SUMMIT
STUDY GUIDES

NCE

Full-Length Practice Exam

Exam 1

200 Questions

Weighted to the six NCE content domains • Original practice questions

2014 ACA Code of Ethics • DSM-5-TR • Content current as of October 2026

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How to Use This Material

Answer each question on your own first, choosing the single BEST answer. The current NCE gives you 3 hours and 45 minutes for 200 questions, so this full-length exam is timed the same way: aim for about 1 minute per question. Then check your work against the separate answer key and read every explanation, including for the questions you got right, because the reasoning is what transfers to new questions on exam day.

NCE Practice Exam 1

200 questions • Answer key and explanations in the separate Answer Key file
Choose the single BEST answer for each question. Allow 3 hours 45 minutes, about 1 minute per question.

1. In the fourth session of an adult counseling group, Karen says sharply to the leader, "I don't see how this is supposed to help anyone. You just sit there and let us talk in circles." Other members fall silent. According to Corey, what is the most appropriate leader response?

- **A.** Acknowledge the challenge nondefensively and invite Karen and others to explore their reactions
- **B.** Redirect the group to a structured exercise to reduce the tension in the room
- **C.** Speak with Karen privately after the session about her disruptive behavior
- **D.** Explain the group's theoretical rationale so Karen understands why the format works

2. A former client posts a negative public review of a counselor's practice, describing her diagnosis and claiming the counselor "never helped with my panic attacks." The counselor wants to correct the record. What is the most appropriate course?

- **A.** Reply privately to the reviewer by email with her treatment records attached to show the actual course
- **B.** Avoid any reply that confirms she was a client, responding at most with a general statement about the practice
- **C.** Ask the client's emergency contact to encourage her to remove the review
- **D.** Reply with a factual summary of the treatment provided, since the client publicly disclosed her diagnosis first

3. A counselor has seen Hal, 52, for five months. Hal's goals were met three months ago, and sessions now consist of casual conversation about sports. Hal says he enjoys coming. According to the ACA Code of Ethics, the counselor should:

- **A.** refer Hal to another counselor for a fresh perspective
- **B.** reduce session frequency to monthly check-ins indefinitely
- **C.** terminate because Hal no longer needs or benefits from counseling
- **D.** continue sessions because Hal finds them valuable and is paying for them

4. According to Joiner's interpersonal theory of suicide, which factor distinguishes people who act on suicidal desire from those who experience the desire but do not act?

- **A.** Acquired capability
- **B.** Perceived burdensomeness
- **C.** Psychache
- **D.** Thwarted belongingness

5. During an intake with Renee, 39, the counselor wants to map three generations of her family, including relationships, divorces, substance use, and depression. Which tool BEST fits this purpose?

- **A.** An ecomap
- **B.** A sociogram
- **C.** A lifeline
- **D.** A genogram

6. In the transtheoretical model, substituting a healthier response such as taking a walk when a craving occurs is an example of which process of change?

- **A.** Counterconditioning
- **B.** Stimulus control
- **C.** Contingency management
- **D.** Self-liberation

7. Which empirically supported approach grew directly from the client-centered and Gestalt traditions, combining empathic attunement with marker-guided two-chair and empty-chair tasks?

A. Dialectical behavior therapy
B. Schema therapy
C. Emotion-focused therapy
D. Acceptance and commitment therapy

8. Jerome, 68, joined a depression group after retiring and has described feeling "useless" since leaving work. In the sixth session, a younger member thanks Jerome because his suggestion helped her handle a conflict with her supervisor. Jerome says it is the first time in months he has felt he mattered to anyone. Which therapeutic factor best accounts for Jerome's shift?

A. Interpersonal learning
B. Existential factors
C. Group cohesiveness
D. Altruism

9. A researcher compares adults who experienced parental divorce before age 10 with adults who did not, examining differences in adult attachment anxiety. The researcher did not and could not manipulate the grouping variable. Which design is this?

A. Causal-comparative design
B. Quasi-experimental design
C. Nonequivalent control group design
D. Cross-sectional correlational design

10. Ana, a counselor at a sexual assault center for three years, notices she now believes the world is basically unsafe, distrusts strangers, and checks her locks repeatedly. She has no personal trauma history. Which concept best explains these changes?

A. Moral injury
B. Burnout
C. Vicarious traumatization
D. Countertransference

11. A school counselor asks Tyler, 15, "Why did you skip school yesterday?" Tyler crosses his arms and says, "I don't know." Which rephrasing would Ivey most likely recommend?

A. Did you skip because of the math test yesterday?
B. Why do you think skipping felt necessary to you?
C. What was going on yesterday that led you to leave school?
D. Do you understand there are consequences for skipping?

12. The Myers-Briggs Type Indicator (MBTI) is based on the theory of which of the following?

A. Carl Jung's theory of psychological types
B. John Holland's theory of vocational personalities
C. Raymond Cattell's trait theory of personality
D. Costa and McCrae's five-factor model

13. Gloria, 70, has been unable to function for 18 months since her husband died. She longs for him intensely every day, avoids reminders of him, and says life feels meaningless. Which approach is specifically designed and tested for her condition?

A. Prolonged grief disorder therapy combining loss- and restoration-focused work
B. Critical incident stress debriefing to process the night he died
C. Encouraging her to give away his belongings to promote closure
D. Waiting another year before intervening, because grief follows no fixed timeline

14. Lena angrily criticizes her partner Sam for working late. In an emotionally focused couple therapy session, the counselor slows the exchange and helps Lena notice the fear of being unimportant and alone beneath her anger, then share it with Sam. What is the main purpose of this intervention?

A. To teach Lena a communication skill so she criticizes Sam less often
B. To interpret how Lena projects her parents' rejection onto Sam
C. To dispute Lena's irrational belief that Sam must always be available whenever she needs him
D. To access primary attachment emotions that can shift the couple's interaction

15. Sara, 31, who describes a history of inconsistent caregiving, has begun texting her counselor several times a week between sessions, asking whether the counselor is upset with her and fearing the counselor will stop seeing her. What is the most therapeutically sound response?

A. Discuss the pattern in session, restate the contact policy, and stay consistently reliable within those limits
B. Refer Sara to a dialectical behavior therapy program because the texting indicates borderline personality disorder
C. Reply promptly to each text for several weeks to build trust before addressing the pattern in session
D. Interpret the texting as transference and limit session discussion to its childhood origins

16. Aisha, 17, is a gifted student with high ability and strong interest in science, music, writing, and politics. Her interest profile is uniformly high, and she feels paralyzed because she "could do anything." How can the counselor help her MOST?

A. Explore her values and life goals to help her prioritize among many viable options
B. Encourage her to delay deciding until her interests narrow on their own
C. Advise her to choose the most prestigious field so that her abilities are fully used
D. Identify her single highest aptitude score and direct her toward that field

17. Which statement best describes a stepped-care model of treatment?

A. Begin with the least intensive effective care and step up if needed
B. Start every client at the highest level of care and then step down over time
C. Use group therapy first and add individual therapy only for crisis situations
D. Assign the level of care by diagnosis and keep it the same throughout treatment

18. In DSM-5-TR, which caffeine-related condition is listed among the conditions for further study rather than as an official diagnosis?

A. Caffeine withdrawal
B. Caffeine use disorder
C. Caffeine-induced sleep disorder
D. Caffeine intoxication

19. Solution-focused brief therapy and narrative therapy share which basic assumption that distinguishes them from reality therapy?

A. Reality is socially constructed through language and conversation
B. People are internally motivated to meet five basic needs
C. Clients must evaluate their own behavior before planning
D. The counselor should teach clients to take responsibility

20. A counselor notices she feels frustrated and keeps giving advice to a client who has relapsed several times on methamphetamine, and the client has begun arguing with each suggestion. What is the most appropriate action for the counselor?

A. Confront the client firmly about the consequences of continued methamphetamine use
B. Notice her righting reflex, return to reflective listening, and seek supervision
C. Refer the client elsewhere because repeated relapse shows MI is ineffective for him
D. Suspend counseling until the client shows readiness by staying abstinent for a month

21. Andre, 45, scores 8 on the PHQ-9, which falls in the mild range. However, on the item about thoughts of being better off dead or of self-harm, he endorses "several days." What should the counselor do NEXT?

- **A.** Readminister the PHQ-9 in 2 weeks to monitor for change
- **B.** Note that his mild total score indicates low suicide risk
- **C.** Refer him for a medication evaluation based on his score
- **D.** Conduct a thorough suicide risk assessment during this session

22. A counselor who leads a weekly group learns that a current member has started dating her adult son. What is the MOST appropriate action?

- **A.** Tell the member in group that the relationship must end if she wishes to keep attending
- **B.** Consult and consider a referral because of the dual relationship
- **C.** Continue as before, because the relationship involves her son and not the counselor herself
- **D.** Disclose the relationship to the full group so that all members can share their reactions

23. A counseling program adds an optional eight-week course for trainees to reduce stress. It includes body scan exercises, sitting meditation, and gentle yoga, based on Kabat-Zinn's work. Which program is this?

- **A.** Stress inoculation training
- **B.** Mindfulness-based stress reduction
- **C.** Progressive muscle relaxation training
- **D.** Dialectical behavior therapy skills training

24. Agnes, 82, tells her counselor that her adult son has been cashing her pension checks without permission, and the counselor notices bruises on her arms. Agnes begs the counselor not to tell anyone. In most states, what should the counselor do?

- **A.** Invite the son to a joint session to confront the exploitation before involving authorities
- **B.** Keep the information confidential because Agnes is an adult and has asked for privacy
- **C.** Document further evidence over several sessions before deciding whether a report is warranted
- **D.** Report to adult protective services as state law requires and discuss the report with Agnes

25. In Clara Hill's three-stage helping model, a counselor who is using challenges, interpretations, and immediacy is working primarily in which stage?

- **A.** Exploration
- **B.** Insight
- **C.** Consolidation
- **D.** Action

26. In a normal distribution, about what percentage of scores fall within one standard deviation above and below the mean?

- **A.** About 99.7%
- **B.** About 34%
- **C.** About 95%
- **D.** About 68%

27. Counselor Paulo recognizes that continuing to see a client whose needs exceed his training is unethical and knows he should refer. However, he keeps the client because the practice's income is down and he values the fees more than the ethical concern. Using Rest's four-component model, Paulo's lapse is MOST clearly a failure of which component?

- **A.** Moral judgment
- **B.** Moral motivation
- **C.** Moral character
- **D.** Moral sensitivity

28. Mariana, 16, was born in the United States to parents who immigrated from Guatemala. Her parents speak mostly Spanish and expect her to stay home after school and help care for siblings, while Mariana wants to join sports and date like her peers. Family arguments have escalated. Which concept BEST describes the source of this conflict?

A. Marginalization within the host culture
B. An acculturation gap between generations
C. Enmeshment and blurred boundaries within the family system
D. Identity foreclosure in adolescence

29. According to Helms's racial identity interaction model, what type of counseling relationship exists when the counselor's racial identity status is more advanced than the client's?

A. Progressive
B. Crossed
C. Parallel
D. Regressive

30. Berry also described the strategies a dominant society may use toward nondominant groups. When the larger society imposes the separation of a nondominant group, Berry terms that strategy:

A. Exclusion
B. Melting pot
C. Segregation
D. Multiculturalism

31. Counselor Ana completes a thorough suicide risk assessment with Mr. Lindqvist, 52, who has recently lost his job, and she decides outpatient care with a safety plan is appropriate. Which documentation would best protect both the client and Ana if her decision were later questioned?

A. A minimal note in the record, with her detailed reasoning kept separately at home to reduce what could be subpoenaed
B. Mr. Lindqvist's statements quoted word for word, without her interpretations, so that the note stays fully objective
C. Risk and protective factors, the reasoning behind the plan, the safety plan, and any consultation
D. A brief entry noting that a risk assessment was completed and the client denied suicidal intent at this session

32. An agency director records whether each client completed treatment (yes or no) and each client's referral source (self, court, or physician). She wants to know whether completion is related to referral source. Which analysis is appropriate?

A. Point-biserial correlation
B. Chi-square goodness-of-fit test
C. One-way analysis of variance
D. Chi-square test of independence

33. Dana, an LPC at a community agency, overhears a colleague, Marcus, discussing an identifiable client's affair with nonclinical staff in the break room. The client's information did not come to Dana through her own counseling relationships. According to the ACA Code of Ethics, what should Dana do FIRST?

A. Notify the client that Marcus disclosed confidential information to others
B. File a formal complaint with the state counseling licensing board about Marcus
C. Speak privately with Marcus and try to resolve the matter informally
D. Submit a written report to the ACA Ethics Committee before speaking with Marcus

34. In an ongoing group, Victor, 40, tells long stories about past events in great detail but rarely mentions his feelings. Which intervention BEST shifts him toward productive work?

- **A.** Let him finish each story because interruptions may damage cohesion
- **B.** Ask the other members to rate how interesting they find his stories
- **C.** Interpret his storytelling as a sign of an underlying personality disorder
- **D.** Ask Victor how the story relates to what he is feeling here and now

35. Jane Loevinger's stages of ego development are most commonly assessed with the

- **A.** Washington University Sentence Completion Test
- **B.** Moral Judgment Interview
- **C.** Defining Issues Test
- **D.** Ego Identity Status Interview

36. Josh, 30, reports a depressed mood for the past month that briefly lifts when friends visit. He sleeps 11 hours a night, has gained 15 pounds, says his arms and legs feel "heavy like lead," and has long been very sensitive to perceived rejection. Which DSM-5-TR specifier BEST fits his major depressive episode?

- **A.** With atypical features
- **B.** With seasonal pattern
- **C.** With mixed features
- **D.** With melancholic features

37. Rosa, 55, is being discharged from a 10-day crisis stabilization unit after a manic episode. Which component is MOST critical to include in her discharge plan?

- **A.** A recommendation that she avoid telling her employer anything about the recent hospitalization
- **B.** A scheduled follow-up with a prescriber and counselor, plus an early-warning relapse plan
- **C.** A list of community recreation programs she might enjoy
- **D.** Instructions to resume her usual work schedule immediately

38. During her third month of counseling, Bianca, 35, sends her counselor a friend request on his personal social media account. What should the counselor do?

- **A.** Accept the request after termination is scheduled, as a transition step
- **B.** Accept the request but restrict Bianca's view to limited profile content
- **C.** Decline the request and discuss it with Bianca, referencing the social media policy
- **D.** Ignore the request and say nothing, so Bianca is not embarrassed in session

39. A counselor recommends IOP for Luis, who has moderate alcohol use disorder. His insurer will cover IOP only for a severe disorder, and Luis asks the counselor to 'just write severe.' What should the counselor do?

- **A.** Record the accurate diagnosis and explore an appeal or other covered options
- **B.** Record severe but note the true severity in a separate private file
- **C.** Tell Luis that IOP is not possible and end the discussion of treatment
- **D.** Record severe, since the change benefits Luis and he has asked for it

40. In most states, what level of certainty must a counselor have before the legal duty to report suspected child abuse is triggered?

- **A.** A preponderance of the evidence that abuse has occurred
- **B.** Clear and convincing evidence that abuse has occurred
- **C.** Reasonable suspicion that abuse has occurred
- **D.** A direct disclosure of abuse from the child or a witness

41. Lily, 4, was adopted at age 2 from an orphanage where she had little consistent caregiving. Her adoptive parents report that she approaches unfamiliar adults without hesitation, hugs strangers, and would readily leave the park with someone she had never met, without checking back with her parents. Which diagnosis is most appropriate?

- **A.** Autism spectrum disorder
- **B.** Disinhibited social engagement disorder
- **C.** Reactive attachment disorder
- **D.** Attention-deficit/hyperactivity disorder

42. Glen, 61, is assessed as being at moderate suicide risk. He keeps two hunting rifles in his home and has agreed to work on a safety plan. Which means-restriction approach is MOST consistent with best practice?

- **A.** Storing the rifles in a locked gun safe at home and keeping the combination himself
- **B.** Removing the ammunition but keeping the rifles at home for hunting season
- **C.** Arranging temporary storage of the rifles with a trusted person outside the home
- **D.** Agreeing to tell the counselor if he ever starts thinking about using a rifle

43. Aaron, 29, has insurance but decides to pay for counseling entirely out of pocket. He asks his counselor, who works in a HIPAA-covered practice, not to send any information about his sessions to his health plan. How must the practice respond?

- **A.** It may decline, because insurers are entitled to information about all services their members receive
- **B.** It must agree, because HIPAA requires honoring restrictions on disclosures to a health plan for services paid in full out of pocket
- **C.** It may decline, because HIPAA covered entities are never required to agree to restrictions that clients request on disclosures of their information
- **D.** It must agree only if Aaron provides a written statement that disclosure would endanger him

44. Harold, 58, was recently diagnosed with type 2 diabetes and is ambivalent about changing his diet. Which statement by Harold is an example of change talk?

- **A.** "Honestly, I don't eat any worse than most people I know."
- **B.** "I've tried diets before, and none of them have ever worked for me."
- **C.** "My doctor keeps saying I should check my blood sugar more often."
- **D.** "I really need to get my blood sugar under control before it gets worse."

45. Brenda, 44, was referred by her employee assistance program after repeatedly missing work. She opens the session by saying, "I'm only here because HR made me come. This is a waste of my time." Which response is most consistent with motivational interviewing?

- **A.** "A lot of people with attendance problems feel defensive when they first come in."
- **B.** "Your attendance records show you've missed eleven days in the last two months."
- **C.** "It sounds like you didn't choose this, and you're the best judge of what's worth your time."
- **D.** "Let's look together at some of the reasons your absences might be a much bigger problem than you think."

46. In Kottman's Adlerian play therapy, the counselor teaches the child new skills and uses role play to practice more constructive behaviors. In which phase does this work mainly occur?

- **A.** Exploring the child's lifestyle
- **B.** Reorientation and reeducation
- **C.** Helping the child gain insight
- **D.** Building an egalitarian relationship

47. During a session, Victor, 47, says he plans to shoot himself this weekend, has a loaded handgun at home, and has written goodbye letters to his children. What should the counselor do FIRST?

A. Arrange an immediate emergency evaluation and make sure he is not left alone
B. Ask Victor to sign a no-suicide contract and schedule a session for early next week
C. Give him the 988 crisis line number and ask him to remove the gun from his home
D. Finish the session and consult with a supervisor before deciding next steps

48. Elena, 22, is a bisexual woman from a religiously conservative family. She tells her counselor she is considering coming out to her parents at an upcoming holiday gathering but fears being cut off financially while she is still in college. Which approach by the counselor is MOST appropriate?

A. Advise her to wait until she is financially independent before telling her family
B. Explore her safety, support systems, and readiness so she can make her own decision
C. Offer a family session in which the counselor helps her disclose to her parents
D. Encourage her to disclose soon, since concealment is linked to poorer mental health

49. Marcus, 34, was harshly criticized by his supervisor in front of coworkers but said nothing. That evening he screams at his teenage son for leaving a dish in the sink. Which defense mechanism best explains Marcus's behavior?

A. Projection
B. Rationalization
C. Displacement
D. Reaction formation

50. A counselor-researcher uses a mild deception approved by the IRB, telling participants the study concerns memory when it actually examines responses to social feedback. Under the ACA Code of Ethics, what must occur once data collection ends?

A. Explain the true purpose to participants as soon as feasible
B. Destroy the data collected under the deceptive pretext
C. Notify the licensing board that deception was used
D. Obtain new written consent before any further contact

51. Dr. Owens, a Black woman, is counseling Jennifer, a White woman, who is concerned about stress at work. Considering race alone, which MSJCC quadrant best describes this counseling relationship?

A. Privileged counselor and privileged client
B. Marginalized counselor and marginalized client
C. Marginalized counselor and privileged client
D. Privileged counselor and marginalized client

52. Harold, 70, lost his wife of 45 years to cancer 8 months ago. Nearly every day for the past several months he has felt intense yearning for her, has felt that part of himself died, and has avoided reminders of her, and these reactions significantly impair his functioning. He does not meet criteria for a major depressive episode. Which conclusion is MOST accurate?

A. He does not yet meet criteria, because at least 12 months must have passed since the death
B. He meets criteria for major depressive disorder with a bereavement-related specifier
C. He meets criteria for prolonged grief disorder because his symptoms have exceeded 6 months
D. He meets criteria for posttraumatic stress disorder because the death of a spouse is a qualifying trauma

53. In DSM-5-TR, the "with rapid cycling" specifier for bipolar I or bipolar II disorder requires which of the following?

A. At least two manic episodes within the previous 6 months
B. A switch from depression to mania within 48 hours
C. At least four mood episodes within the previous 24 months
D. At least four mood episodes within the previous 12 months

54. Denise, 39, says, "I'm totally fine with the divorce. It was for the best," as her voice catches and her eyes fill with tears. Which response best reflects Ivey's approach to supportive confrontation?

A. It sounds like you've come to accept that the divorce was for the best.
B. You're clearly not fine, and it's okay to admit to yourself that the divorce still hurts you.
C. How long has it been since the divorce was finalized for you two?
D. On one hand, you're saying you're fine; on the other, I notice tears as you talk about it.

55. The feminist therapy principle "the personal is political" means that:

A. clients should be encouraged to run for political office
B. problems are personal failings unrelated to wider society
C. counselors should openly share their own political views with every client they see
D. individual problems are shaped by social, cultural, and political contexts

56. Over three sessions, Keisha, 38, has shifted from "I don't know if I can leave this job" to "I've started updating my résumé, and I want to apply to two positions this week." Her sustain talk has decreased. In motivational interviewing terms, what is the most appropriate next step?

A. Test the water by summarizing her change talk and asking about her next steps
B. Present a detailed job-search plan for her to follow over the coming month
C. Continue eliciting desire and reasons until her ambivalence has fully disappeared
D. Shift to exploring the costs of leaving to strengthen her decisional balance

57. With about five minutes left in the session, Tom, 50, has discussed his health scare, his worry about his family's finances, and a tentative plan to meet with a financial planner. Which counselor action is most appropriate?

A. Ask an open question about his relationship with his adult children
B. Offer an interpretation linking his health fears to his finances
C. Summarize the main themes and his plan, then check for accuracy
D. Reflect only his most recent feeling and invite him to explore it

58. During a session, Dmitri, 44, says he swallowed a large number of pills before arriving and then becomes unresponsive. Paramedics arrive and ask the counselor what he took. What should the counselor do?

A. Call Dmitri's emergency contact to get permission to share
B. Give paramedics a copy of his complete counseling record
C. Decline to answer until Dmitri can authorize the disclosure
D. Share the information paramedics need to treat him

59. Counselor Alana accepts a job in another state and has six weeks before leaving her private practice. Which action BEST reflects her ethical obligation to her current clients?

A. Notify clients promptly, process the ending, and arrange appropriate transfers or referrals
B. Close all cases now so clients have the full six weeks to find new providers
C. Continue seeing all current clients by telehealth from her new state so their care is not interrupted
D. Inform clients in their last session and give each a list of local counselors

60. A counselor in private practice is treating Ethan, 10, for behavior problems related to ADHD and wants to coordinate with Ethan's classroom teacher. What is required first?

A. Nothing further, because FERPA allows schools to share information with outside providers
B. Signed authorization from Ethan's parent or legal guardian to communicate with the school
C. Ethan's verbal assent, since he is old enough to agree to contact with his own teacher
D. A written request from the school psychologist, which serves as authorization for contact

61. Kayla, a 14-year-old ninth grader, tells her school counselor that she has been thinking about killing herself and has looked up how many pills would be lethal. She begs the counselor not to tell her parents. What should the school counselor do?

A. Inform only the principal, who decides whether to call parents
B. Honor Kayla's request, because she has not acted on her thoughts
C. Notify Kayla's parents and follow the school's risk protocol
D. Create a written safety plan with Kayla and check in next week

62. After assessment, a counselor recommends that her client, Jasmine, 19, who has chronic self-harm, move to an intensive DBT program at another agency. Jasmine agrees. What is the counselor's best next step?

A. Continue weekly sessions alongside the DBT program indefinitely in case it fails
B. Wait until Jasmine has started the program before discussing ending their work
C. Discuss the transition with Jasmine and coordinate with the new program
D. End services today and give Jasmine the DBT program's intake phone number

63. Mei, 52, who immigrated from China, reports fatigue, headaches, and dizziness and asks for help with her 'weak nerves,' while denying sadness. A medical workup is negative. Which counselor approach is most culturally responsive?

A. Gently confront her denial by pointing out the likely emotional roots of her symptoms
B. Administer a depression inventory to confirm the mood disorder she is masking
C. Diagnose somatic symptom disorder and begin psychoeducation on mind-body links
D. Explore Mei's own explanatory model of her symptoms before offering any formulation

64. According to Gerard Egan's Skilled Helper model, challenging a client is most effective when it:

A. is tentative, rests on a solid relationship, and invites the client to challenge themself
B. is offered early, before rapport makes the client too comfortable to examine blind spots
C. focuses on the client's character traits rather than on specific behaviors in context
D. is repeated firmly until the client accepts the counselor's view of the situation

65. Jordan, 32, has had four sudden episodes in 2 months of a pounding heart, sweating, shortness of breath, and fear of dying that peaked within minutes, with no obvious trigger. A cardiac workup was normal. Since then he has worried constantly about another attack and has stopped exercising to avoid raising his heart rate. Which diagnosis is most appropriate?

A. Illness anxiety disorder
B. Panic disorder
C. Agoraphobia
D. Generalized anxiety disorder

66. According to SCCT's interest model, career interests are primarily predicted by which variables?

A. Stable personality type and environmental fit
B. Genetic endowment and environmental conditions
C. Early parent-child relations and need satisfaction
D. Self-efficacy beliefs and outcome expectations

67. In an experimental study of a new trauma intervention, which procedure most directly protects internal validity by making the treatment and control groups equivalent at the outset?

A. Random assignment of participants to conditions
B. Using a large and demographically diverse sample
C. Matching the study site to typical clinical settings
D. Random selection of participants from the population

68. A client submits a written request to a HIPAA-covered counseling practice for a copy of her records in the designated record set. Under the Privacy Rule, within what time frame must the practice generally act on the request?

- **A.** Within 90 calendar days, provided the practice charges no fee for copies
- **B.** Within 10 business days, with no extension permitted
- **C.** Within 30 calendar days, with one 30-day extension if the client is notified in writing
- **D.** Within 60 calendar days, the same deadline that applies to notifying individuals of a breach of unsecured PHI

69. A counselor in an integrated primary care clinic wants a brief screen to identify adults whose drinking is hazardous or harmful, including people who drink at risky levels but have not developed dependence. The tool should cover the past year and include consumption questions. Which instrument is the best choice?

- **A.** Drug Abuse Screening Test, 10-item version (DAST-10)
- **B.** Michigan Alcoholism Screening Test, Short Form (SMAST)
- **C.** CAGE questionnaire
- **D.** Alcohol Use Disorders Identification Test (AUDIT)

70. An outcome study reports that clients' mean improvement was 6.2 points, with a 95% confidence interval of 3.1 to 9.3. Which interpretation is most accurate?

- **A.** 95% of the clients in the sample improved by between 3.1 and 9.3 points
- **B.** The procedure yields intervals capturing the true mean 95% of the time
- **C.** There is a 95% probability that any individual client improved between 3.1 and 9.3 points
- **D.** The intervention is effective for 95% of clients with this diagnosis

71. A leader of an open-ended group must leave the agency in two months. Which plan BEST protects continuity of care?

- **A.** Tell members during the final session so that they are not distracted beforehand
- **B.** Close the group immediately and refer each member individually to outside providers
- **C.** Have the new leader begin without introduction so that the group stays undisrupted
- **D.** Announce it early, process reactions, and arrange a new leader

72. Clozapine is reserved mainly for treatment-resistant schizophrenia in part because it

- **A.** has a narrow therapeutic index that requires frequent lithium-style serum levels
- **B.** has a high potential for misuse and is a controlled substance
- **C.** interacts dangerously with dietary tyramine
- **D.** can cause severe neutropenia, requiring regular blood monitoring

73. The Multicultural and Social Justice Counseling Competencies (MSJCC), endorsed by ACA in 2015, are organized into four developmental domains. Which set correctly lists those domains?

- **A.** Privilege, marginalization, intersectionality, and oppression across all counseling settings
- **B.** Awareness, knowledge, skills, and action at the individual, institutional, and societal levels
- **C.** Self-awareness, client worldview, counseling relationship, and counseling and advocacy interventions
- **D.** Client empowerment, client advocacy, community collaboration, and systems advocacy

74. A managed care reviewer is deciding whether to authorize continued stay at a partial hospitalization level. Which documentation best supports the request?

- **A.** A statement that the client prefers to stay in the current program
- **B.** Current objective data showing the client still meets criteria, with measured progress
- **C.** The client's diagnosis and the date the client was first admitted
- **D.** The counselor's opinion that more time is likely to be beneficial

75. A school team is reluctant to support a diagnosis of specific learning disorder for Kayla, 11, because her reading achievement score is only 1 standard deviation below her Full Scale IQ. Her reading problems have persisted for over a year despite targeted small-group intervention, and standardized testing places her reading well below age expectations. According to the DSM-5-TR, which statement is accurate?

A. The diagnosis requires a Full Scale IQ below 85 in addition to low achievement
B. No IQ-achievement discrepancy is required if other criteria are met
C. The diagnosis cannot be made until formal reading instruction has lasted 5 years
D. A discrepancy of at least 1.5 standard deviations is required for the diagnosis

76. Lena, 31, is being assessed for cocaine use disorder. She lives with a roommate who sells cocaine from their apartment, and her boyfriend uses with her on weekends. Under the ASAM Criteria (3rd ed.), which dimension most directly captures these concerns?

A. Relapse, continued use, or continued problem potential
B. Readiness to change
C. Emotional, behavioral, or cognitive conditions and complications
D. Recovery/living environment

77. On a scale from 0 to 10, where 10 means her anxiety is no longer interfering with her life, Priya, 30, rates herself a 3. Which follow-up is most consistent with solution-focused brief therapy?

A. "When did your anxiety first rise above a 3?"
B. "What would be different when you are at a 4?"
C. "Why do you think you are not higher than a 3?"
D. "What thoughts are keeping you stuck at a 3?"

78. Rachel, 34, reports frequent flashbacks and nightmares related to abuse by a former church leader. Whenever the counselor reflects her feelings, she says, "I've forgiven him. It's in God's hands now," and changes the subject, although her symptoms are worsening. Which concept BEST describes this pattern?

A. Positive religious coping
B. Religious scrupulosity
C. Spiritual emergency
D. Spiritual bypassing

79. A counselor referred Omar, 23, to a community clinic for an ADHD evaluation. At the next session, Omar says he never called because he wasn't sure what to say. The most effective next step is to:

A. document his noncompliance and remind him that follow-through is his responsibility
B. give him a second copy of the clinic's number and check back on it next month
C. help Omar make the call during the session and plan around any other barriers
D. drop the referral, since his hesitation shows he is not yet ready for an evaluation

80. Sam, 12, spends hours arranging objects until they feel "just right" and repeatedly retouches doorframes; he recognizes these behaviors are excessive. He has also had motor tics, such as eye blinking and shoulder shrugging, for the past 2 years. Which diagnosis best captures his presentation?

A. Obsessive-compulsive disorder, with poor insight
B. Obsessive-compulsive disorder, with good or fair insight, tic-related
C. Obsessive-compulsive personality disorder
D. Tourette's disorder, with compulsive features

81. Ellen, 64, became depressed after retiring from a 35-year teaching career and moving to a new city to be near her daughter. She says she no longer knows who she is or where she fits. If her counselor uses interpersonal psychotherapy (IPT), which problem area would MOST likely be the focus?

- **A.** Interpersonal deficits
- **B.** Interpersonal role dispute
- **C.** Role transition
- **D.** Grief

82. Marcus, 16, lives in a residential treatment program where staff inspect rooms and award points every Friday at 3:00 p.m. Staff notice that Marcus leaves his room messy most of the week and cleans it intensively on Thursday nights. Which reinforcement schedule best accounts for this pattern?

- **A.** Fixed interval
- **B.** Variable ratio
- **C.** Fixed ratio
- **D.** Variable interval

83. In an interpersonal therapy group, Ingrid discloses for the first time that she declared bankruptcy years ago and has hidden it from everyone, including her current partner. She then begins recounting every detail of the financial crisis. Consistent with Yalom's distinction between vertical and horizontal disclosure, which leader response is most therapeutic?

- **A.** Ask her what it is like to share this with the group and how she imagines members now see her
- **B.** Ask her to describe in more detail how the bankruptcy happened and who was involved
- **C.** Reassure her that bankruptcy is common and nothing to be ashamed of
- **D.** Ask other members to offer advice about whether she should tell her partner

84. Rachel, a counselor, notices that she regularly lets sessions run long with a 22-year-old client who reminds her of her younger brother, and she recently gave him her personal cell number "in case he needs anything." This pattern most likely reflects:

- **A.** Therapeutic self-disclosure that builds rapport
- **B.** Transference originating with the client
- **C.** Countertransference showing up as overinvolvement
- **D.** Unconditional positive regard expressed as appropriate warmth

85. Theo, 45, has insomnia. His strategic counselor instructs him that whenever he is awake in bed for more than 15 minutes, he must get up and scrub the kitchen floor until he feels sleepy. This intervention is best identified as

- **A.** circular questioning
- **B.** positive connotation
- **C.** an ordeal
- **D.** the pretend technique

86. An outpatient clinic already runs a structured clinical interview at every intake. The director is deciding whether to add a 20-minute self-report screener and wants to know whether it improves the prediction of which clients will drop out of treatment beyond what the interview already provides. Which concept is the director evaluating?

- **A.** Incremental validity
- **B.** Content validity
- **C.** Internal consistency
- **D.** Concurrent validity

87. An Adlerian counselor gathers information about a client's family constellation, birth order, and early recollections. What is the primary purpose of this lifestyle assessment?

A. To determine which ego state dominates the client's interpersonal transactions
B. To establish a baseline frequency of problem behaviors before intervention
C. To identify the client's style of life, including core convictions and goals
D. To uncover unresolved psychosexual conflicts that were repressed in childhood

88. In the 1940s, Carl Rogers's book Counseling and Psychotherapy challenged the dominant directive, trait-and-factor approach to counseling. Which counselor is MOST closely associated with that directive approach, sometimes called the Minnesota point of view?

A. E. G. Williamson
B. Frank Parsons
C. John Holland
D. Donald Super

89. Marcus, 29, is leaving the Army after eight years as a logistics specialist. He says, "I know I'm good at what I did, but I have no idea what civilian jobs it matches." Which resource would help MOST directly with this concern?

A. Retaking the ASVAB so that his current aptitude scores can be matched to civilian job families
B. O*NET's military crosswalk, which links military job codes to civilian occupations
C. The Occupational Outlook Handbook's wage and outlook data for logistics occupations
D. The Myers-Briggs Type Indicator, to identify civilian work settings that fit his personality type

90. Early in a session, the counselor asks Dana, a 38-year-old client, "What does your husband think?" Dana pauses, says "my wife," and becomes quieter for the rest of the hour. What is the counselor's best response?

A. Own the assumption without defensiveness and invite Dana to share its impact
B. Explain that the question was not intended to cause any offense
C. Offer a referral to a counselor who specializes in working with LGBTQ+ clients
D. Move on without comment so as not to draw more attention to it

91. Bowen's early term for the intense emotional "stuck-togetherness" found in families with low differentiation was

A. the undifferentiated family ego mass
B. the pseudomutual family
C. the enmeshed family system
D. the family projection process

92. Garry Prouty's pre-therapy extends person-centered work to clients with severe impairments, such as psychosis or significant intellectual disability, by focusing on which of Rogers' conditions?

A. Client incongruence
B. Empathic understanding
C. Counselor congruence
D. Psychological contact

93. Jordan, 19, a college sophomore, was cited for underage drinking at a party. Screening shows occasional binge drinking but does not meet criteria for a substance use disorder. Which level of service is most appropriate?

A. Early intervention, such as a brief screening and alcohol education program
B. Standard outpatient treatment for a mild alcohol use disorder diagnosis
C. An intensive outpatient program meeting several evenings each week
D. Clinically managed residential treatment to interrupt the drinking pattern

94. A counselor asks Ben, who has social anxiety, to rephrase "I'm going to embarrass myself" as "I'm having the thought that I'm going to embarrass myself," and to notice the thought without acting on it. Which technique is the counselor using?

A. Thought stopping
B. Cognitive defusion
C. Paradoxical intention
D. Cognitive restructuring

95. Harold, 81, an amateur violinist, has noticed his fingers can no longer play fast passages at their former speed. He now plays the passages just before a fast section more slowly, so the fast section still sounds quick by contrast. In Baltes' selective optimization with compensation model, this tactic best illustrates:

A. Compensation
B. Substitution
C. Selection
D. Optimization

96. Which set lists the three dimensions of burnout in Maslach's model?

A. Compassion satisfaction, burnout, and secondary traumatic stress
B. Exhaustion, depersonalization, and reduced accomplishment
C. Disrupted schemas of safety, trust, and intimacy
D. Intrusion, avoidance, and heightened physiological arousal

97. Diane's husband of 40 years has advanced Alzheimer's disease. He lives at home but no longer recognizes her, and she says, "He's here, but my husband is gone." Using Pauline Boss's framework, Diane's experience is best described as ambiguous loss in which the person is:

A. Physically absent but psychologically present
B. Both physically and psychologically absent
C. Physically present but psychologically absent
D. Psychologically present but socially unacknowledged

98. Carlos, 23, says, "My parents keep asking when I'll get a real job, and I just nod and change the subject." Which counselor response best reflects feeling?

A. "You sound frustrated, and maybe a little embarrassed, when they press you about work."
B. "What do you think would happen if you told them how you really feel about it?"
C. "So your parents keep asking about your job plans, and you usually tend to avoid the topic."
D. "A lot of young adults struggle with family expectations about their careers."

99. A study reports a correlation of $r = .60$ between counseling self-efficacy and supervisor ratings of counseling skill. What percentage of the variance in skill ratings is shared with self-efficacy?

A. 36%
B. 64%
C. 60%
D. 6%

100. A school counselor is reviewing occupations with Aaliyah, 16, whose Self-Directed Search code is SEA. Based only on Holland's principle of congruence, which occupation would provide the closest fit?

A. Social worker
B. Research chemist
C. Mechanical engineer
D. Bookkeeper

101. Gestalt counselors generally favor "what" and "how" questions over "why" questions mainly because "why" questions tend to

A. pull clients into explanations and intellectualizing rather than present awareness
B. make clients feel judged in ways that rupture the working alliance
C. shift responsibility for change from the client to the counselor
D. require the counselor to interpret unconscious material that cannot be verified in session

102. Which statement most accurately describes culture-fair intelligence tests such as the Cattell Culture Fair Intelligence Test?

A. They eliminate mean score differences between cultural and ethnic groups
B. They are culture-free because they rely on nonverbal and figural items only
C. They reduce, but do not remove, cultural influences on scores
D. They are valid only for examinees whose first language is English

103. Which federal legislation, passed in response to the Soviet launch of Sputnik, provided funding to train school counselors, largely to identify and encourage students talented in math and science?

A. George-Barden Act of 1946
B. Smith-Hughes Act of 1917
C. Elementary and Secondary Education Act of 1965
D. National Defense Education Act of 1958

104. Simone, an LPC with ten years of experience in career counseling, attends a weekend workshop on EMDR and wants to begin using it with her trauma clients the following Monday. Which action is MOST consistent with the ACA Code of Ethics?

A. Use EMDR only with clients who sign a waiver acknowledging her limited training
B. Obtain appropriate training and supervised experience before using it on her own
C. Begin using EMDR immediately, because her license permits any counseling technique
D. Consult the technique's published manual and begin once she has read it thoroughly

105. During an intake at a university counseling center, the counselor learns that Jamal, 19, saw a psychiatrist last year. Before the session ends, the counselor needs to confirm whether Jamal is currently taking any prescribed medication. Which type of question is most appropriate?

A. An open question, because it invites more elaboration on his history
B. A reflection of feeling, because it will lower his defensiveness first
C. A closed question, because a specific fact needs to be confirmed
D. A "could" question, because it gives him maximum room to respond

106. Elena, 41, seeks counseling because she always expected to have children and now realizes it will not happen. She feels a quiet but persistent sense of loss that her friends do not seem to recognize. In Schlossberg's typology, Elena is coping with which type of transition?

A. A nonevent
B. A developmental crisis
C. An anticipated transition
D. An unanticipated transition

107. A counselor who has led only individual sessions is asked to run a psychotherapy group for adults with complex trauma. Under ASGW standards, what should she do FIRST?

A. Co-lead with a peer who also has no group training to share responsibility
B. Obtain specialized training and supervised experience in group psychotherapy
C. Inform members of her inexperience and proceed if they sign a written waiver
D. Run the group as a psychoeducational group so that standards do not apply

108. Researchers find that cognitive therapy reduces depressive symptoms and that this reduction occurs because the therapy decreases clients' negative automatic thoughts; when changes in automatic thoughts are accounted for, the direct effect of therapy largely disappears. Negative automatic thoughts are best described as a

A. confounding variable
B. mediating variable
C. control variable
D. moderating variable

109. Thomas, an LPC in private practice, receives a subpoena for a former client's records from the attorney representing the client's ex-spouse in a custody case. The subpoena is not signed by a judge, and the former client has not authorized release. What is Thomas's BEST initial response?

A. Contact the former client and consult an attorney about asserting privilege
B. Ignore the subpoena entirely, because only a court order signed by a judge requires a response
C. Mail a complete copy of the record to the attorney, since a subpoena legally compels production
D. Send a treatment summary instead of the full record to satisfy the attorney's request

110. A new counselor leading a support group tells members at the first session, "This is your group; you decide what we talk about and how." She then offers almost no structure or direction for several weeks, and members report feeling lost and frustrated. Which leadership style, as described by Lewin and colleagues, is she displaying?

A. Transformational
B. Autocratic
C. Democratic
D. Laissez-faire

111. Grace, 55, says, "I went to one AA meeting last week, but I almost walked out before it started." Which counselor response is the best example of an MI affirmation?

A. "Even though it felt hard, you made it through the door and stayed."
B. "What made you want to walk out before it started?"
C. "Many people feel that way at their first meeting."
D. "Good job! I knew you could do it if you tried."

112. During a session, Walter, 63, suddenly reports crushing chest pain spreading to his left arm and becomes sweaty and short of breath. He insists it is "probably just anxiety." The counselor should:

A. ask about his history of panic attacks first
B. guide him through slow diaphragmatic breathing
C. call emergency medical services immediately
D. suggest he see his physician after the session

113. Midway through a productive session, the counselor notices that she and her client, Sofia, 41, have been shifting posture at nearly the same moments and are sitting in similar positions. According to Ivey, this pattern most likely indicates:

A. client anxiety expressed through imitation of the counselor
B. movement dissynchrony signaling a mismatch in communication
C. movement synchrony reflecting rapport between counselor and client
D. counselor overcontrol of the pacing of the interview

114. A licensed counselor sees news coverage of a wildfire in a neighboring region and wants to drive there immediately to offer counseling at the shelters. What is the most appropriate course of action?

- **A.** Affiliate with an organized disaster response agency before deploying
- **B.** Go and begin counseling, since emergency conditions override licensure rules
- **C.** Provide free sessions on site as long as she obtains informed consent
- **D.** Offer services at the shelters but avoid keeping any written records

115. Dev, 41, attends his first meeting of an outpatient substance use recovery group. After a member describes rebuilding her career and family over three years of sobriety, Dev tells the group, "If she got there, maybe I'm not a lost cause." Which therapeutic factor best describes Dev's reaction?

- **A.** Imitative behavior
- **B.** Imparting information
- **C.** Instillation of hope
- **D.** Universality

116. A clinic evaluator lists all 2,000 active client files alphabetically, randomly picks a starting point between 1 and 10, and then selects every 10th file for chart review. Which sampling method is this?

- **A.** Stratified sampling
- **B.** Cluster sampling
- **C.** Systematic sampling
- **D.** Purposive sampling

117. Mia, 26, describes 'mood swings' of intense anger, despair, or elation that last a few hours and usually follow perceived rejection by her partner. She also reports chronic feelings of emptiness, frantic efforts to avoid abandonment, and a history of self-harm. She has never had a period of elevated mood lasting several consecutive days. Which diagnosis is best supported?

- **A.** Major depressive disorder, with mixed features
- **B.** Borderline personality disorder
- **C.** Bipolar II disorder
- **D.** Cyclothymic disorder

118. An evaluator reviews session logs, attendance records, and recordings to determine whether facilitators of a school-based suicide prevention program delivered all modules as designed and reached the intended students. This evaluation focuses on

- **A.** summative outcomes
- **B.** cost-benefit ratio
- **C.** long-term impact
- **D.** implementation fidelity

119. Hiroshi, 52, a reserved Japanese American engineer, is seeing a Gestalt counselor for grief after his wife's death. He speaks quietly, avoids emotional displays, and seems uneasy when the counselor mentions "talking to an empty chair." The counselor's best approach is to

- **A.** abandon all Gestalt work and refer Hiroshi to a culturally matched counselor
- **B.** proceed with the empty chair because his reluctance signals avoidance to confront
- **C.** explain any experiment, offer it as an invitation, and respect his pace
- **D.** encourage Hiroshi to express his grief loudly so he can achieve catharsis

120. Jasmine, 23, is interested in physical therapy but admits she has only a vague idea of what physical therapists do day to day. She has researched the occupation in O*NET. What is the MOST useful next step?

- **A.** Take an aptitude battery to find out whether she can succeed in the field
- **B.** Complete the MBTI to see whether her type matches physical therapists
- **C.** Arrange an informational interview or job shadowing with a physical therapist
- **D.** Enroll in prerequisite courses so that she can test her commitment to the field

121. Walter, 74, has fluctuating attention and alertness, recurrent detailed visual hallucinations of small children in his room, and mild parkinsonism (rigidity and shuffling gait) that began after his cognitive decline. His wife says he has acted out his dreams in his sleep for years. Which diagnosis best fits?

A. Major neurocognitive disorder due to Alzheimer's disease
B. Major neurocognitive disorder due to Parkinson's disease
C. Major vascular neurocognitive disorder
D. Major neurocognitive disorder with Lewy bodies

122. According to American Academy of Pediatrics guidelines, what is the recommended first-line treatment for a 4-year-old diagnosed with ADHD?

A. Social skills training delivered individually to the child
B. Neurofeedback training as the initial intervention
C. Stimulant medication started right away, before any behavioral intervention is attempted
D. Parent training in behavior management, with or without classroom behavioral supports

123. Marisol, 34, has had recurrent unexpected panic attacks for eight months and now avoids driving on highways and riding elevators because she fears her racing heart signals a heart attack. Her physician has ruled out cardiac causes. Which treatment component most directly targets the mechanism maintaining her panic disorder?

A. Insight-oriented exploration of early losses linked to her anxiety
B. Interoceptive exposure to feared bodily sensations such as a rapid heartbeat
C. Thought stopping whenever catastrophic thoughts about her heart arise
D. Progressive muscle relaxation practiced daily as her primary coping skill for panic

124. To meet Criterion A for schizophrenia in DSM-5-TR, at least two characteristic symptoms must be present for a significant portion of a 1-month period. Which additional requirement applies to those symptoms?

A. At least one must be grossly disorganized or catatonic behavior
B. At least one must be a negative symptom such as avolition
C. At least one must occur outside of a major mood episode
D. At least one must be delusions, hallucinations, or disorganized speech

125. Sam, 33, mentions that on the two days he went for a morning walk this week, he felt less irritable at work. Consistent with a central rule of solution-focused brief therapy, the counselor would most likely:

A. explore the underlying causes of Sam's irritability at work
B. ask Sam to identify the thoughts that trigger his irritability
C. teach Sam a structured anger management protocol
D. encourage Sam to do more of the walking that seems to help

126. A counselor working with Samuel, 45, wants to assess how important the worker role is to him compared with his roles as parent, student, community member, and leisure participant, as well as how committed he is to each. Which Super-based instrument is designed for this purpose?

A. Values Scale
B. Salience Inventory
C. Career Development Inventory
D. Adult Career Concerns Inventory

127. A counselor wants a measure of normal adult personality that yields scores on Neuroticism, Extraversion, Openness, Agreeableness, and Conscientiousness, each broken into facets. Which instrument best fits this need?

A. Sixteen Personality Factor Questionnaire (16PF)
B. NEO Personality Inventory-3 (NEO-PI-3)
C. Myers-Briggs Type Indicator (MBTI)
D. Millon Clinical Multiaxial Inventory-IV (MCMI-IV)

128. Jordan, 27, tells his counselor that he worries something is wrong with him because he sometimes has sexual fantasies about people other than his partner. The counselor responds that such fantasies are very common and not a sign of a problem. In Annon's PLISSIT model, this response corresponds to which level?

A. Permission
B. Specific suggestions
C. Limited information
D. Intensive therapy

129. Counselor Aisha learns that her client Marco, 33, who uses a wheelchair, could not attend a job interview because the employer's office is inaccessible. Using the ACA Advocacy Competencies, which action reflects client-level advocacy carried out WITH Marco rather than on his behalf?

A. Writing a newspaper op-ed describing barriers that wheelchair users face at work
B. Calling the employer directly to request an accessible interview location for him
C. Helping Marco learn his ADA rights and plan how he will advocate for himself
D. Joining a local disability coalition to push for stronger accessibility ordinances

130. "Between now and the next time we meet, I would like you to observe, so that you can describe to me next time, what happens in your life that you want to continue to happen." This standard solution-focused assignment is known as the:

A. exception-finding scale
B. formula first session task
C. paradoxical prescription
D. ordeal assignment

131. Counselor Rafael, 50, is going through a painful divorce. He notices he has been distracted, forgetting important session details, and dreading his couples sessions. What does the ACA Code of Ethics direct him to do?

A. Transfer only his couples clients while keeping all of his individual clients as before
B. Continue his full caseload while carefully documenting his personal distress in each client's record
C. Disclose the divorce to his couples clients so they understand any lapses in his attention
D. Seek assistance for his problems and, if needed, limit or suspend his professional responsibilities

132. A counselor plans to use a standardized adjustment inventory with Amina, a 16-year-old who arrived from Somalia eight months ago and is still learning English. The inventory was normed on English-speaking U.S. adults. What is the most significant psychometric concern?

A. The inventory's internal consistency is likely to be too high
B. The norm group may not be representative of Amina, so normative comparisons may be invalid
C. The standard error of measurement will be zero for Amina's scores
D. The inventory will be criterion-referenced rather than norm-referenced for her

133. Lena, 22, completes the Self-Directed Search. Her scores on all six Holland types are low and nearly equal, producing a flat profile. What is the most appropriate interpretation?

- **A.** A well-defined vocational identity that is ready for occupational exploration
- **B.** Low differentiation, which may reflect indecision, limited exposure, or low mood
- **C.** High congruence, because she would fit equally well in any work environment
- **D.** High consistency, because her top types sit next to each other on the hexagon

134. A wildfire destroyed much of a small town, including the home of local counselor Lena, 44. She is now counseling residents who lost their homes in the same fire. Which concept best describes the counselor's situation?

- **A.** Countertransference
- **B.** Shared trauma
- **C.** Compassion fatigue
- **D.** Vicarious trauma

135. Goal attainment scaling (Kiresuk and Sherman) is useful for progress monitoring PRIMARILY because it:

- **A.** defines individualized goals with graded, scorable outcome levels
- **B.** compares each client's scores with a national normative sample
- **C.** provides a diagnosis-specific symptom count that is aligned with DSM-5-TR criteria for the presenting disorder
- **D.** is completed only by an independent rater blind to treatment

136. Tom, 45, has worked as an accountant for 20 years. After being laid off, he is taking prerequisite courses and job shadowing to find out whether he wants to become a nurse. Super would describe Tom as:

- **A.** experiencing a career plateau
- **B.** showing identity foreclosure
- **C.** recycling through the exploration stage
- **D.** regressing to the growth stage

137. Lena, 29, learns that her job may be cut. She tells her counselor, 'I decided I'm not going to think about the layoffs until after my sister's wedding next week. I'll deal with it then.' Which defense mechanism is Lena using?

- **A.** Isolation of affect
- **B.** Denial
- **C.** Suppression
- **D.** Repression

138. According to Bowlby, the phase in which an infant shows clear separation protest, wariness of strangers, and active use of a specific caregiver as a secure base, typically from about 6-8 months to 18-24 months, is called:

- **A.** Formation of a reciprocal relationship
- **B.** Clear-cut attachment
- **C.** Preattachment
- **D.** Attachment-in-the-making

139. Nadia, 35, an outpatient counselor, notices that she changes the subject whenever clients start describing abuse and feels relieved when trauma clients cancel. What is the best NEXT step for Nadia?

- **A.** Refer every client with an abuse history to another counselor
- **B.** Bring the pattern to supervision or consultation to examine it
- **C.** Start each session by asking clients to leave out trauma details
- **D.** Tell clients about her reactions and ask them to slow their disclosures

140. Rosa, 38, has been severely depressed and started an antidepressant three weeks ago. At today's session her energy is noticeably better, and she seems calm and "at peace." She mentions she has found a new home for her cat and has updated her will. What should the counselor do?

A. Explore the meaning of giving away the pet as part of her grief work
B. Reduce session frequency, because her energy and mood have clearly improved in recent weeks
C. Attribute the calm to the medication and continue the current treatment plan
D. Ask directly about suicidal intent, since these are classic warning signs

141. Aaron Beck first developed cognitive therapy through his clinical research on clients with which condition?

A. Alcohol use disorder
B. Panic disorder
C. Schizophrenia
D. Depression

142. Before interviewing other survivors of childhood cancer, a counselor-researcher who is herself a survivor writes extensively about her own assumptions and experiences so she can set them aside while listening to participants. In phenomenological research, this process is called:

A. theoretical sampling
B. negative case analysis
C. triangulation
D. bracketing (epoche)

143. During a risk assessment, Carmen, 45, reports frequent passive thoughts of death but no plan, intent, or past attempts. She says she would never act on the thoughts because of her two children and her religious faith. What should the counselor do with this information?

A. Document these as protective factors while continuing to assess risk
B. Challenge her beliefs to find out how strongly she holds them
C. Conclude that her risk is low and end the risk assessment
D. Set them aside, because protective factors stop mattering once ideation is present

144. Mrs. Okafor, 78, has been seeing a counselor for grief and has had no prior cognitive problems. Her daughter brings her to session and reports that over the past 2 days her mother has become confused about where she is, has been seeing "people in the room," and alternates between drowsiness and agitation. The counselor should:

A. arrange an immediate medical evaluation, because the sudden onset suggests delirium
B. schedule a geriatric psychiatry consultation within the next few weeks for psychosis
C. treat the presentation as complicated grief with psychotic features and add sessions
D. give a cognitive screen and refer her for neuropsychological testing for dementia

145. Jamal, 41, was turned down after his first date in several years. In session he says, "This always happens. Nobody is ever going to want to be with me." Which cognitive distortion is most evident?

A. Labeling
B. Overgeneralization
C. Emotional reasoning
D. Magnification

146. At intake for couples counseling, Mia appears tense, glances at her husband before answering, and lets him respond to most questions directed at her. He states that she "exaggerates everything." What should the counselor do FIRST?

A. Confront the husband in session about his apparent controlling behavior
B. Begin conjoint sessions focused on improving the couple's communication
C. Meet with each partner separately to screen for intimate partner violence
D. Refer the couple to a psychoeducational group for couples in conflict

147. Dose-effect research on psychotherapy (Howard and colleagues) is MOST often cited to support which practice?

A. Delaying outcome measurement until the midpoint of treatment
B. Monitoring early response, because a large share of clients improve in the first several sessions
C. Assuming that client improvement continues at the same steady rate across all sessions of treatment
D. Setting a fixed number of sessions for all clients at intake

148. Dr. Price works in a group practice. Twice this month a colleague, Jenna, 52, arrived late and seemed hungover and distracted, and she mentioned drinking heavily since her divorce. Dr. Price has not seen Jenna intoxicated during sessions and knows of no harm to clients. According to the ACA Code of Ethics, what should Dr. Price do FIRST?

A. Talk privately with Jenna about the concerns and offer consultation
B. Tell Jenna's clients privately that they may wish to find another counselor
C. Document the observations and wait until a pattern of client harm emerges
D. File a complaint with the state licensing board before speaking with Jenna about it

149. During an intake at a community agency, Kevin, 42, who is recently divorced and unemployed, says, "Sometimes I think everyone would be better off without me." What should the counselor do NEXT?

A. Arrange an immediate referral to an inpatient psychiatric unit
B. Reassure him that his family and friends would be devastated to lose him
C. Explore the cognitive distortions underlying his belief
D. Ask him directly whether he is having thoughts of killing himself

150. Clients taking monoamine oxidase inhibitors (MAOIs) must avoid foods high in tyramine, such as aged cheeses and cured meats, because of the risk of

A. severe hypoglycemia
B. agranulocytosis
C. serotonin-induced seizures
D. hypertensive crisis

151. Jean-Pierre, 58, a Haitian immigrant, tells his counselor that since his mother's death two months ago he sometimes hears her voice comforting him at night. He is otherwise functioning well and is not distressed by the experience. What should the counselor do FIRST?

A. Diagnose a brief psychotic disorder and refer for medication
B. Explore the cultural and religious meaning of the experience
C. Document the voice as a hallucination and monitor for decline
D. Refer him to a spiritual leader rather than continuing assessment

152. In a person with heavy, prolonged alcohol use, alcohol withdrawal delirium (delirium tremens) most typically begins within which time frame after the last drink?

A. About 7 to 10 days
B. About 48 to 72 hours
C. About 6 to 12 hours
D. About 12 to 24 hours

153. Darnell, 42, reports that over the past year he has repeatedly drunk more than he intended, tried unsuccessfully to cut down, missed work because of hangovers, kept drinking despite frequent arguments with his wife about it, and now needs much more beer to feel an effect. He denies withdrawal symptoms, craving, or giving up activities. Which DSM-5-TR diagnosis best fits?

A. Alcohol use disorder, mild
B. Alcohol use disorder, severe
C. Alcohol use disorder, moderate
D. Alcohol abuse without physiological dependence

154. During child-centered play therapy, Leo, 6, repeatedly crashes toy cars together while glancing at his counselor. Which response is most consistent with this approach?

A. "Those cars are crashing; does that remind you of fighting at home?"
B. "You're making those cars crash really hard, and you want me to see."
C. "Crashing is fun, but let's pick a quieter game for a little while."
D. "Let's make the cars drive more safely so nobody gets hurt this time."

155. Marisol, a counselor at a group practice, is told by the clinical director to assign a diagnosis of major depressive disorder to every new client so that sessions will be reimbursed, even when criteria are not met. According to the ACA Code of Ethics, what should Marisol do?

A. Resign immediately and report the practice to every insurer with which it holds a contract
B. Raise the conflict with the director and work to resolve it through proper channels
C. Assign the diagnosis only to clients who agree in writing to the inaccurate diagnosis
D. Follow the directive, because the practice, not the individual counselor, bears responsibility for billing

156. In Beck's cognitive therapy, collaborative empiricism means that:

A. Counselor and client agree to focus on feelings over thoughts
B. Counselor and client work as a team to test thoughts as hypotheses
C. The counselor interprets the client's insights to find hidden meaning
D. The counselor acts as an expert who teaches correct beliefs

157. Teresa, 34, is ordered by a family court to attend counseling and the court requests progress reports. At intake she says, "I have no choice, so let's just get it over with." What is the counselor's most appropriate response?

A. Explain what information will be shared with the court, that she may refuse services, and the possible consequences of refusing
B. Inform Teresa that because services are court-ordered, she cannot decline them, and begin the assessment
C. Decline the referral, because counseling a client who did not freely choose services violates informed consent
D. Assure Teresa that her disclosures will remain confidential and that only her attendance dates and payment status will be reported to the court

158. In the immediate aftermath of a mass casualty event, current best-practice guidance recommends which early intervention for affected survivors?

A. Prolonged exposure therapy initiated within the first 48 hours
B. Single-session psychological debriefing requiring each survivor to describe the event
C. Psychological first aid focused on safety, calming, and connection
D. EMDR reprocessing of the event before memories consolidate

159. Meara, Schmidt, and Day (1996) contrasted two approaches to ethics. Which approach focuses primarily on the question "Who should I be?" rather than "What should I do?"

A. Social constructivist ethics
B. Mandatory ethics
C. Virtue ethics
D. Principle ethics

160. A school counselor-in-training worries that asking a distressed student about suicidal thoughts might "put the idea in her head." Research on this concern indicates that asking directly about suicide:

A. Raises risk among adolescents but not among adults
B. Increases ideation unless paired with a no-harm contract
C. Does not increase suicidal ideation and may reduce distress
D. Should wait until the student raises the topic herself

161. Amina, 39, fled Sudan with her children two years ago. Her husband was detained by armed men during their escape, and she has heard nothing since. She says, "I don't know whether to mourn him or keep waiting." Which concept BEST describes Amina's experience?

A. Ambiguous loss
B. Anticipatory grief
C. Disenfranchised grief
D. Prolonged grief disorder

162. Tom, 50, is court-ordered to counseling after a DUI. When the counselor asks about his drinking, Tom says, "You don't know anything about my life. Who are you to tell me how much I can drink?" In the third edition of Miller and Rollnick's motivational interviewing, Tom's statement is best classified as:

A. preparatory change talk, reflecting low confidence in his ability
B. discord, reflecting friction in the counselor-client relationship
C. sustain talk, reflecting arguments for keeping his drinking the same
D. denial, reflecting a defense against recognizing an alcohol problem

163. During a parenting session, Mr. Novak says he occasionally spanks his 7-year-old daughter on the buttocks with an open hand, which leaves no marks or injuries. In most states, which statement best describes the counselor's legal obligation?

A. No report is required, since reasonable physical discipline without injury is generally not defined as abuse
B. A report is required, since a parent's own admission of physical discipline is enough to trigger the duty
C. A report is required, since any striking of a child is defined as physical abuse under reporting statutes
D. No report is required, since the reporting duty applies only when the child herself is the counselor's client

164. Jasmine, 35, has had panic attacks for ten years but only now has sought counseling. During the intake, the counselor asks, "What made you decide to come in now?" What is the PRIMARY purpose of this question?

A. To decide between panic disorder and agoraphobia as a diagnosis
B. To find the precipitating event and her current motivation for treatment
C. To gauge her insight into the cause of her panic symptoms
D. To determine whether her insurance will cover the services

165. Leah, 29, tells her counselor, "You probably think I'm a terrible mother for letting my kids live with my ex." The counselor privately would have made a different choice. Which response best conveys unconditional positive regard?

A. "Plenty of mothers make that choice now, so try not to worry about it."
B. "You're bracing for judgment, and I'd like to understand how you decided."
C. "Let's look at whether this was really, truly in your children's best interest."
D. "You're not a terrible mother at all; you clearly made the right call."

166. Lena, 19, a college freshman, has had difficulty sustaining attention since elementary school. She currently makes careless mistakes, loses things, is easily distracted, is forgetful, and has trouble organizing tasks, for a total of five inattentive symptoms at home, work, and school that are lowering her grades. She has only two hyperactive-impulsive symptoms. Which conclusion is most accurate?

A. She meets criteria for ADHD, combined presentation
B. She does not meet ADHD criteria because six inattentive symptoms are required
C. She should receive other specified ADHD because of her age
D. She meets criteria for ADHD, predominantly inattentive presentation

167. In strategic and communications family therapy, second-order change refers to

A. a change in behavior that occurs within the existing rules of the system
B. a change that is maintained for at least a second round of follow-up
C. a change in the rules or structure of the system itself
D. a change that one member makes after another member has changed first

168. Frank, 76, whose wife died five months ago, is referred for memory problems. For the past six weeks he has felt down most days and has had poor sleep, low appetite, feelings of worthlessness, and trouble concentrating. On testing he often answers "I don't know" and emphasizes how bad his memory is. His cognitive complaints began fairly abruptly. Which diagnosis is most likely?

A. Major neurocognitive disorder due to Alzheimer's disease
B. Prolonged grief disorder
C. Mild neurocognitive disorder
D. Major depressive disorder

169. Marcus, a high school counselor, delivers a new study-skills curriculum to one intact 10th-grade homeroom and uses another homeroom, which does not receive the curriculum, as a comparison. He later learns the treatment homeroom was originally formed from students in honors courses. Which threat to internal validity is most concerning?

A. Experimental mortality in the treatment group
B. Testing effects from repeated measurement
C. Selection bias between the two groups
D. Instrumentation changes across time

170. In Melanie Klein's theory, which developmental achievement involves the infant recognizing that the gratifying mother and the frustrating mother are the same person, bringing feelings of guilt and a wish to make reparation?

A. The rapprochement crisis
B. The paranoid-schizoid position
C. The depressive position
D. Object constancy

171. Tom, 41, reports eating very large amounts of food in a short period about twice a week for the past six months. During these episodes he eats rapidly until uncomfortably full, eats alone because he is embarrassed, and feels disgusted afterward. He does not vomit, fast, misuse laxatives, or exercise excessively. Which diagnosis best fits?

A. Bulimia nervosa, nonpurging type
B. Bulimia nervosa of low frequency and limited duration
C. Other specified feeding or eating disorder, night eating syndrome
D. Binge-eating disorder

172. A client's first major depressive episode began 10 weeks after she gave birth. Which statement about the DSM-5-TR "with peripartum onset" specifier is accurate?

A. It does not apply, because onset must occur during pregnancy itself
B. It applies, because any onset within the first postpartum year qualifies
C. It applies, because onset occurred within 6 months after delivery
D. It does not apply, because onset must occur during pregnancy or within 4 weeks after delivery

173. Hannah, 17, is the daughter of Korean immigrants. Over the past two years she took Korean language classes, interviewed her grandparents about their lives, and joined a Korean American student group. She now describes a clear, secure sense of what being Korean American means to her. According to Phinney's model, Hannah has most likely reached which status?

A. Ethnic identity search (moratorium)
B. Diffuse ethnic identity
C. Achieved ethnic identity
D. Foreclosed ethnic identity

174. Victor, 37, has PTSD from childhood abuse and a current opioid use disorder. He is in early recovery, has unstable housing, and is not ready to discuss his trauma memories. Which approach is the best fit for his present needs?

A. Prolonged exposure focused on the most distressing abuse memory
B. Trauma-focused CBT using a graduated trauma narrative
C. Seeking Safety, an integrated present-focused coping-skills model
D. Cognitive processing therapy with a written trauma account

175. Renee, 19, is a Black first-generation college student with strong math interests and grades. She is avoiding STEM majors because she expects to face discrimination and isolation in those programs and does not know anyone in the field. Which intervention is most consistent with SCCT?

A. Administer an interest inventory and recommend the occupations that best match her code
B. Identify perceived barriers, examine their likelihood, and build supports and coping strategies
C. Explore how early parental warmth or coldness shaped her orientation toward people
D. Determine whether STEM falls outside the boundaries of her acceptable alternatives

176. Harold, 74, reports increasing forgetfulness, and testing shows a modest decline in memory compared with his prior functioning. He now relies on lists, a pill organizer, and phone reminders, but with this extra effort he still pays his bills, manages his medications, and drives independently. Which DSM-5-TR diagnosis best fits?

A. Mild neurocognitive disorder
B. Major neurocognitive disorder
C. Delirium
D. Amnestic disorder

177. Carlos, 26, was assaulted while walking home. In CPT, he states, "If I had taken a different street, it never would have happened. It was my fault." In CPT terminology, this belief is best described as

A. habituation
B. assimilation
C. over-accommodation
D. accommodation

178. Brianna, a first-semester practicum student, is highly anxious, focuses on whether she is 'doing it right,' and wants her supervisor to tell her exactly what to say to clients. According to Stoltenberg's Integrated Developmental Model, what supervisory approach fits best?

A. Confront the conflict between her dependence and autonomy
B. Function mainly as a collegial consultant on her caseload
C. Provide structure, direct guidance, and supportive feedback
D. Minimize direction so she learns to trust her own judgment

179. Ana, 36, says she never told her father how angry she was about his drinking before he died last year, and she feels stuck whenever she thinks of him. Which Gestalt technique is most appropriate for this unfinished business?

A. Empty-chair work in which Ana speaks directly to her father
B. An exaggeration exercise focused on Ana's nonverbal gestures
C. Two-chair dialogue between Ana's critical and resisting parts
D. Making the rounds by speaking to each member of a group

180. Derek, 45, tells his counselor he has been having an affair for two years. The counselor notices a strong internal feeling of disapproval. Which counselor stance is most consistent with Rogers' concept of unconditional positive regard?

A. Referring Derek to a colleague because the counselor's values conflict with his behavior
B. Telling Derek that the affair is understandable given the problems in his marriage
C. Hiding every personal reaction so that Derek experiences a completely neutral counselor
D. Accepting and valuing Derek as a person without needing to approve of each of his behaviors

181. Cognitive processing therapy (CPT) for PTSD, developed by Patricia Resick, focuses primarily on

A. building present-focused coping skills without discussing trauma
B. bilateral stimulation while holding the traumatic image in mind
C. repeated imaginal revisiting of the memory to promote habituation
D. identifying and challenging stuck points about the trauma

182. In Gottman's Sound Relationship House, which level forms the foundation and refers to each partner's detailed knowledge of the other's inner world, history, worries, and hopes?

A. Turning toward instead of away
B. Sharing fondness and admiration
C. Creating shared meaning
D. Building love maps

183. Harold, 72, and his daughter report a modest decline in his memory over the past year, and neuropsychological testing places him 1 to 2 standard deviations below age norms. He still manages his finances and medications independently but now relies on lists and needs more effort to do so. There is no fluctuation in attention or alertness. Which diagnosis is most appropriate?

A. Major neurocognitive disorder, mild severity
B. Delirium
C. Major neurocognitive disorder, moderate severity
D. Mild neurocognitive disorder

184. In Bowen family systems theory, differentiation of self refers primarily to a person's ability to

A. form protective alliances with siblings that buffer against conflict between the parents
B. achieve physical and financial independence from the family of origin by early adulthood
C. separate thinking from feeling and keep a stable self while staying connected to family
D. recognize and openly express the full range of emotions during family interactions

185. A counselor runs a 6-week online support group via video for people with chronic illness. Which is the MOST important additional ethical step compared with an in-person group?

A. Requiring members to share their legal names and addresses with one another
B. Prohibiting members from turning off cameras during any part of the sessions
C. Addressing privacy risks such as surroundings, recording, and security
D. Eliminating screening because members choose their own level of participation

186. Tasha, 29, a single mother working rotating shifts at a warehouse, has missed three of her first six counseling appointments and arrived late to two others because of bus schedules and last-minute shift changes. A colleague suggests the counselor document her as "resistant to treatment." What is the counselor's MOST appropriate response?

A. Document her pattern as resistance and address it directly in the next session
B. Recommend a group program that meets at a fixed time to build accountability
C. Implement the agency's attendance policy and close her case after one more miss
D. Explore practical barriers and offer flexible scheduling or formats

187. Carmen, 23, is in outpatient counseling for anorexia nervosa. Today she reports dizziness when standing, fainting once this week, and a resting heart rate her smartwatch shows as 42 beats per minute. What should the counselor do FIRST?

A. Collaborate with her on a self-monitoring log of meals and symptoms
B. Increase sessions to twice weekly to address her restriction
C. Begin exposure to feared foods to accelerate weight restoration
D. Arrange an immediate medical evaluation

188. Jenna, 27, whose mother died by suicide three months ago, describes intense guilt, anger, and shame, and says, "Some days I understand exactly why she did it." What should the counselor do FIRST?

A. Help Jenna construct a meaningful narrative of her mother's life
B. Use cognitive restructuring to challenge her guilt about the death
C. Refer Jenna to a support group for suicide loss survivors
D. Assess Jenna's own suicidal ideation, plans, and risk factors

189. Jamal, 45, is in early recovery from opioid use disorder. In his third session he asks his counselor, who has been in recovery for 15 years, "Have you ever been an addict? How would you know what this is like?" Which response is most consistent with best practice regarding self-disclosure?

A. Share the details of the counselor's own recovery to build credibility and model long-term success
B. Answer briefly and honestly if doing so serves Jamal's goals, then return the focus to his experience
C. Decline to answer, because the ACA Code of Ethics prohibits counselors from disclosing personal history
D. Refer Jamal to a peer recovery specialist, since he is signaling a need for someone with lived experience

190. Ellis, 40, completed the MMPI-3 in a busy waiting room while supervising his two young children. His profile shows a markedly elevated VRIN-r score along with elevations on many substantive scales. How should the counselor interpret this profile?

A. Overreporting of psychopathology suggests the client is exaggerating symptoms
B. Fixed yea-saying suggests the client answered true regardless of item content
C. Underreporting suggests the client is presenting himself in a favorable light
D. Inconsistent responding likely renders the substantive scales uninterpretable

191. For which client would a paradoxical intervention, such as prescribing the symptom, be most clearly contraindicated?

A. A client who is actively suicidal or engaging in dangerous self-harm
B. A couple caught in a repetitive but nonviolent pattern of arguing
C. A client with intense anticipatory anxiety about public speaking
D. A client with insomnia who tries too hard to make herself fall asleep

192. Lena, 12, asks so many questions in class that lessons are disrupted, though her teacher wants her to keep asking some questions. Which procedure is best suited to this goal?

- **A.** Differential reinforcement of low rates of responding
- **B.** Response cost for each question beyond the first
- **C.** Planned ignoring of all of her questions
- **D.** Differential reinforcement of other behavior

193. Noah, 9, has trouble taking turns in conversation, adjusting his speech for younger children versus adults, and understanding sarcasm and idioms. His teachers and parents report no current or past restricted interests, repetitive movements, insistence on sameness, or sensory sensitivities. His vocabulary and grammar are age-appropriate. Which diagnosis should the counselor most strongly consider?

- **A.** Language disorder with receptive impairment
- **B.** Social anxiety disorder with performance focus
- **C.** Autism spectrum disorder, requiring support
- **D.** Social (pragmatic) communication disorder

194. Under the ACA Code of Ethics, disclosing confidential information to protect a third party from a client's contagious, life-threatening disease is best described as

- **A.** mandatory whenever a client has any diagnosed communicable disease
- **B.** required only after a physician has already notified the third party
- **C.** prohibited, because health information is shielded by HIPAA
- **D.** permissible when the third party is identifiable and at serious risk

195. Counselor Aisha and her supervisor disagree about whether to break confidentiality in an ambiguous situation. They talk through their views to try to reach agreement, and when they cannot, they ask a senior colleague to make the final call. This approach, which treats ethical decisions as an interactive, interpersonal process of negotiating, consensualizing, and arbitrating, is MOST consistent with which model?

- **A.** Cottone's social constructivism model
- **B.** Tarvydas's integrative decision-making model
- **C.** Kitchener's critical-evaluative model
- **D.** Forester-Miller and Davis's practitioner's guide

196. Dr. Alvarez is a solo private practitioner with about 60 active clients. She has no plan for what would happen to her clients and files if she were suddenly unable to practice. What does the ACA Code of Ethics direct her to do?

- **A.** Rely on her state licensing board, which assumes custody of records when a counselor dies
- **B.** Instruct her office manager to shred all records if she dies, to protect client confidentiality
- **C.** Prepare a plan for transferring clients and records to an identified colleague or records custodian
- **D.** Include a statement in informed consent that services end automatically if she becomes incapacitated

197. Counselor Kim compliments Daniel, 29, a U.S.-born Latino client, on how 'articulate' his English is. Daniel goes quiet and cancels his next appointment. When he returns, what should Kim do FIRST?

- **A.** Ask Daniel whether the cancellation reflects resistance to the work they had begun
- **B.** Acknowledge the comment, take responsibility, and invite Daniel to share its impact
- **C.** Explain that the remark was intended as a sincere compliment on his communication
- **D.** Wait to see whether Daniel raises the comment himself, out of respect for his autonomy

198. Derek, 35, has schizophrenia, has been hospitalized five times in the past year, is frequently homeless, and has missed most of his clinic appointments. Which service model is most appropriate for him?

- **A.** Weekly outpatient CBT for psychosis
- **B.** Brokerage case management
- **C.** A partial hospitalization program
- **D.** Assertive Community Treatment

199. Kwame, a 35-year-old Black client, tells his White counselor in the fourth session, "Last week when you asked whether my neighborhood was 'safe enough' for me to walk to my appointments, that felt like a stereotype." What should the counselor do FIRST?

A. Clarify that the question was meant to show concern for his safety
B. Reassure him that the counselor has completed extensive diversity training
C. Acknowledge the impact, take responsibility, and invite him to say more
D. Offer to transfer him to a counselor who shares his racial background

200. Court-mandated to counseling after a DUI, Rick, 38, says, 'I don't have a drinking problem. I just got unlucky at a checkpoint.' Which approach is most consistent with stage-matched, evidence-based practice?

A. Teach drink-refusal skills he can use at upcoming social events and gatherings
B. Directly confront his denial by reviewing the evidence that he is an alcoholic
C. Help him set a quit date and choose a sponsor so he can begin abstinence right away
D. Offer nonjudgmental personalized feedback to help raise doubt