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National Counselor Examination

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**QUESTION 1**

Therapists adhering to which of the following theories would believe that aggression is learned through modeling?

- A. Social Learning
- B. Behavioral
- C. Psychodynamic
- D. Humanistic

Correct Answer: A

Albert Bandura demonstrated this with his famous Bobo Doll Experiments. Children in the group who saw the adult treat the doll aggressively were much more aggressive in their own treatment of the doll. Behaviorists would believe aggression is learned through conditioning. Psychodynamic followers would explain aggression as an instinct - Thanatos. The humanistic explanation is that aggression is caused by unmet needs.

QUESTION 2

Which of the following kinds of therapy seeks to help clients find their answers to questions such as: Why am I here? Is this all there is? Why do people suffer?

- A. Cognitive Behavioral
- B. Holistic Health
- C. Existential
- D. Client Centered

Correct Answer: C

Existential therapy centers on the client, rather than the symptom, in its focus on free will, self-determination, and the search for meaning. It is not client-centered therapy because in this approach, therapists allow the clients to steer the conversation in an effort to get them to better understand themselves and others. Cognitive behavioral therapy tries to treat problems and boost happiness by modifying emotions, behaviors, and thoughts. Holistic health therapy focuses on integrating the body, mind, spirit, and emotions.

QUESTION 3

Which is NOT one of the original 3 stages of career development identified by Ginzberg and his associates?

- A. Exploratory
- B. Fantasy
- C. Tentative
- D. Realistic



Correct Answer: A

During childhood, individuals are in the fantasy stage. Through play and imagination, they experience many different careers. Once an individual reaches adolescence, he or she enters the tentative stage. This stage has four sub-stages: interest, capacity, values, and transition. The realistic stage begins around age 17 and lasts through the early 20s. In this stage, the individual will engage in exploration, crystallization, and specification of a specific career. Later, Ginzberg changed his outlook and said that career choice is a life-long process and does not end in the early 20s. Instead, people optimize.

QUESTION 4

All humans have a five-stage sleep cycle and all cycle through the stages in the same order. Choose the correct sequence.

- A. Stage 1, Stage 2, Stage 3, Stage 4, Stage 5
- B. Stage 1, Stage 2, Stage 1, Stage 3, Stage 5, Stage 4
- C. Stage 1, Stage 2, Stage 3, Stage 4, Stage 1, Stage 2, Stage 5
- D. Stage 1, Stage 2, Stage 3, Stage 4, Stage 3, Stage 2, Stage 5

Correct Answer: D

Sleep does not progress through all of these stages in sequence, however. Sleep begins in Stage One and progresses into stages Two, Three, and Four. Then, after Stage Four sleep, Stages Three, then Two are repeated before going into REM sleep. Once REM is over, we usually return to Stage Two sleep. Sleep cycles through these stages approximately 4 or 5 times throughout the night.

QUESTION 5

You are a licensed professional counselor with a Master's degree in Counseling and a doctorate (PhD) in Technology and Operations Management. On your appointment cards for clients, the most appropriate way to list yourself is:

- A. Jane Doe, MA, LPC
- B. Dr. Jane Doe, LPC
- C. Jane Doe, PhD
- D. Dr. Jane Doe, PhD, LPC

Correct Answer: A

According to the ACA Code of Ethics, when acting in a counselor context, counselors may only use their highest degree earned in counseling, and should not imply doctorate-level competence unless their doctorate degree is in a clinical or related field.