Ethics Section 2.2 (avoiding bias). Option B shifts focus to empathy, which may be useful but doesn't directly integrate the insight (Competency 8.1). Option D suggests rather than partners, missing full collaboration. C best supports client-led growth.

References: ICF Core Competencies (2.2, 4.1, 8.1, 8.3); ICF Code of Ethics (1.1, 2.2).

NEW QUESTION # 87

A client tells their coach that they can't stop thinking about harming themselves and shares specific information about when and how they are planning to do it Which action should the coach take first?

- A. Schedule more frequent coaching sessions
- B. Tell the client to call a therapist

- C. Discuss the issue with the client's family
- **D. Contact the appropriate emergency response services**

Answer: D

Explanation:

The ICF Code of Ethics (Section 4.3) allows breaches of confidentiality "when required by law or to prevent serious harm," and suicidal ideation with a specific plan constitutes an immediate risk. Coaching boundaries exclude handling mental health crises (ICF Definition of Coaching), requiring urgent action. Let's assess:

- * A. Tell the client to call a therapist: This delays intervention in a crisis and shifts responsibility to the client, who may not act, contradicting the coach's duty to prevent harm (ICF Code of Ethics, Section 2.5).
- * B. Contact the appropriate emergency response services: This is the first step when a client presents an imminent threat to themselves, aligning with ethical and legal obligations to prioritize safety (ICF Code of Ethics, Section 4.3).
- * C. Schedule more frequent coaching sessions: This is inadequate for an emergency and exceeds coaching's scope (ICF Coaching Boundaries).
- * D. Discuss the issue with the client's family: This breaches confidentiality without consent unless harm is imminent and emergency services are unavailable, making it a secondary step (ICF Code of Ethics, Section 4).

Option B is the first action, as it addresses the immediate danger per ICF ethics and boundaries.

NEW QUESTION # 88

Your client has shared that he/she is experiencing a similar problem in different areas of his/her life, in the workplace and in their personal life. As you are discussing this with your client, you begin to think that there might be a pattern emerging. The worst response is:

- A. Notice the pattern and ask the client if exploring what the connecting factors might be could be a useful next step.
- B. Notice the pattern and let your client know that they are deliberately sabotaging themselves by not changing this pattern.
- C. Notice the pattern and suggest that the client change something in order to break the pattern.
- **D. Notice the pattern and offer your client your wisdom in overcoming their difficulty.**

Answer: D

Explanation:

Option D is the worst because it shifts the coach into an advisory role, offering "wisdom" without client input, which violates the ICF Definition of Coaching (client-driven process) and Competency 2.2 (partnership over directive advice). It also risks imposing the coach's agenda, breaching Ethics Section 2.2.

Option A is the best (see Question 3). Option B suggests action prematurely but is less harmful than C or D.

Option C judges the client, which is inappropriate (Competency 4.1), but D's directive stance most egregiously undermines the coaching process by prioritizing the coach's insight over the client's autonomy.

References: ICF Core Competencies (2.2, 4.1); ICF Code of Ethics (2.2); ICF Definition of Coaching.

NEW QUESTION # 89

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