



# NCE<sup>Q&As</sup>

National Counselor Examination

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**QUESTION 1**

One of the first formal therapeutic groups was held by:

- A. Joseph Pratt
- B. Carl Rogers
- C. Irv Yalom
- D. Wilfred Bion

Correct Answer: A

In 1905, Joseph Pratt, a medical doctor from Boston, gathered a group of patients with tuberculosis in order to educate them. The rest are all group theorists of later years. Rogers is often referred to as the "father of counseling psychology".

Yalom developed a list of therapeutic factors in group therapy. Bion was a British psychoanalyst.

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**QUESTION 2**

Your patient enters your session excited about the New Age therapy you tried last session. She had brought in an article, and because of her enthusiasm and the fact that it did not require any new training, you had agreed to give it a try. She asks you to continue during this session, but you have done your homework: it's been proven ineffective and, in a select few clients, the condition was slightly worsened. You validate your patient, noting how glad you are that she's excited to try something new. Then you tell her that, unfortunately, you won't be able to continue with these types of treatments. With this act, you are expressing:

- A. Anti-Consumerism
- B. Beneficence
- C. Exploitation
- D. Non-Maleficance

Correct Answer: D

Non-maleficance" is refraining from providing ineffective treatments or acting with malice towards a patient. "Anti-consumerism" is incorrect because is not a therapeutic or ethical term. "Beneficence" is incorrect because it means that you take actions to benefit others. "Exploitation" is incorrect because it is a therapist's misuse of power to influence and exploit clients for their own benefit and to the clients' detriment.

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**QUESTION 3**

This publication provides key information about a job, including training needed, salary, job outlook, etc.

- A. NBCC



- B. ACA
- C. ASCA
- D. OOH

Correct Answer: D

The Occupational Outlook Handbook (OOH) is published by the U.S. Department of Labor and contains statistics and information for hundreds of different jobs. NBCC stands for the National Board for Certified Counselors; ACA is the American Counseling Association; ASCA is the American School Counselor Association.

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#### QUESTION 4

According to Piaget's stages of moral judgment, a child younger than age ten will think which of the following is worse?

- A. Someone who was trying to help his mother set the table and broke five dishes.
- B. Someone who was stealing a cookie from the cookie jar when he wasn't allowed, and knocked over a cup that broke.
- C. Someone who did not control the dog who jumped up on the table and pulled down a glass full of water, which broke.
- D. Someone who accidentally dropped a dinner knife which could have hurt someone if they would have stepped on it.

Correct Answer: A

Piaget saw moral judgment broken into two age brackets: below and above age ten. Those under age ten tended to judge wrong-doings by the amount of damage caused rather than the intention behind the act. Hence, even though the person in answer A had the best intentions, he broke more dishes and, therefore, is seen as more wrong. Since the person stealing only knocked over one cup, it is not viewed as bad as breaking five dishes.

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#### QUESTION 5

The mean, median and mode are not at the same point on a normal curve.

- A. True
- B. False

Correct Answer: B

The normal curve is symmetrical. Therefore, there's an equal number of values greater and lower than the peak, which then average out to be the mode, median and mean.

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#### QUESTION 6

Which person is associated with the beginning of the guidance movement?



- A. Adler
- B. Parsons
- C. Freud
- D. Ellis

Correct Answer: B

Frank Parsons is known as the founder of the guidance movement. His talent matching approach was later developed into the Trait and Factor Theory of Occupational Choice. Adler was the founder of individual psychology, Freud was the founder of psychoanalysis, and Ellis was the founder of rational emotive behavior therapy.

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### QUESTION 7

Which of the following interventions is not commonly used in Interpersonal Therapy (IPT)?

- A. Discussion of patterns in a client's relationships
- B. A detailed past history of the client
- C. Exploration of the therapist/client relationship
- D. The ABC Model

Correct Answer: D

Interpersonal Therapy is a short term, solution focused treatment mainly for clients who have depression. The ABC Model is a cognitive behavioral therapy technique developed by Albert Ellis to use when clients hold irrational beliefs.

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### QUESTION 8

An advantage of having coleaders for a group is:

- A. If one leader is unable to be there for the meeting, it does not have to be canceled.
- B. The leaders can process their own feelings with each other in between sessions.
- C. The leaders can be more observant of group dynamics.
- D. All of the above

Correct Answer: D

As long as the coleaders get along and adhere to a similar theoretical approach and vision for the group, having coleaders can provide multiple benefits for group members.

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### QUESTION 9

It is \_\_\_\_\_ to administer a test to a client from a certain population when the test has not been normed to that



population.

- A. appropriate
- B. unethical
- C. illegal
- D. unfair

Correct Answer: B

If a test has not been normed to a certain population it is unethical to administer it to a person from that population and the client's results will not be accurate. Normed tests compare and rank the test takers in relation to one another.

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#### QUESTION 10

In the United States, each socioeconomic group represents a different culture because they share:

- A. similar tastes in the arts
- B. educational levels
- C. interest in religion
- D. similar ideas, behaviors, and values

Correct Answer: D

Typically, members of each socioeconomic group share similar ideas, behaviors, and values which fits the definition of culture.

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#### QUESTION 11

A counselor who chooses their theory and techniques in order to match the client's attributes, resources, and situation is called:

- A. eccentric
- B. eclectic
- C. holistic
- D. informal

Correct Answer: B

The eclectic approach can be quite successful. Most counselors using this approach still adhere to one or two main counseling theories, but draw techniques from many different theories. A counselor using a holistic approach would consider the person as a whole (body, mind, emotions, spirit) rather than the separate parts when meeting with a client.

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**QUESTION 12**

Of the following, which is NOT a curative factor of group, as outlined by Yalom?

- A. Universality
- B. Instillation of hope
- C. Intrapersonal learning
- D. Group cohesiveness

Correct Answer: C

Interpersonal learning, not intrapersonal learning, is a curative factor. Interpersonal learning occurs when a person tries out new behaviors in group. Group is seen as a microcosm of the real world.

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**QUESTION 13**

Who developed the technique of paradoxical intention?

- A. Wolpe
- B. Super
- C. Frankl
- D. Jung

Correct Answer: C

Victor Frankl developed the technique of paradoxical intention and used it with clients who had severe anxiety. Systematic desensitization is a behavioral therapy technique developed by Wolpe to help clients overcome phobias.

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**QUESTION 14**

What does RIASEC stand for?

- A. Realistic, Instigating, Artistic, Social, Enterprising, Conventional
- B. Realistic, Investigative, Artistic, Social, Enterprising, Conventional
- C. Reformed, Investigative, Artistic, Social, Enterprising, Conventional
- D. Realistic, Inquiring, Artistic, Social, Enterprising, Committed

Correct Answer: B

Career theorist John Holland developed these 6 categories describing different work environments. He believed an individual's personality needed to match their work environment in order to maximize happiness and success.

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### QUESTION 15

Crites is the researcher that first described the concept of "career maturity".

- A. True
- B. False

Correct Answer: B

Career maturity was first mentioned by Donald Super and is the degree to which people are prepared to make good educational and vocational choices. Crites created the Career Maturity Inventory based on Donald Super's theory of career development.

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