

NCE Practice Exam (Printable)

1. Roughly how many counselors in the United States are currently licensed or certified?

- ☐ A. 5,000
- ☐ B. 50,000
- ☐ C. 100,000
- ☐ D. 1,000,000

2. A scatter plot depicts:

- ☐ A. a multitude of single scores.
- ☐ B. pairs of scores.
- ☐ C. one score.
- ☐ D. a scattering of scores.

3. What is a common red flag that the boundaries between counselor and client are becoming blurred?

- ☐ A. Enjoying meeting with the client
- ☐ B. Acknowledging that the client holds beliefs that differ from the counselor's
- ☐ C. Experiencing romantic or physical attraction toward a client without pursuing it
- ☐ D. Requesting personal information from the client that has no relevance to their counseling goals

4. What function does a frequency distribution serve in data analysis?

- ☐ A. It measures the strength of the relationship between two variables.
- ☐ B. It shows the number of times a particular value occurs.
- ☐ C. It tests whether differences between groups are statistically significant.
- ☐ D. Both A and B.

5. Under what conditions can a counselor be held liable for malpractice?

- ☐ A. The counselor's actions (or lack of action) reflected negligence.
- ☐ B. The client was injured psychologically or physically due to the counselor's actions.
- ☐ C. A professional relationship was established.
- ☐ D. All of the above.

6. Which principle in counseling ethics focuses on reliability and faithfulness to professional duties and client commitments?

- ☐ A. Beneficence
- ☐ B. Fidelity
- ☐ C. Veracity
- ☐ D. Nonmaleficence

7. In Jung's theory, teleology focuses on which of the following aspects of personality?

- ☐ A. The influence of past experiences on current behavior
- ☐ B. The idea that behavior is shaped by future goals and purpose
- ☐ C. The biological basis of psychological traits
- ☐ D. The impact of childhood conflict on adult identity

8. A counselor who practices effective multicultural counseling:

- ☐ A. generally believes in the melting pot concept.
- ☐ B. has a strong ethocentric worldview.
- ☐ C. assumes that clients from different backgrounds have the same needs as those from their own culture.
- ☐ D. usually supports the salad bowl model of diversity.

9. According to Raymond Cattell's factor-analytic model, personality is made up of which three types of traits?

- ☐ A. Source, surface, and unique
- ☐ B. Original, modulating, and final
- ☐ C. Central, cardinal, and situational
- ☐ D. Complex, simple, and modulated

10. The bystander effect indicates that helping behavior is _____ when a person is the only bystander.

- ☐ A. more likely
- ☐ B. less likely
- ☐ C. just as likely
- ☐ D. not at all likely

11. Bandura's most influential research focused on which experiment?

- ☐ A. Experiments on classical conditioning with dogs
- ☐ B. The Little Albert experiment.
- ☐ C. The Bobo doll study.
- ☐ D. Studies on attachment patterns in infants

12. A 51-year-old woman resumes her HR career once her children are in school full-time. This is an example of:

- ☐ A. reentry.
- ☐ B. a displaced homemaker.
- ☐ C. gender bias.
- ☐ D. occupational plateauing.

13. Which type of family structure has been growing more common in the U.S.?

- ☐ A. Blended family
- ☐ B. Multigenerational family
- ☐ C. Single-parent family
- ☐ D. Traditional nuclear family

14. In a career decision-making approach, which of the following is NOT considered a factor that influences career choices?

- ☐ A. One's vocational maturity
- ☐ B. Values and personal interests
- ☐ C. Personality characteristics and self-concept
- ☐ D. One's style of taking risks

15. Whose psychoanalytic theory addresses development across all stages of life?

- ☐ A. Sigmund Freud
- ☐ B. Erik Erikson
- ☐ C. Carl Jung
- ☐ D. Alfred Adler

16. The idea that families work to preserve consistency and equilibrium is known as:

- ☐ A. triangulation.
- ☐ B. homeostasis.
- ☐ C. differentiation.
- ☐ D. predictive stability.

17. Rogers taught that to empathize with the client, a therapist must _____.

- ☐ A. enter the client's internal frame of reference without losing awareness of their own boundaries
- ☐ B. share personal experiences that relate to the client's situation.
- ☐ C. believe in the client
- ☐ D. analyze the client's behavior from an objective distance

18. Which of the following are factors that can contribute to the possibility of developing an addiction?

- ☐ A. Environmental stress
- ☐ B. Genetics
- ☐ C. Nature of the substance or behavior
- ☐ D. All of the above

19. A client experiencing depression and anxiety begins using alcohol excessively to cope. This behavior is an example of:

- ☐ A. social drinking.
- ☐ B. maladaptive coping (self-medicating).
- ☐ C. tolerance.
- ☐ D. emotion regulation.

20. If a client shows little or no progress in therapy, what is the therapist's appropriate next step?

- ☐ A. Assume the client is not motivated and terminate counseling
- ☐ B. Reassess the treatment plan and consider modifying interventions
- ☐ C. Reduce session frequency to encourage independence
- ☐ D. Refer the client to a different therapist

21. Which of the following is one of the stages of the General Adaptation Syndrome (GAS)?

- ☐ A. Relaxation
- ☐ B. Adaptation
- ☐ C. Preconventional reasoning
- ☐ D. Resistance

22. In Roe's theory, vocational choice is strongly linked to:

- ☐ A. genetics.
- ☐ B. early childhood experiences and the parent-child relationship.
- ☐ C. unconscious motivators.
- ☐ D. All of the above

23. Which option does NOT represent a standard phase in the family life cycle model?

- ☐ A. Leaving home
- ☐ B. Marrying
- ☐ C. Children
- ☐ D. Divorcing

24. An Asian client may be more likely to prefer a counselor who is:

- ☐ A. Highly nondirective and avoids giving guidance
- ☐ B. White.
- ☐ C. Asian.
- ☐ D. Casual and informal with flexible boundaries

25. Development occurs across several broad domains. Which of the following is NOT one of them?

- ☐ A. Physical (biological) development
- ☐ B. Cognitive development
- ☐ C. Psychosocial development
- ☐ D. Sociocultural development

26. Which of the following is NOT an example of a reactive (intrusive) measurement technique?

- ☐ A. Self-report questionnaires completed during a counseling session
- ☐ B. Records reviews
- ☐ C. Interviews conducted by the counselor
- ☐ D. Direct observation where the participant knows they are being watched

27. How is leisure time defined?

- ☐ A. Free time in which a person is not obligated to work and may choose activities voluntarily
- ☐ B. A term coined by Carl Jung
- ☐ C. Time used for sleeping and basic daily maintenance
- ☐ D. Time dedicated solely to household chores

28. A woman who is being robbed in a crowded public place is less likely to receive help due to:

- ☐ A. learned helplessness.
- ☐ B. diffusion of responsibility (bystander effect).
- ☐ C. social facilitation.
- ☐ D. None of the above

29. In the LEARN Model for culturally responsive care, what does the “N” represent?

- ☐ A. Negotiate
- ☐ B. Notice
- ☐ C. Navigate
- ☐ D. Normalize

30. Henry, a 72-year-old widower, looks back on his life with both pride and regret. This reflects

Erikson's stage of:

- ☐ A. Identity vs. Role Confusion.
- ☐ B. Intimacy vs. Isolation.
- ☐ C. Generativity vs. Stagnation.
- ☐ D. Ego Integrity vs. Despair.

31. According to Harlow's research with rhesus monkeys, what was most critical for forming a secure attachment between an infant and its caregiver?

- ☐ A. Oral gratification
- ☐ B. Warmth, comfort, and physical contact (contact comfort)
- ☐ C. Protection
- ☐ D. The caregiver's ability to provide food consistently

32. Parents ignore their 4-year-old's nighttime crying, but the behavior increases instead of decreasing. This reflects the effect of:

- ☐ A. shaping.
- ☐ B. systemic desensitization.
- ☐ C. negative reinforcement.
- ☐ D. extinction burst.

33. Which factor(s) is/are most commonly associated with suicide risk according to research?

- ☐ A. Grief
- ☐ B. Hopelessness
- ☐ C. A previous suicide attempt
- ☐ D. Both B and C

34. Which theorist developed the behavior therapy technique known as systematic desensitization?

- ☐ A. Joseph Wolpe
- ☐ B. B.F. Skinner
- ☐ C. Albert Bandura
- ☐ D. John Watson

35. Brandon follows his parents' rules mainly to avoid losing TV time. Which level of Kohlberg's

moral development does this illustrate?

- ☐ A. Integrity versus despair
- ☐ B. Preconventional
- ☐ C. Conventional
- ☐ D. Postconventional

36. According to Super's career development theory, what vocational task is typically associated

with ages 18–21?

- ☐ A. Crystallization
- ☐ B. Specification

☐ C. Implementation

☐ D. Stabilization

37. Which psychologist expanded Bowlby's attachment work by designing the Strange Situation

experiment?

☐ A. Mary Ainsworth

☐ B. Sigmund Freud

☐ C. Lawrence Kohlberg

☐ D. John Watson

38. For which substance does the DSM-5-TR provide diagnostic criteria for withdrawal?

☐ A. Inhalants

☐ B. PCP

☐ C. Hallucinogens

☐ D. Cannabis

39. Premature dropout from a counseling group is most likely when a member is:

☐ A. highly engaged and openly expressing emotions.

☐ B. highly intelligent.

☐ C. reluctant to participate (unmotivated) and remains distant from the group process.

☐ D. motivated to build group cohesion.

40. For clients who are at risk of developing emotional problems after a traumatic event (such as violence), what is the most appropriate initial intervention?

☐ A. Encourage the client to avoid thinking or talking about the event

☐ B. Wait to intervene until symptoms become severe

☐ C. Clarify the client's problem.

☐ D. Immediately begin long-term psychotherapy focused on past trauma

41. Two clients are described as “workaholics.” One finds satisfaction and meaning in the work, while the other feels unhappy and strained by it. Which client is likely to experience more difficulty?

☐ A. Both clients are equally at risk

☐ B. Neither client is at risk if they are productive

☐ C. The client who does not enjoy his work and feels compelled to continue

☐ D. The client who enjoys his work

42. At the start of the counseling relationship, what is the counselor ethically obligated to do?

☐ A. Provide informed consent, explaining the counseling process, rights, and limits of confidentiality

☐ B. Share personal beliefs and values to create openness

☐ C. Begin treatment immediately without discussion to build rapport

☐ D. Ask the client to disclose personal history before explaining the process

43. When starting a counseling relationship, what is important for the counselor to do?

☐ A. Establish rapport and clarify the goals and structure of the counseling process, collaborating with the client.

☐ B. Focus solely on gathering detailed history during the first session

☐ C. Immediately begin interpreting the client’s thoughts and behaviors

☐ D. Avoid discussion of expectations to prevent influencing the client

44. Which statement accurately describes an Employee Assistance Program (EAP)?

- ☐ A. EAPs are long-term therapy services offered to employees and their families
- ☐ B. EAPs are designed only for crisis situations that occur on the job
- ☐ C. It may be inside or outside a company
- ☐ D. EAPs are limited to providing financial and legal consultations

45. A counselor is screening potential members for a support group for survivors of domestic

violence. Which individual would be the MOST appropriate to include in the group?

- ☐ A. An individual who is free from the use of alcohol or other drugs.
- ☐ B. An individual who minimizes the abuse and states they were not affected by it.
- ☐ C. An individual with severe mental illness.
- ☐ D. Is actively engaging in violent behavior toward others

46. A counselor provides individual therapy to a parent and also to that parent's child in separate sessions. This setup represents which counseling modality?

- ☐ A. Family therapy
- ☐ B. Collaborative therapy
- ☐ C. Combined therapy
- ☐ D. Concurrent therapy

47. Which theory is founded on the idea that people naturally seek close relationships and are

driven to act in ways that support autonomy and a sense of competence?

- ☐ A. Classical conditioning theory
- ☐ B. Social exchange theory
- ☐ C. Attachment theory
- ☐ D. Self-Determination Theory

48. Members of which type of group are likely to experience a transition period when someone

leaves or a new member joins?

- ☐ A. Open groups that allow members to come and go freely
- ☐ B. Large lecture-based support groups
- ☐ C. Ongoing groups with a fixed membership
- ☐ D. Time-limited groups with revolving membership

49. A counselor using Motivational Interviewing asks a client to rate their confidence in quitting substance use on a scale from 1 to 10. The client says, "I'm at a 4." Which counselor response is most likely to encourage the client to express their own reasons for change?

- ☐ A. "What makes it a 4 instead of a 10?"
- ☐ B. "What makes it a 4 instead of a 1? What tells you you have at least some ability to change?"
- ☐ C. "A 4 is low. What makes it so difficult for you?"
- ☐ D. "Let's try to get that number to a 10."

50. Counselors may schedule booster sessions after a client has been discharged in order to provide continued support. These sessions are useful for all of the following EXCEPT:

- ☐ A. addressing anxiety associated with termination.
- ☐ B. monitoring progress and preventing relapse.
- ☐ C. reinforcing coping strategies learned in counseling.
- ☐ D. reviewing self-management strategies.

51. A client says, "Nothing ever works out for me. I have the worst luck. I should just stop trying."

This statement reflects which cognitive pattern?

- ☐ A. Internal locus of control
- ☐ B. Delusional thinking
- ☐ C. Learned helplessness (external locus of control)
- ☐ D. Overcompensation

52. Interprofessional collaboration involves working with client support systems and other service providers. This collaboration benefits clients in many ways EXCEPT:

- ☐ A. decreasing access to mental health services.
- ☐ B. improving continuity of care.
- ☐ C. enhancing coordination of services.
- ☐ D. increasing support for the client's goals.

53. A client who has been court-ordered to attend substance use treatment is resistant and not following their treatment plan. How would a Gestalt therapist most likely work with this resistance?

- ☐ A. Confront the client by telling them their behavior shows a lack of motivation
- ☐ B. Attempt to persuade the client by explaining the benefits of treatment
- ☐ C. Bring awareness to the boundary disturbance by exploring it in the present moment (e.g., helping the client notice what they are feeling, doing, or avoiding right now)
- ☐ D. Ignore the resistance and focus only on the client's stated goals

54. Which element provides the basis for developing both short-term and long-term treatment goals?

- ☐ A. The client's diagnosis
- ☐ B. The counselor's preferred theoretical orientation

☐ C. The progress observed during the first few sessions

☐ D. The client's desire to change

55. For clients experiencing depression or anxiety, which assessment tool can be used to support client involvement in decision-making and help guide the treatment planning process?

☐ A. The Brief Symptom Inventory 19 (BSI-18)

☐ B. Rorschach Inkblot Test

☐ C. Projective drawing tests

☐ D. Personality inventories such as the MMPI-2

56. A child with Oppositional Defiant Disorder has a treatment goal of reducing angry outbursts and arguing. Which short-term objective would best support that goal?

☐ A. The child will stop all angry outbursts within one week.

☐ B. The child will promise to “be good” and try harder not to get angry.

☐ C. The child will use "stop-and-think" conflict resolution skills three times per day for one month.

☐ D. The parent will no longer discipline the child for disruptive behavior.

57. A client with 30 days sober plans to spend a weekend with old using friends. The counselor reflects the client's progress and then points out the risk of relapse. This response is an example of:

☐ A. Interpretation

☐ B. Confrontation

☐ C. Advice giving

☐ D. Empathy

58. A client says, "I know I have a problem, but I'm not sure I'm ready to change." According to Prochaska and DiClemente's Stages of Change model, this client is in which stage?

- ☐ A. Precontemplation
- ☐ B. Contemplation
- ☐ C. Preparation
- ☐ D. Action

59. During the intake and early counseling phase, which sequence correctly describes how a counselor develops a client's treatment plan?

- ☐ A. Assessment, diagnosis, case conceptualization, treatment planning
- ☐ B. Diagnosis, case conceptualization, assessment, treatment planning
- ☐ C. Case conceptualization, assessment, diagnosis, treatment planning
- ☐ D. Treatment planning, assessment, diagnosis, case conceptualization

60. To build collaborative goals, a counselor asks a client to imagine that their problem disappears overnight and to describe what life would look like. This technique is associated with which therapeutic approach?

- ☐ A. Cognitive Behavioral Therapy
- ☐ B. Psychodynamic Therapy
- ☐ C. Gestalt Therapy
- ☐ D. Solution-Focused Brief Therapy

61. Which of the following is NOT an appropriate reason to terminate counseling and refer the client to another professional?

- ☐ A. The client requires services outside the counselor's scope of competence
- ☐ B. B. The client would benefit from a higher level of care or specialized treatment
- ☐ C. C. The counselor and client have reached the goals established in treatment

☐ D. There is a values conflict between the client and the counselor

62. Robert Carkhuff described different types of counselor responses. Which of the following is NOT one of his response categories?

☐ A. Multiplicative

☐ B. Subtractive

☐ C. Interchangeable

☐ D. Additive

63. Interpersonal Therapy (IPT) is considered especially effective for treating which condition?

☐ A. Depressive disorders associated with specific situations

☐ B. PTSD

☐ C. OCD

☐ D. Bipolar disorders

64. A client in a support group assumes that a group member with a hearing impairment also has an intellectual disability. Which term best describes this kind of attitude?

☐ A. Horns effect

☐ B. Projection

☐ C. Transference

☐ D. Halo effect

65. In strategic family therapy, the therapist typically takes on several specific roles. Which of the following is NOT one of them?

☐ A. Identifying and interrupting problematic communication sequences

☐ B. Assigning tasks or directives to shift family interaction patterns

- ☐ C. Overcome feelings of inferiority
- ☐ D. Find the myth that keeps a behavior going

66. Hypnotherapy is most commonly used today for which of the following purposes?

- ☐ A. Headaches
- ☐ B. Childbirth
- ☐ C. Chronic pain
- ☐ D. All of the above

67. Implosive therapy, time-outs, and thought stopping are interventions most commonly associated with which type of counselor?

- ☐ A. Humanistic counselors
- ☐ B. Psychodynamic counselors
- ☐ C. TA
- ☐ D. Behavioral

68. When working with a client who has Post-Traumatic Stress Disorder (PTSD), which recommendation would be most appropriate for the counselor to offer?

- ☐ A. Develop grounding and relaxation techniques to help manage intrusive symptoms and anxiety
- ☐ B. Talk about problems with supportive people
- ☐ C. Encourage the client to avoid thinking or talking about the trauma entirely
- ☐ D. Both A and B

69. Reinforcement and punishment influence future behavior in different ways. Which statement correctly describes their effects?

- ☐ A. Reinforcement decreases the likelihood of behavior; punishment increases it.

- ☐ B. Reinforcement has no effect on behavior; punishment completely stops behavior.
- ☐ C. Reinforcement increases the likelihood of behavior; punishment decreases it.
- ☐ D. Reinforcement and punishment both decrease the likelihood of behavior.

70. A client has just been diagnosed with kidney cancer and responds by intensely researching the disease, treatment options, and prognosis. Which defense mechanism is he demonstrating?

- ☐ A. Denial
- ☐ B. Intellectualization
- ☐ C. Displacement
- ☐ D. Regression

71. Which of the following best explains the concept of altruism?

- ☐ A. The social exchange theory
- ☐ B. A strategy used to avoid dealing with one's own emotional needs
- ☐ C. A behavior motivated by the desire to gain social status
- ☐ D. A behavior performed with the goal of receiving personal rewards

72. Compared to a homogeneous group, a heterogeneous group is best described as which of the following?

- ☐ A. Composed of members who differ in background, personality, or presenting concerns
- ☐ B. A. Composed of members who share similar backgrounds, concerns, or characteristics
- ☐ C. More likely to avoid conflict because members are similar
- ☐ D. Less likely to generate diverse perspectives or feedback

73. Which of the following is NOT considered an advantage of group counseling?

- ☐ A. Group interaction can help members practice new skills
- ☐ B. Group members can learn from one another's experiences
- ☐ C. Cost-effectiveness
- ☐ D. Focus on individual needs

74. Which type of therapy focuses on increasing self-awareness and helping the client recognize and integrate different parts of the self?

- ☐ A. Jungian
- ☐ B. Adlerian
- ☐ C. Existential
- ☐ D. Freudian

75. The belief that "My partner must love me no matter what I do" is an example of thinking described in which theoretical approach?

- ☐ A. Person-centered therapy
- ☐ B. Psychoanalytic theory
- ☐ C. Aversive therapy
- ☐ D. Rational Emotive Behavior Therapy (REBT)

76. When using Functional Family Therapy (FFT) with a 17-year-old exhibiting antisocial and delinquent behavior, which phase of treatment occurs first?

- ☐ A. Behavior change and skill development
- ☐ B. Generalization of skills to community settings
- ☐ C. Engagement and motivation
- ☐ D. Termination and relapse prevention

77. Which theorist does NOT belong with the other three in terms of theoretical orientation?

- ☐ A. William Glasser
- ☐ B. Karen Horney
- ☐ C. Alfred Adler
- ☐ D. Carl Jung

78. Which of the following is NOT a key principle of Adlerian Family Therapy?

- ☐ A. Pinpointing irrational beliefs
- ☐ B. Encouraging family members to develop social interest
- ☐ C. Overcoming feelings of inferiority
- ☐ D. Investigating goals of behavior

79. There are various stages in group therapy. Which of the following is one of the commonly recognized group stages?

- ☐ A. Mending
- ☐ B. Fracturing
- ☐ C. Converging
- ☐ D. Storming

80. Which of the following may the counselor recommend as interventions for a client experiencing hallucinations?

- ☐ A. Reality testing and grounding techniques
- ☐ B. Encouraging the client to explore the hallucination for deeper meaning
- ☐ C. Ignoring the hallucination to avoid reinforcing it
- ☐ D. Using punishment to reduce hallucinatory behavior

81. Emotion-focused coping is:

- ☐ A. less effective overall than problem-focused coping.
- ☐ B. coping that involves attempting to change the external situation causing stress.
- ☐ C. rarely a good coping strategy.
- ☐ D. more effective overall than problem-focused coping.

82. The theorist associated with bonding and attachment is:

- ☐ A. Albert Bandura
- ☐ B. Carl Jung
- ☐ C. John Bowlby
- ☐ D. B. F. Skinner

83. If a client with psychosis tells the counselor that he intends to kill his parents, the counselor must:

- ☐ A. break confidentiality and take steps to warn/protect the intended victims.
- ☐ B. maintain confidentiality unless the client commits an act of violence.
- ☐ C. encourage the client to journal about the feelings.
- ☐ D. explore the meaning of the threat in therapy before taking further action.

84. What is likely to happen in a group when the leader uses an authoritarian style?

- ☐ A. Group members show dependency on the leader and reduced personal responsibility
- ☐ B. Group members take initiative and develop independence
- ☐ C. Group members become highly cohesive and trusting
- ☐ D. Group members become confused due to lack of structure

85. According to Cognitive Behavioral Therapy, which type of automatic thought is exemplified when a client states, "My mother thinks I'm a failure"?

- ☐ A. Catastrophizing
- ☐ B. Mind reading
- ☐ C. Personalization
- ☐ D. Emotional reasoning

86. Freud is to ego, id, and superego as _____ is to parent, adult, and child.

- ☐ A. Berne
- ☐ B. Rogers
- ☐ C. Jung
- ☐ D. Adler

87. Popular techniques of which therapeutic approach include examining client memories, “spitting in the client’s soup,” and “catching oneself”?

- ☐ A. Adlerian Therapy
- ☐ B. Gestalt Therapy
- ☐ C. Cognitive Behavioral Therapy
- ☐ D. Reality Therapy

88. Jacob Moreno is known for all of the following EXCEPT:

- ☐ A. the STEP Program
- ☐ B. Group counseling pioneer
- ☐ C. Psychodrama
- ☐ D. Sociometry

89. Which of the following represents a standardized test?

- ☐ A. A counselor’s informal checklist completed during intake

- ☐ B. A journal assignment used for client reflection
- ☐ C. A structured, scored test
- ☐ D. An open-ended interview exploring personal history

90. When a supervisor gives an employee an overall negative evaluation because of one particularly negative trait, which type of rater bias is occurring?

- ☐ A. Halo effect
- ☐ B. Horns effect
- ☐ C. Central tendency error
- ☐ D. Leniency error

91. During a psychosocial assessment, a client displays the same sad facial expression the entire time. Which term best describes this affect?

- ☐ A. Restricted
- ☐ B. Flat
- ☐ C. Elevated
- ☐ D. Incongruent

92. A counselor may choose to administer several psychological tests in order to:

- ☐ A. gather multiple sources of data to better understand the client.
- ☐ B. predict future performance.
- ☐ C. evaluate the outcomes of counseling.
- ☐ D. All of the above

93. A 17-year-old client has been referred for an assessment of intellectual functioning. Which test is most likely to be used?

- ☐ A. Wechsler Adult Intelligence Scale (WAIS-IV)

- ☐ B. Stanford–Binet Intelligence Scales
- ☐ C. Wechsler Intelligence Scale for Children (WISC)
- ☐ D. Kaufman Assessment Battery for Children (KABC)

94. The Myers-Briggs Type Indicator (MBTI) is best described as which of the following?

- ☐ A. A diagnostic tool used to identify mental disorders
- ☐ B. An intelligence test used to measure cognitive abilities
- ☐ C. A personality inventory based on Jung's theory of psychological types
- ☐ D. A projective test that uses inkblots to assess personality

95. Changes in human growth and development that are qualitative in nature are referred to as:

- ☐ A. quantitative changes.
- ☐ B. changes in structure or organization.
- ☐ C. changes which are sequential.
- ☐ D. maturation.

96. The Minnesota Importance Questionnaire is used to assess:

- ☐ A. cognitive functioning and memory impairment.
- ☐ B. career values and work-related needs.
- ☐ C. symptoms of anxiety and depression.
- ☐ D. personality traits based on psychodynamic theory.

97. Down syndrome is caused by:

- ☐ A. exposure to alcohol during early fetal development.
- ☐ B. a deficiency of dopamine in the frontal cortex.

- ☐ C. a recessive gene inherited from both parents.
- ☐ D. a chromosomal disorder involving an extra copy of chromosome 21.

98. Which of the following is NOT generally considered an appropriate circumstance for using psychological testing?

- ☐ A. To help clarify a diagnosis
- ☐ B. Counseling
- ☐ C. Job or educational placement
- ☐ D. None of the above

99. _____ is considered a disorder of thought, whereas _____ is considered a disorder of mood.

- ☐ A. Schizophrenia; major depression
- ☐ B. Generalized anxiety disorder; panic disorder
- ☐ C. Bipolar disorder; schizophrenia
- ☐ D. Obsessive–compulsive disorder; phobias

100. The MMPI-A and CPI are examples of _____ tests, while the Rorschach and TAT are examples of _____ tests.

- ☐ A. objective; subjective
- ☐ B. projective; objective
- ☐ C. intelligence; achievement
- ☐ D. neuropsychological; aptitude

101. What does a correlational research strategy measure?

- ☐ A. Cause-and-effect relationships between variables
- ☐ B. The degree of relationship between two variables

- ☐ C. Differences between experimental and control groups
- ☐ D. The accuracy of test items in predicting performance

102. In the DSM, a V code refers to:

- ☐ A. A situation or problem that may be a focus of clinical attention but is not a mental disorder
- ☐ B. A severe mental disorder requiring hospitalization
- ☐ C. A condition that is the direct result of a medical illness
- ☐ D. A personality disorder that is difficult to diagnose

103. Children diagnosed with Conduct Disorder at an early age are at increased risk of developing which personality disorder in adulthood?

- ☐ A. Avoidant Personality Disorder
- ☐ B. Antisocial Personality Disorder
- ☐ C. Borderline Personality Disorder
- ☐ D. Obsessive–Compulsive Personality Disorder

104. Which of the following is NOT an appropriate reason to administer psychological testing?

- ☐ A. To help clarify a diagnosis
- ☐ B. To assist in treatment planning
- ☐ C. To measure client progress over time
- ☐ D. Labeling some individuals

105. Francis Galton is best known for promoting which idea?

- ☐ A. Human traits, including intelligence, are inherited
- ☐ B. Intelligence is primarily shaped by environmental experience
- ☐ C. Personality is determined by early childhood relationships

☐ D. Behavior is learned through reinforcement and conditioning

106. A test that produces the same results when administered multiple times is demonstrating _____, while a test that measures what it is intended to measure is demonstrating _____.

☐ A. validity; reliability

☐ B. standardization; norming

☐ C. reliability; validity

☐ D. objectivity; subjectivity

107. How would a counselor apply cognitive behavioral theory?

☐ A. Challenge irrational thoughts.

☐ B. Identify repressed feelings.

☐ C. Establish defense mechanisms.

☐ D. Identify stages of change.

108. How would a counselor build a therapeutic alliance with a client?

☐ A. Offer solutions for client problems.

☐ B. Determine treatment goals.

☐ C. Provide a release of information.

☐ D. Give an empathetic response.

109. When do group counselors expect members to express genuine thoughts and feelings?

☐ A. The initial stage

☐ B. The transition stage

☐ C. The contemplation stage

☐ D. The working stage

110. Which of the following work behaviors are counselors ethically required to follow?

☐ A. Give free counseling services to 25% of minority clients.

☐ B. Provide 10% off of services for clients with children.

☐ C. Devote a portion of services for which there is little or no payment.

☐ D. Charge clients with higher income more and those with lower income less.

111. What term represents the process in which a counselor and client create a plan to help the client change?

☐ A. Screening

☐ B. Informed consent

☐ C. Free association

☐ D. Goal setting

112. Which statement best describes the qualities of a well-constructed psychological test?

☐ A. It produces consistent results and measures what it claims to measure.

☐ B. It is enjoyable for the client and easy for the counselor to administer.

☐ C. It is complex enough that only trained professionals can interpret it.

☐ D. It always guarantees accurate predictions about future behavior.

113. Jennifer coasted through high school, earning average grades without putting in much effort. After graduation, she took a cashier job because college wasn't financially possible. Now she's dissatisfied with her work but unsure what direction to take, or what her strengths are. Jennifer is experiencing difficulty with _____.

☐ A. vocational identity.

- ☐ B. work burnout
- ☐ C. cognitive impairment
- ☐ D. job satisfaction

114. When counselors develop treatment plans to address negative client behaviors, what aspect of the behavior are they aiming to reduce?

- ☐ A. Frequency
- ☐ B. Duration
- ☐ C. Frequency
- ☐ D. All of the above

115. Why do counselors carry out individual assessments with clients?

- ☐ A. To determine their diagnosable code in the DSM-5-TR
- ☐ B. To identify and evaluate the client's chief complaints
- ☐ C. To come up with other resources they may need aside from counseling
- ☐ D. Come up with a hypothesis about how their treatment will go

116. _____ refers to the degree to which research results can be applied to real-world situations.

- ☐ A. Internal validity
- ☐ B. External reliability
- ☐ C. Internal validity
- ☐ D. External validity

117. In Gestalt theory, which form of resistance involves frequently changing one's views to match those of others?

- ☐ A. Confluence
- ☐ B. Projection
- ☐ C. Introjection
- ☐ D. Deflection

118. Which three core ethical principles were established in the Belmont Report?

- ☐ A. Beneficence, nonmaleficence, and justice
- ☐ B. Autonomy, respect for persons, and justice
- ☐ C. Respect for persons, beneficence, and justice
- ☐ D. Nonmaleficence, beneficence, and respect for persons

119. Which of the following is NOT represented in a genogram?

- ☐ A. Family history
- ☐ B. Relationship patterns
- ☐ C. Future predictions
- ☐ D. Family structure

120. Being truthful and honest with clients, also known as _____, can be challenging but ultimately strengthens the therapeutic relationship. This value was added to the ACA ethical principles in 2014.

- ☐ A. Nonmaleficence
- ☐ B. Beneficence
- ☐ C. Justice
- ☐ D. Veracity

121. Scott, a 10-year-old, has grown up believing that all families lived the way his family

does—traveling often and receiving many gifts. When his parents explain that their financial advantages come from their jobs as lawyers, Scott begins to associate certain careers with certain social classes. According to Gottfredson's theory of circumscription and compromise, Scott is now oriented to _____, a substage of circumscription.

- ☐ A. Sex roles
- ☐ B. Social roles
- ☐ C. Size and power
- ☐ D. Orientation to internal, unique self

122. After several days in a drug rehab unit, James shares in group, "It's my fault I'm here... I have to come to terms with that." Which curative factor of group therapy does this reflect?

- ☐ A. Altruism
- ☐ B. Development of socializing techniques
- ☐ C. Existential factors
- ☐ D. Universality

123. Piper has been working on her 7th grade science fair project for a month but keeps procrastinating when it gets difficult. She's now saying she doesn't believe she can produce a good project. Piper is demonstrating low _____.

- ☐ A. Self-esteem
- ☐ B. Self-actualization
- ☐ C. Self-efficacy
- ☐ D. Rationalization

124. Alexis, age 15, has enjoyed art since childhood. After trying black and grey pencils in art class, she discovers she prefers working with them and asks for her own set. According to Ginzberg, Ginsburg, Axelrad, and Herma's theory of vocational development, which stage is Alexis currently in?

- ☐ A. Crystallization
- ☐ B. Tentative
- ☐ C. Fantasy
- ☐ D. Realistic

125. Which of the following is the primary focus of client-centered (person-centered) therapy?

- ☐ A. To help clients identify unconscious conflicts influencing their behavior
- ☐ B. Changing the client's behavior through reinforcement
- ☐ C. Teaching the client specific coping skills and structured techniques
- ☐ D. To create an empathetic, non-judgmental environment that allows clients to self-actualize

126. A test that presents a series of pictures and asks the individual to tell a story in order to explore underlying emotions and themes is the _____.

- ☐ A. Thematic Apperception Test (TAT)
- ☐ B. Rorschach Inkblot Test
- ☐ C. MMPI-2
- ☐ D. WISC-II

127. A client shares a difficult experience, and the counselor responds, "I notice that when you talk about this event, you smile, but your voice becomes shaky." This response best demonstrates:

- ☐ A. immediacy.
- ☐ B. clarification.
- ☐ C. reflection of feeling.
- ☐ D. advice-giving.

128. Each of the following reflects the purpose of the ACA Code of Ethics EXCEPT:

- ☐ A. The purpose statements of the ACA reflect the mission of the ACA code of ethics
- ☐ B. The ACA code of ethics serves as a set of guidelines to determine which counselors should be stripped of their licensure.
- ☐ C. The ACA is a set of mandatory ethical guidelines that counselors must follow.
- ☐ D. The ACA code of ethics can be referred to in event of an ethical complaint.

129. Frank Parsons is referred to as the Father of _____.

- ☐ A. Modern Psychology
- ☐ B. Personality
- ☐ C. Experimental Psychology
- ☐ D. Vocational Guidance

130. From 1932 to 1997, there was a significant average increase in IQ scores among adults. This rise is known as the _____ Effect.

- ☐ A. Barnum
- ☐ B. Hawthorne
- ☐ C. Flynn
- ☐ D. Butterfly

131. The idea that dual or multiple relationships between a client and counselor can lead to exploitation and impair professional judgment is most closely associated with which issue?

- ☐ A. Power
- ☐ B. Persistence
- ☐ C. Informed consent

☐ D. Discrimination

132. If someone's chronological age is higher than their mental age, the person would have a(n) _____ IQ.

☐ A. Above average

☐ B. Average

☐ C. Below average

☐ D. Gifted

133. Classical conditioning consists of a _____ stimulus, a _____ stimulus, and a _____ response.

☐ A. neutral, unconditioned, conditional

☐ B. positive, neutral, conditioned

☐ C. reinforcing stimulus; punishing stimulus; conditioned response

☐ D. neutral, unconditioned, positive

134. Gordon is a 26-year-old recent college graduate who began working in social work after earning his degree and is now pursuing his MSW. According to Super's theory of career development, Gordon is in the _____ stage.

☐ A. exploration

☐ B. growth

☐ C. establishment

☐ D. maintenance

135. Strong Interest Inventories can be used with high school seniors to help them identify interests and possible college or career paths. The Strong Interest Inventory is what type of test?

☐ A. Aptitude test

- ☐ B. Intelligence test
- ☐ C. A guidance and educational tool
- ☐ D. Personality test

136. Jason has been attending counseling for anxiety about his financial situation. The counselor asks him to spend the last 15 minutes of the session pretending that his debts are paid off and he has 6 months of savings. Jason begins speaking more confidently and his body language improves. Which Adlerian technique is being used?

- ☐ A. Mirroring
- ☐ B. Encouragement
- ☐ C. Role playing
- ☐ D. Acting “as if”

137. Natalie is about to study for her first college exam. When she sits down to begin, she becomes overwhelmed with anxiety and avoids studying by on her bed and scrolling for hours. Natalie is experiencing _____.

- ☐ A. Identity diffusion
- ☐ B. Time management skills
- ☐ C. Hyper-arousal
- ☐ D. Hypo-arousal

138. Jessie has been referred to counseling by her employer for stress management. During her first session, her counselor, Tom, reviews her history and sees that she has past substance use. He then says, “I really don’t understand why people get addicted to drugs.” Which core condition of person-centered therapy is Tom failing to provide?

- ☐ A. Unconditional positive regard
- ☐ B. Countertransference
- ☐ C. Empathy

☐ D. Genuineness (Congruence)

139. Which statute or act protects the confidentiality of substance use treatment records and limits the disclosure of information related to drug and alcohol use?

☐ A. HIPAA

☐ B. The Affordable Care Act

☐ C. 42 CFR, Part I

☐ D. 42 CFR, Part II

140. Someone diagnosed with adjustment disorder would best benefit from which form of therapy?

☐ A. Long-term psychoanalysis

☐ B. EMDR

☐ C. DBT

☐ D. CBT

141. The ACT can be taken more than once by the same student. This demonstrates:

☐ A. construct validity

☐ B. internal validity

☐ C. test-retest reliability

☐ D. internal consistency

142. Which combination of factors is most strongly associated with an increased likelihood of developing sleep apnea/hypopnea?

☐ A. Low body weight, female sex, and young age

☐ B. Obesity, male sex, and older age

☐ C. High physical activity, low blood pressure, and vegetarian diet

☐ D. Living at high altitude, high protein intake, and high fluid intake

143. A client has experienced ongoing mood swings for more than two years, with multiple episodes of hypomanic symptoms and periods of depression, but neither episode fully meets criteria for major mania or major depression. What is the most likely diagnosis?

- ☐ A. Bipolar I Disorder
- ☐ B. Major Depressive Disorder, Recurrent
- ☐ C. Cyclothymic Disorder
- ☐ D. Bipolar II Disorder

144. A 54-year-old counselor shows up to work intoxicated at least twice a week. How would this behavior best be described?

- ☐ A. An alcoholic
- ☐ B. Burnout
- ☐ C. Impaired professional functioning
- ☐ D. Compassion fatigue

145. Which of the following is a primary criticism of projective assessment tools?

- ☐ A. They are too subjective
- ☐ B. They can only be administered by psychiatrists
- ☐ C. They rely too heavily on standardized scoring systems
- ☐ D. They take too much time to administer

146. When physical symptoms arise as a result of psychological or emotional factors, this is referred to as:

- ☐ A. psychosis
- ☐ B. conversion disorder
- ☐ C. somatic schizophrenia
- ☐ D. factitious disorder

147. Individuals diagnosed with schizophrenia, major depression, or bipolar disorder have an increased risk for which of the following?

- ☐ A. Violent behavior
- ☐ B. Impaired mobility
- ☐ C. Dual diagnosis
- ☐ D. Chronic pain conditions

148. Which of the following best describes the core features of Obsessive-Compulsive Personality Disorder (OCPD)?

- ☐ A. Recurrent unwanted thoughts and repetitive rituals
- ☐ B. Sudden intrusive fears and chronic worry
- ☐ C. Difficulty distinguishing reality from delusions
- ☐ D. Preoccupation with orderliness, perfectionism, and control

149. Which of the following is not included in the DSM-5-TR diagnostic criteria for Alcohol Use Disorder (AUD)?

- ☐ A. Spending significant time obtaining, using, or recovering from alcohol
- ☐ B. Continued alcohol use despite recurring social or interpersonal problems
- ☐ C. Legal problems
- ☐ D. Developing tolerance or experiencing withdrawal symptoms

150. A client hospitalized for anxiety repeatedly taps their fingers and shakes their foot almost continuously. What is the term for this type of restless, repetitive movement?

- ☐ A. Catatonia
- ☐ B. Echopraxia
- ☐ C. Nervous tics
- ☐ D. Automatisms

151. Which of the following would NOT be included in an effective suicide safety plan?

- ☐ A. Personal warning signs
- ☐ B. Coping strategies the client can use independently
- ☐ C. Contact information for supportive people and professionals
- ☐ D. A detailed contract in which the client promises not to harm themselves

152. A client at intake avoids social situations, is preoccupied with perceived flaws in their appearance, has undergone unsuccessful cosmetic procedures, and appears irritable. Which provisional diagnosis is most appropriate to consider?

- ☐ A. Social Anxiety Disorder
- ☐ B. Body Dysmorphic Disorder
- ☐ C. Borderline Personality Disorder
- ☐ D. Major Depressive Disorder

153. A client previously met full criteria for Stimulant Use Disorder but has not met the criteria for the past 10 months, with the exception of craving. How should this be classified according to DSM-5-TR?

- ☐ A. Early use phase
- ☐ B. Early remission
- ☐ C. Sustained remission
- ☐ D. Partial remission

154. A receptionist is told she cannot sing or hum at work. When she gets home, she turns on music and sings loudly. This behavior is an example of:

- ☐ A. Regression
- ☐ B. Projection
- ☐ C. Reaction formation

☐ D. The compensatory effect

155. Which set represents the four core conditions necessary for forming an effective helping relationship?

☐ A. Insight, confrontation, interpretation, and assessment

☐ B. Advice-giving, direction, problem-solving, and reassurance

☐ C. Sympathy, friendliness, shared experiences, and encouragement

☐ D. Human relations, social influence, micro-skills

156. According to Stanley Strong's Social Influence Model, clients are more likely to be influenced by counselors they view as possessing certain qualities. Which of the following is NOT one of those key characteristics?

☐ A. Expertise

☐ B. Trustworthiness

☐ C. Attractiveness

☐ D. Agreeableness

157. In the early (initial) stage of a therapy group, which common therapeutic factor is most likely to appear as members begin to interact?

☐ A. Catharsis

☐ B. Interpersonal learning

☐ C. Cohesiveness

☐ D. Imparting information

158. A couple reports they became close after being assigned to the same college dorm and spending a lot of time together. Which factor most likely contributed to their initial attraction?

☐ A. Complementary personality traits

- ☐ B. Proximity (physical closeness leading to repeated exposure)
- ☐ C. Shared attachment style
- ☐ D. Similar conflict resolution styles

159. Sue & Sue's (2016) tripartite framework for multicultural competence focuses on specific counselor components. Which of the following is NOT one of those components?

- ☐ A. Awareness of one's own cultural identity and biases
- ☐ B. Intention
- ☐ C. Knowledge of clients' cultural backgrounds and worldviews
- ☐ D. Development of culturally responsive counseling skills

160. Just as an attuned parent mirrors and responds to a baby's emotional state, counselors convey understanding of a client's inner experience through which of the following?

- ☐ A. Accurate empathy
- ☐ B. Interpretation
- ☐ C. Confrontation
- ☐ D. Self-disclosure

161. Cultural identity is:

- ☐ A. dynamic and constantly evolving.
- ☐ B. a fixed set of traits determined solely by ethnicity.
- ☐ C. the ability to speak more than one language.
- ☐ D. a formal classification used in demographic research.

162. A counselor tells a client, "When I look at you, I don't see color." This statement is an example of:

- ☐ A. Affirmation of diversity
- ☐ B. Cultural humility
- ☐ C. Cultural adaptation
- ☐ D. Microinvalidation

163. Congruence is demonstrated by counselors when they:

- ☐ A. accurately attend to the interpersonal and intrapersonal aspects of the therapeutic relationship.
- ☐ B. offer constant reassurance to keep the client comfortable.
- ☐ C. use clinical jargon to maintain professional authority.
- ☐ D. avoid sharing any emotional reaction to maintain neutrality.

164. Racism that is embedded in institutions and systems of power (such as schools, government, and healthcare) is referred to as:

- ☐ A. interpersonal racism.
- ☐ B. internalized racism.
- ☐ C. institutional racism.
- ☐ D. cultural racism.

165. A counselor keeps checking their phone and watch during a session and seems disengaged. Which basic counseling skill are they failing to use?

- ☐ A. Confrontation
- ☐ B. Attending behavior
- ☐ C. Summarizing
- ☐ D. Interpretation

166. A client becomes angry after receiving a third disciplinary warning and says, "This is so

unfair—my alarm didn't go off!" The client's explanation for why the event occurred reflects which

concept?

- ☐ A. Cognitive dissonance
- ☐ B. Fundamental attribution error
- ☐ C. Self-actualization
- ☐ D. Self-serving bias

167. Self-disclosure by the counselor is most useful when it is connected to which of the following?

- ☐ A. Immediacy
- ☐ B. The counselor's need to express personal feelings
- ☐ C. The counselor's desire to build casual rapport
- ☐ D. The counselor's attempt to normalize their own experiences

168. Counselors who actively respect and value diversity demonstrate and encourage which of the

following?

- ☐ A. Color-blindness
- ☐ B. Cultural stereotyping
- ☐ C. Cultural assimilation
- ☐ D. Cultural pluralism

169. You are a qualified counseling supervisor. Your brother has just completed his counseling degree and asks you to supervise him. According to the ACA Code of Ethics, what should you do?

- ☐ A. Agree to supervise him as long as he signs a disclosure statement
- ☐ B. Supervise him, but avoid discussing family matters

☐ C. Supervise him only for administrative tasks, not clinical tasks

☐ D. Refer him to a trusted colleague trained in supervision who is willing to take on your brother.

170. Your sexual attraction toward your client is hindering the counseling process. You should:

☐ A. continue treatment but be honest and empathetic with the client.

☐ B. ignore your feelings; after all you are a professional.

☐ C. explain this to the client and then refer the client to another provider.

☐ D. continue to see the client but ignore psychosexual topics.

171. Counselor certification:

☐ A. is synonymous with licensure.

☐ B. is synonymous with program certification.

☐ C. recognizes you have reached a given level of competence and thus are authorized to use a title.

☐ D. is primarily a legal process.

172. APA is to psychologist as ACA is to:

☐ A. APGA.

☐ B. certified clinical mental health counselor.

☐ C. counselor.

☐ D. NCC.

173. If a counselor discloses information that seriously harms a client's reputation, the counselor could be accused of:

☐ A. malpractice.

- ☐ B. beneficence.
- ☐ C. nonmaleficence.
- ☐ D. defamation.

174. What are most ethical dilemmas related to?

- ☐ A. Confidentiality
- ☐ B. Testing
- ☐ C. Diagnosis
- ☐ D. Research

175. There are two primary types of developmental research designs. A cross-sectional study measures different individuals at one point in time. In contrast, a longitudinal study:

- ☐ A. follows the same individuals over an extended period of time to observe change.
- ☐ B. uses only qualitative interview data.
- ☐ C. compares two variables without tracking change.
- ☐ D. studies only siblings within the same family