SUMMIT
STUDY GUIDES

# NCE

## Full-Length Practice Exam

## Exam 2

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 2

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.** Tom, 39, previously met criteria for severe alcohol use disorder. For the past 5 months he has met none of the criteria for alcohol use disorder, although he reports occasional strong cravings. He lives independently and is not in a residential or restricted setting. Which specifier should be applied?

**A.** In a controlled environment
**B.** Severe, current
**C.** In sustained remission
**D.** In early remission

**2.** Greta, 55, a counselor in a group practice, is entering a four-week residential treatment program for alcohol use disorder starting next week. How should she handle her current clients?

**A.** Keep holding telehealth sessions from the facility so clients are not abandoned
**B.** Cancel all appointments without explanation and contact clients on her return
**C.** Give each client full details of her diagnosis to model openness about recovery
**D.** Arrange interim coverage or transfer and tell clients she will be unavailable

**3.** In later revisions of Super's theory, which concept was emphasized as more appropriate than career maturity for describing adults' readiness to cope with changing work and working conditions?

**A.** Vocational identity
**B.** Career self-efficacy
**C.** Career adaptability
**D.** Occupational congruence

**4.** Which leader task is most central to the final stage of a counseling group?

**A.** Helping members transfer what they learned to their lives outside the group
**B.** Encouraging members to take greater risks with intense self-disclosure
**C.** Establishing ground rules for confidentiality and attendance
**D.** Helping members recognize and work through their resistance to participating

**5.** Cultural humility, as described by Hook and colleagues, differs from traditional notions of cultural competence mainly by emphasizing:

**A.** Matching clients with counselors who share their cultural backgrounds
**B.** Learning a fixed body of facts about the norms of each cultural group
**C.** Avoiding cultural topics until clients bring them up on their own
**D.** An ongoing, other-oriented openness and self-critique rather than mastery

**6.** Jordan, 22, says he feels stuck in his life. His counselor asks, "Suppose tonight while you sleep a miracle happens and the problem that brought you here is solved. When you wake up, what will be the first thing you notice that tells you things are different?" This is an example of:

**A.** a scaling question
**B.** an exception question
**C.** a coping question
**D.** the miracle question

**7.** Maya, 38, has been in individual counseling for four months. She asks her counselor to begin seeing her and her husband together for couples counseling. Before changing roles, what does the ACA Code of Ethics require?

**A.** Refer the couple elsewhere, because changing from individual to couples work is prohibited
**B.** Terminate individual counseling and wait 30 days before beginning couples work
**C.** Obtain approval from a clinical supervisor before raising the change with the couple
**D.** Obtain informed consent and explain her right to refuse the change in services

**8.** In the seventh session of an adult counseling group, Bea tearfully reports that a coworker repeated something she had shared in group, and she believes another member, Alan, who works in her building, told the coworker. Alan becomes defensive. What should the leader do?

**A.** Facilitate discussion of the concern and its impact on trust, and revisit the group's confidentiality agreement
**B.** Dismiss Alan from the group immediately to protect the remaining members
**C.** Postpone the topic and meet with Bea and Alan privately before any group discussion
**D.** Reassure Bea that confidentiality cannot be guaranteed and move on to other concerns

**9.** Ana, 25, binges and then induces vomiting about four times a week and is preoccupied with her shape and weight. Her weight is in the normal range and she is medically stable. Which psychological treatment is the best-supported first-line option for adults with this presentation?

**A.** Motivational interviewing as the only planned intervention
**B.** Enhanced cognitive behavioral therapy for eating disorders
**C.** Psychodynamic therapy focused on early relationships
**D.** Family-based treatment in which parents control meals

**10.** A qualitative design whose primary purpose is to describe the essential structure or essence of a shared lived experience, such as being a first-generation college student, is best described as:

**A.** grounded theory
**B.** ethnography
**C.** case study
**D.** phenomenology

**11.** According to Linehan's biosocial theory, borderline personality disorder develops from the transaction between which two factors?

**A.** Low serotonin activity and early traumatic loss
**B.** Insecure attachment and the defense of splitting
**C.** Biological emotional vulnerability and an invalidating environment
**D.** Maladaptive core schemas and cognitive distortions

**12.** Which psychological treatment is best supported for body dysmorphic disorder?

**A.** CBT including exposure, ritual prevention, and perceptual retraining
**B.** Nondirective counseling focused on general self-esteem
**C.** Reassurance from the counselor that the perceived flaw is not noticeable
**D.** Supporting cosmetic surgery to correct the perceived defect

**13.** Wampold's contextual model of psychotherapy proposes that counseling works primarily through

**A.** a real relationship, created expectations, and engaging in healthy actions
**B.** the counselor's accurate diagnosis followed by a matched treatment package
**C.** corrective reinforcement of adaptive behaviors that the client practices
**D.** specific ingredients that are unique to each empirically supported protocol

**14.** Ben, 2, hangs back and clings to his parent when first entering a new childcare room, shows mild rather than intense reactions, and gradually joins activities after several visits. In Thomas and Chess's temperament model, Ben is best described as:

**A.** Difficult
**B.** Easy
**C.** Behaviorally disinhibited
**D.** Slow-to-warm-up

**15.** In the transtheoretical model, a client who has sustained a new behavior for more than six months and is working to prevent relapse is in which stage?

**A.** Preparation
**B.** Termination
**C.** Maintenance
**D.** Action

**16.** Jess, 26, was assigned male at birth, identifies as a woman, uses she/her pronouns, and is romantically attracted to women. Which statement BEST reflects an accurate understanding of Jess's identity?

**A.** Her gender identity can be described accurately only after medical transition
**B.** Her attraction to women indicates that her female gender identity is still forming
**C.** Her sexual orientation should be described in terms of her sex assigned at birth
**D.** Her gender identity and sexual orientation are separate dimensions of who she is

**17.** A researcher measures test anxiety and exam performance in 120 graduate students. Performance is best at moderate anxiety and worse at both low and high anxiety, yet the Pearson correlation is close to zero. What best explains the near-zero r?

**A.** Restriction of range in anxiety scores has eliminated the relationship
**B.** Pearson r captures only linear relationships, and this one is curvilinear
**C.** The sample is too small for a correlation to be calculated
**D.** Anxiety and performance are unrelated in this sample

**18.** According to Miller and Rollnick's model of motivational interviewing, which sequence correctly orders the four overlapping processes?

**A.** Engaging, evoking, focusing, planning
**B.** Focusing, engaging, planning, evoking
**C.** Evoking, engaging, focusing, planning
**D.** Engaging, focusing, evoking, planning

**19.** Maya, 14, is interested in becoming a doctor, but she now spends a great deal of time wondering whether she is actually good enough at science to succeed. According to Ginzberg, she is most likely in which substage of the tentative period?

**A.** Value
**B.** Transition
**C.** Capacity
**D.** Interest

**20.** In Ivey's five-stage interview model, which stage directly follows drawing out the client's story and strengths?

**A.** Building an empathic relationship
**B.** Restorying through new perspectives
**C.** Setting mutual goals
**D.** Taking action and generalizing

**21.** Pete, 49, says he is 'totally fine' about his recent layoff while clenching his jaw and gripping the arms of his chair. He has said this for three sessions, and the alliance is strong. Which response best combines confrontation with empathy?

**A.** "What would it mean about you as a person if you weren't fine with the layoff?"
**B.** "It sounds like you're feeling angry and betrayed by the company that let you go."
**C.** "I don't really believe you're fine, and I think we need to stop avoiding this now."
**D.** "You say you're fine, and I also notice your jaw tightening as you talk about the layoff."

**22.** Priya, 31, has identified as lesbian for several years and is active in the LGBTQ+ community. In counseling she focuses on how to tell her parents, how to handle their initial disappointment, and how to rebuild a relationship with them that includes her partner. In D'Augelli's model, this work BEST reflects which identity process?

**A.** Developing an LGB intimacy status
**B.** Becoming an LGB offspring
**C.** Exiting heterosexual identity
**D.** Developing an LGB social identity

**23.** At intake for 12-year-old Ellie, the counselor, Ellie, and her parents agreed that the parents would receive general progress updates and details would stay private unless a safety concern arose. Later, Ellie's mother demands to know exactly what Ellie said about her friends. No safety issues exist. What is the best response?

**A.** Tell the mother she must obtain a court order for the information
**B.** Revisit the intake agreement and offer a general progress update
**C.** Share the details, since parents hold legal rights to the information
**D.** Decline to discuss Ellie at all, to protect the therapeutic alliance

**24.** A counselor with strong religious beliefs about same-sex relationships is assigned Daniel and Luis, a gay couple seeking help with communication. The counselor feels uncomfortable but has the skills to provide couples counseling. According to the ACA Code of Ethics, what should the counselor do?

**A.** Disclose her beliefs during informed consent so the couple can decide
**B.** Refer the couple to a faith-based counselor who shares her own beliefs
**C.** Provide the counseling and seek supervision to keep personal values out of it
**D.** Refer the couple to a colleague who is more affirming of their relationship

**25.** Marcus, 19, tells his college counselor, "I think I might be gay, but I'm not sure yet. I just feel like I don't fit in with my straight friends anymore, and I keep thinking about what this would mean for my family." He has not yet sought out other gay people. According to Cass's model of homosexual identity formation, Marcus is MOST likely in which stage?

**A.** Identity tolerance
**B.** Identity confusion
**C.** Identity comparison
**D.** Identity acceptance

**26.** Which framework, developed by Pamela Hays, prompts counselors to consider age, disability, religion, ethnicity, social class, sexual orientation, Indigenous heritage, national origin, and gender when understanding a client?

**A.** The Cultural Formulation Interview
**B.** The RESPECTFUL model
**C.** The ADDRESSING model
**D.** The Multicultural Counseling Inventory

**27.** Sam, 24, says, "I studied for weeks and still failed the exam. Maybe I'm just not cut out for nursing." His counselor responds, "You're discouraged, and maybe also afraid this one failure says something final about whether you belong in nursing." This response is best described as:

**A.** interchangeable empathy, because it mirrors the feeling Sam directly expressed
**B.** additive empathy, because it names a feeling Sam implied but did not directly state
**C.** a confrontation, because it points out a contradiction within Sam's statements
**D.** a transference interpretation, because it links his feeling to early relationships

**28.** In a laboratory study, a tone is paired with a mild shock until the tone alone elicits fear. A light is then repeatedly paired with the tone, but never with the shock, and eventually the light alone elicits fear. Which process does this demonstrate?

**A.** Higher-order conditioning
**B.** Blocking
**C.** Sensory preconditioning
**D.** Stimulus generalization

**29.** A group leader receives a referral for Paula, 50, who is in an acute crisis after her husband died suddenly two days ago and who is intermittently tearful and disoriented. Which response is MOST appropriate?

**A.** Admit her to the group immediately but excuse her from speaking for a month
**B.** Add her to an ongoing interpersonal process group to reduce her isolation
**C.** Provide individual crisis support now and revisit group when she has stabilized
**D.** Refuse services because she does not meet the group's screening criteria

**30.** Freud's latency stage corresponds most closely in age to which of Erikson's psychosocial stages?

**A.** Autonomy versus shame and doubt
**B.** Industry versus inferiority
**C.** Initiative versus guilt
**D.** Identity versus role confusion

**31.** Arnett's concept of emerging adulthood describes a distinct period, roughly ages 18 to 29 in industrialized societies, characterized primarily by:

**A.** Resolution of the crisis of generativity versus stagnation
**B.** The first emergence of formal operational thought
**C.** Identity exploration, instability, and feeling in-between
**D.** Consolidation of long-term career and family commitments

**32.** Mark, 35, has changed college majors five times and switched jobs four times. Repeated interest inventories show a clear, stable profile, and he has researched occupations in depth. He says he cannot commit to decisions in any area of his life and feels intense anxiety whenever a choice is final. Which approach is MOST appropriate?

**A.** Give a different interest inventory to confirm the results before he commits to a direction
**B.** Give him detailed occupational information about the fields that match his stable interest profile
**C.** Ask him to choose the top-matching occupation by a firm deadline so that he must commit
**D.** Address the anxiety and indecisiveness that cut across his whole life

**33.** While Ethan, 45, recounts the facts of his recent breakup in a detached, intellectual way, his counselor notices she feels distant and disengaged. She is considering sharing this reaction as an immediacy statement. When is sharing it most appropriate?

**A.** When the counselor has been feeling the same disengagement with many unrelated clients
**B.** When the counselor needs to express the feeling in order to remain authentic, whatever the timing
**C.** When the reaction likely reflects Ethan's interpersonal pattern and sharing it could help him
**D.** When the session is nearly over, so that Ethan has time to think about it before next week

**34.** Which statement best captures a core assumption of narrative therapy?

- **A.** Problems result from conditioning that can be unlearned.
- **B.** The problem serves a function in maintaining family balance.
- **C.** Problems reflect a lack of insight into early experiences.
- **D.** The person is not the problem; the problem is the problem.

**35.** Tom and Lisa, a couple in their 40s, tell their counselor, "We fight constantly. It never stops." The counselor asks, "Can you tell me about a recent time when you had a disagreement and it didn't turn into a fight?" Which solution-focused technique is the counselor using?

- **A.** An exception question
- **B.** A presession change question
- **C.** A unique outcome question
- **D.** The miracle question

**36.** A researcher planning an outcome study sets beta at .20. What is the statistical power of the study?

- **A.** .95
- **B.** .05
- **C.** .20
- **D.** .80

**37.** Dana, a White counselor, tells Rosa, a 27-year-old Latina graduate student, during a first session: "You're so articulate. Your family must be amazed at how far you've come." Rosa becomes quiet for the rest of the hour. According to Sue and colleagues' taxonomy, the counselor's comment is BEST classified as which type of racial microaggression?

- **A.** A microassault conveying deliberate racial hostility
- **B.** A microinsult conveying an ascription of intelligence
- **C.** A microinvalidation conveying the myth of meritocracy
- **D.** An environmental microaggression conveying exclusion

**38.** Valeria, 17, a first-generation college-bound student, wants to study engineering but doubts that "someone like me" can succeed. Her counselor arranges for her to spend two days shadowing a Latina civil engineer who also was the first in her family to attend college. From an SCCT perspective, which source of self-efficacy is the counselor primarily targeting?

- **A.** Verbal persuasion
- **B.** Vicarious learning
- **C.** Physiological and affective states
- **D.** Performance accomplishments

**39.** Which concept holds that a helper's own psychological injuries can deepen empathy but may harm clients if they go unexamined?

- **A.** Existential isolation
- **B.** Wounded healer
- **C.** Congruence
- **D.** Countertransference

**40.** A Satir-trained counselor leads a group process in which one person, the "star," relives key events from three generations of family history while other group members role-play parents and grandparents. This experiential method is known as

- **A.** a parts party
- **B.** psychodrama
- **C.** family sculpting
- **D.** family reconstruction

**41.** Priya, 26, tells her counselor, "I feel so guilty all the time, so I must have done something terrible." When asked, she cannot identify anything she has done wrong. Which cognitive distortion best describes her reasoning?

**A.** Disqualifying the positive
**B.** Personalization
**C.** Emotional reasoning
**D.** Should statements

**42.** In Gottfredson's theory, the zone of acceptable alternatives, sometimes called social space, is bounded by which three limits?

**A.** Self-efficacy boundary, outcome-expectation boundary, and goal boundary
**B.** Accessibility boundary, labor-market boundary, and income boundary
**C.** Interest boundary, aptitude boundary, and personal-values boundary
**D.** Sex-type boundary, prestige-level boundary, and tolerable-effort boundary

**43.** Which person's exposure meets DSM-5-TR Criterion A for posttraumatic stress disorder?

**A.** An employee who was suddenly fired and lost the family's health insurance
**B.** A paramedic who repeatedly recovers human remains at fatal crash scenes
**C.** A man who watched hours of television coverage of a mass shooting in another city
**D.** A woman whose grandfather died peacefully of natural causes in hospice care

**44.** After being served with a malpractice complaint, counselor Raj reviews his notes and sees that one session entry is incomplete. A colleague suggests he rewrite that note so it reflects what he actually did. What is the most appropriate course?

**A.** Leave the original entry intact and add a dated addendum clearly marked as a late entry
**B.** Remove the incomplete page from the file, since an incomplete entry could be misread by the opposing attorney
**C.** Replace the entry with a new version and keep the original in a personal file in case the court asks for it
**D.** Rewrite the note with the original date, since it will then accurately reflect the services he actually provided

**45.** On a forced-choice instrument, clients rank activities against one another, and their scores show only the relative strength of each preference within the person. What kind of measurement is this?

**A.** Standardized
**B.** Ipsative
**C.** Criterion-referenced
**D.** Normative

**46.** A heterosexual, cisgender, upper-middle-class counselor begins working with a low-income transgender client. Under the MSJCC quadrant framework, this dyad falls into which quadrant?

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

**47.** Devon, 41, completed the Outcome Questionnaire-45 before each session. At session 4 his score has risen well above his intake score and the system flags him as "not on track." According to research on routine outcome monitoring, which response is MOST likely to improve Devon's outcome?

**A.** Discuss the alert with Devon, assess the alliance and motivation, and consider changing the approach
**B.** Wait two more sessions to see whether the score stabilizes before acting
**C.** Stop administering the measure because it may be increasing Devon's distress
**D.** Increase session frequency to twice weekly while keeping the same interventions and goals in place for now

**48.** A researcher wants to develop an explanatory model of how school counselors decide to report suspected abuse. She collects interviews, codes them using constant comparison, and selects additional participants based on emerging categories until a theory emerges from the data. Which qualitative approach is she using?

**A.** Phenomenology
**B.** Narrative inquiry
**C.** Ethnography
**D.** Grounded theory

**49.** In the early 1900s, which educator implemented one of the first systematic school guidance programs, integrating vocational and moral guidance into English classes in Grand Rapids, Michigan?

**A.** Jesse B. Davis
**B.** Frank Parsons
**C.** Carl Rogers
**D.** C. Gilbert Wrenn

**50.** A counselor finds a free online career quiz that clients enjoy. The website gives no information about how the quiz was developed or about its reliability or validity. What is the counselor's BEST course of action?

**A.** Use it freely, because tools offered at no cost are not covered by assessment standards
**B.** Use it as long as clients sign a consent form stating that the results may be inaccurate
**C.** Use it only with clients who say they would prefer an online assessment
**D.** Avoid it and choose instruments with established psychometric support

**51.** A community agency reviews aggregate PHQ-9 change scores for all clients discharged in the past year to decide whether to keep its group CBT program. This activity is BEST described as:

**A.** individual treatment planning
**B.** clinical supervision
**C.** program evaluation
**D.** utilization review

**52.** Noah, 15, is being discharged after a medication overdose. His parents ask what they can do at home to lower his risk while he begins outpatient counseling. Which recommendation is most strongly supported by evidence?

**A.** Avoid any mention of suicide so as not to reinforce it
**B.** Search his room every day for signs of a new plan
**C.** Keep him home from school until his mood improves
**D.** Lock up or remove firearms and medications in the home

**53.** Which description of stanines is accurate?

**A.** A nine-point scale with a mean of 5 and a standard deviation of about 2
**B.** A scale of percentile ranks rounded to the nearest whole number
**C.** A scale of 10 equal-percentage bands, each holding 10% of scores
**D.** A scale with a mean of 50 that divides scores into nine intervals

**54.** In psychoanalytic and psychodynamic practice, which guideline about the timing of interpretations is most accurate?

**A.** Interpret the deepest unconscious conflict early, so that insight is reached as quickly as possible
**B.** Interpret material the client is close to recognizing, and address resistance before deeper content
**C.** Withhold all interpretations until the termination phase, when the alliance is at its strongest
**D.** Offer interpretations only after the client explicitly asks for the counselor's view of a problem

**55.** Three weeks after the death of her 22-year-old son, who was a client, a grieving mother asks the counselor what her son talked about in sessions. She is not the executor of his estate. What should the counselor do?

**A.** Decline to share session content and offer her grief support resources
**B.** Share a general summary, since confidentiality ends when a client dies
**C.** Provide the full record, since parents are the client's next of kin
**D.** Share content only if it would clearly help the mother cope with grief

**56.** In Carl Whitaker's symbolic-experiential family therapy, the "battle for initiative" refers to

**A.** the struggle between parents over who will discipline the children at home
**B.** the family taking responsibility for its own motivation and direction for change
**C.** the therapist's insistence on deciding who must attend and how sessions are run
**D.** the therapist's effort to remain neutral and avoid being drawn into a triangle

**57.** During a group for veterans, a member who is a licensed counselor in another state begins giving clinical interpretations to other members. What is the BEST leader response?

**A.** Acknowledge his expertise and invite him to speak from his own experience as a member
**B.** Allow the interpretations because they come from a qualified mental health professional
**C.** Remove him from the group because his professional role creates a dual relationship
**D.** Ask him to serve as an informal co-leader since he has relevant professional training

**58.** Jada, 10, has PTSD symptoms after sexual abuse by a neighbor. Her mother is supportive and will take part in treatment. The counselor is using trauma-focused cognitive behavioral therapy (TF-CBT). In this model, when is Jada's trauma narrative typically developed?

**A.** During the final conjoint session, before any coping skills are introduced
**B.** After she has learned coping skills such as relaxation, affect regulation, and cognitive coping
**C.** Only after her mother has finished separate individual trauma treatment
**D.** In the first session, so that her avoidance of trauma reminders is not reinforced by delay

**59.** In Meichenbaum's stress inoculation training, the term "inoculation" refers to:

**A.** Exposing clients to maximum stress all at once so that their fear extinguishes
**B.** Teaching clients to avoid stressors until their coping skills improve
**C.** Using medication to reduce arousal before skill training begins
**D.** Exposing clients to manageable doses of stress to build coping resistance

**60.** Which developmental rationale best supports using play rather than talk therapy with children younger than about 11?

**A.** Before concrete operations end, children cannot form a working alliance with an adult helper
**B.** Before age 11, children have not yet developed defenses that require interpretation by a counselor
**C.** Before formal operations, children have limited capacity to express feelings abstractly in words
**D.** Before adolescence, children's problems stem mainly from unresolved psychosexual conflicts

**61.** Beth, 36, tearfully describes the night her father died, then stops speaking and looks down. Several seconds pass. What is the most appropriate counselor response at this moment?

**A.** Reassure her that her grief is a normal reaction to loss
**B.** Ask an open question to help her continue telling the story
**C.** Summarize what she has shared so far about her father's death
**D.** Remain silent with attentive, open posture and allow her time

**62.** The American Counseling Association was founded in 1952 under a different name. What was the organization originally called?

**A.** National Vocational Guidance Association
**B.** American Association for Counseling and Development
**C.** Association for Counselor Education and Supervision
**D.** American Personnel and Guidance Association

**63.** Keisha, 19, grew up in a mostly White suburb and has said race "never mattered" to her. After campus police stopped and questioned her while her White roommates walked past unchallenged, she reports feeling shaken, angry, and suddenly unsure of what being Black means for her. In Cross's Nigrescence model, Keisha is most likely experiencing which stage?

**A.** Encounter
**B.** Immersion-Emersion
**C.** Internalization
**D.** Pre-Encounter

**64.** A client's total score on the PHQ-9 is 12. Using standard severity cutoffs, how is this score classified?

**A.** Mild
**B.** Moderate
**C.** Moderately severe
**D.** Severe

**65.** During an intake, Carla, 42, mentions that she saw another counselor last year, and the current counselor would like to review those records. What must happen before the records are requested?

**A.** The prior provider confirms the request with a licensing board
**B.** Carla signs a written authorization to release information to the counselor
**C.** The counselor sends the prior provider a written request on agency letterhead
**D.** The counselor verbally informs Carla that the records will be requested

**66.** Prolonged exposure is grounded in emotional processing theory, which holds that improvement in PTSD occurs when

**A.** bilateral stimulation integrates the memory into adaptive networks
**B.** the client develops an accurate written narrative of the trauma
**C.** dysfunctional core beliefs are replaced through Socratic questioning
**D.** the fear structure is activated and corrective information is incorporated

**67.** A tornado destroys much of a small farming town, including the school, two churches, and the grain elevator that employs a third of the residents. Marcus, 52, a lifelong resident, tells a counselor at the community shelter that the whole town "has lost its center." In James and Gilliland's typology, the crisis affecting the community as a whole is best classified as which type?

**A.** Existential crisis
**B.** Developmental crisis
**C.** Ecosystemic crisis
**D.** Situational crisis

**68.** A counselor education program asks students to complete the Implicit Association Test (IAT). What is the primary purpose?

**A.** To measure students' knowledge of multicultural counseling research findings
**B.** To screen out applicants whose results suggest bias
**C.** To raise awareness of automatic biases that may differ from stated beliefs
**D.** To diagnose prejudice as a stable clinical trait in students

**69.** Marcus, 23, says he loves working with people, especially when he can pitch ideas, persuade others to adopt a plan, and take charge of a team toward a sales target. He has little interest in counseling or teaching roles. Which Holland type best matches his interests?

**A.** Artistic
**B.** Social
**C.** Conventional
**D.** Enterprising

**70.** A researcher builds a contingency table crossing gender (2 categories) with preferred counseling modality (3 categories: individual, group, online) and runs a chi-square test of independence. How many degrees of freedom does the test have?

**A.** 5
**B.** 6
**C.** 2
**D.** 3

**71.** Victor, 55, has chronic insomnia. His two-week sleep diary shows he spends an average of 9 hours in bed but sleeps only about 5.5 hours per night. A counselor trained in CBT-I begins sleep restriction therapy. What initial time-in-bed window is most consistent with standard protocols?

**A.** About 7 hours, the minimum generally recommended for adults
**B.** About 5.5 hours, matching his average total sleep time
**C.** About 9 hours, keeping his schedule while adding sleep hygiene
**D.** About 4 hours, to build sleep pressure as quickly as possible

**72.** Which progress note entry best reflects risk-conscious clinical documentation?

**A.** 'Client was manipulative and hysterical today, throwing a tantrum to get attention from the staff.'
**B.** 'Client raised voice and said, "Nobody here cares." Calmed with redirection; denied intent to harm.'
**C.** 'Client behaved as expected given borderline traits. No change from last week. Continue current plan.'
**D.** 'Client seemed upset in session, probably because of problems at home that she did not want to discuss.'

**73.** Alana, 23, tells her counselor in the second session, 'You are the only person who has ever really understood me.' The next week, after the counselor ends the session on time, Alana says the counselor is 'cold, fake, and just like everyone else.' From an object relations perspective, which concept best explains this rapid shift?

**A.** Projective identification
**B.** Idealization
**C.** Splitting
**D.** Regression

**74.** A new client on a counselor's intake list turns out to be the volunteer coach of her 10-year-old son's soccer team. They have spoken briefly at a few games but have no other relationship. Under the ACA Code of Ethics, what should the counselor do?

**A.** Decline automatically, because any prior relationship bars a counseling relationship
**B.** Accept only after arranging for her son to transfer to a different soccer team
**C.** Accept without discussion, because a casual acquaintance creates no meaningful risk
**D.** Weigh the risks and benefits with the prospective client before deciding

**75.** On the ProQOL, the pleasure a helper gets from being able to do the work well is called

**A.** Posttraumatic growth
**B.** Compassion satisfaction
**C.** Personal accomplishment
**D.** Vicarious resilience

**76.** Priya, 16, emigrated from India with her family three years ago. She speaks Hindi at home, celebrates Diwali with relatives, plays on her school's soccer team, and has close friends from many backgrounds. She says she feels comfortable in both worlds. According to Berry, Priya's acculturation strategy is best described as:

**A.** Integration
**B.** Assimilation
**C.** Separation
**D.** Marginalization

**77.** Mei-Lin, 21, is a Chinese American college student whose parents expect her to become a pharmacist. She enjoys graphic design but says she would never go against her parents' wishes. Which approach by the counselor is MOST culturally responsive?

**A.** Refer the family to family therapy so that the intergenerational conflict can be resolved first
**B.** Explore her family's role and seek options honoring both her interests and family
**C.** Use her Holland code as objective evidence she can present to persuade her parents
**D.** Help her build assertiveness so that she can make an independent decision based on her own interests

**78.** Over several weeks, Nate notices that his colleague has been late to sessions, has smelled of alcohol twice, and seems disorganized. He is not aware of any harm to clients so far. According to the ACA Code of Ethics, what should Nate do FIRST?

**A.** Wait until there is documented evidence of client harm before taking any action
**B.** File a complaint with the state licensing board so the matter is formally investigated
**C.** Speak with the colleague privately, express concern, and encourage her to seek help
**D.** Notify the colleague's clients so they can decide whether to seek another counselor

**79.** Brandon, 35, describes his professional achievements at length in each session and looks to his counselor for enthusiastic admiration. When the counselor responds in a neutral way, Brandon becomes deflated and withdrawn. From the perspective of Kohut's self psychology, Brandon is most likely displaying which type of selfobject transference?

**A.** Erotic transference
**B.** Mirroring transference
**C.** Twinship transference
**D.** Idealizing transference

**80.** Ray, 33, reports 3 weeks of depressed mood, anhedonia, and poor sleep. He describes heavy cocaine binges over the past 2 months, with his last use 2 days ago, and denies any depressive episodes before he began using cocaine. Which diagnostic approach is most appropriate?

**A.** Consider a stimulant-induced depressive disorder and reassess after abstinence
**B.** Diagnose major depressive disorder now because the five-symptom threshold is met
**C.** Diagnose persistent depressive disorder because the low mood is ongoing
**D.** Diagnose stimulant intoxication because the symptoms are drug related

**81.** According to the ACA Code of Ethics, how should counselors approach informed consent over the course of counseling?

**A.** As an ongoing process revisited and documented throughout the relationship
**B.** As a task required only when the client's insurance mandates it
**C.** As a one-time signed agreement completed and filed before the first session begins
**D.** As a formality that can be waived once rapport is well established

**82.** In a counseling group, Ben repeatedly asks other members questions such as "Why do you think you did that?" Which leader response BEST addresses this pattern?

- **A.** Tell Ben questions are against the rules for the rest of the group
- **B.** Allow it because questioning helps the other members gain insight
- **C.** Suggest Ben take on the role of co-leader since he likes to inquire
- **D.** Invite Ben to share the reaction or statement behind his questions

**83.** Which intervention was developed by the National Child Traumatic Stress Network and the National Center for PTSD as a follow-up to Psychological First Aid for the weeks and months after a disaster?

- **A.** Cognitive Processing Therapy
- **B.** Mental Health First Aid
- **C.** Skills for Psychological Recovery
- **D.** Critical Incident Stress Debriefing

**84.** A client says, "I'm overwhelmed at work, and my marriage is falling apart." If the counselor responds only by repeating, "Marriage falling apart...", what is the most likely effect?

- **A.** The client will feel confronted for having avoided discussing the marriage.
- **B.** The client will tend to return to work stress to resist being steered.
- **C.** The client will hear a closed question and answer with a brief yes or no.
- **D.** The client will tend to elaborate on the marriage rather than on work.

**85.** Nadia's husband, a journalist, has been missing in a conflict zone for 18 months. She does not know whether he is alive, feels guilty when she considers moving forward, and has received little support because there has been no funeral. Which concept BEST describes her experience?

- **A.** Anticipatory grief
- **B.** Complicated mourning
- **C.** Ambiguous loss
- **D.** Prolonged grief disorder

**86.** Malik, 29, receives services at a federally assisted substance use disorder treatment program. His primary care physician calls the program counselor to ask whether Malik is in treatment, explaining that she wants to avoid prescribing something that could affect his recovery. Malik has not signed a consent form. The counselor should:

- **A.** share only his attendance dates, since attendance is not considered clinical information
- **B.** decline to confirm or deny that Malik is a patient until he provides written consent
- **C.** disclose the information, because a physician's request qualifies as a medical emergency
- **D.** confirm his participation, since HIPAA allows disclosures to providers for treatment

**87.** Research on counselors' ability to judge client progress without formal measures has consistently found that clinicians:

- **A.** accurately identify most clients who are deteriorating
- **B.** predict outcomes better than standardized measures after several years of experience
- **C.** underestimate improvement in clients with severe symptoms
- **D.** overestimate their own effectiveness and miss many clients who are getting worse

**88.** A couple, Derek and Lena, both 34, request couples counseling for "constant fighting." What is the MOST appropriate way for the counselor to screen for intimate partner violence?

- **A.** Screen only if either partner mentions physical aggression on their own
- **B.** Give a written relationship-satisfaction scale for both to finish at home
- **C.** Ask both partners together so each can respond to the other's account
- **D.** Screen each partner individually, in private, during the assessment

**89.** Beck's cognitive triad of depression refers to negative views of which three areas?

**A.** Activating events, beliefs, and consequences
**B.** The self, other people, and the past
**C.** Automatic thoughts, intermediate beliefs, and core beliefs
**D.** The self, the world, and the future

**90.** Nadia, 48, says, "I just don't see how I could give up wine with dinner; it's how my husband and I unwind." Later she says, "You're not listening to me. You keep pushing me to quit." In MI terms, how should the counselor classify these two statements?

**A.** The first is discord; the second is sustain talk
**B.** The first is sustain talk; the second is discord
**C.** Both are examples of client resistance
**D.** Both are examples of sustain talk

**91.** Paul, 55, notices he feels irritated and parental toward his client Kim, 20, who reminds him of his own daughter, and he has started lecturing her about her choices. What is the most appropriate step?

**A.** Seek supervision to explore the reaction and its effect on the alliance
**B.** Refer Kim at once because any countertransference is unethical
**C.** Suppress the reaction and focus strictly on structured techniques
**D.** Tell Kim she reminds him of his daughter so the dynamic is open

**92.** Which principle underlies the ASAM Criteria for placing clients in substance use treatment?

**A.** Every client should begin at the most intensive level of care and then step down over time
**B.** Multidimensional assessment guides placement at the least intensive safe level
**C.** Placement is determined primarily by which substance the client uses most often
**D.** Placement is determined by the number of DSM-5-TR criteria the client currently meets

**93.** Jordan, age 15, is brought to a private practice by his mother, who signs the informed consent form. In this state, parental consent is required for outpatient counseling of minors. Jordan sits silently and says he "didn't ask to be here." What should the counselor do next?

**A.** Explain the counseling process to Jordan in age-appropriate terms and seek his assent to participate
**B.** Proceed on the mother's consent alone, since a minor cannot legally participate in the consent process
**C.** Postpone services until Jordan's father also signs, since both parents must consent for adolescents
**D.** Have Jordan sign the consent form as well, because his signature legally overrides his mother's

**94.** Gregory, 52, has had difficulty falling and staying asleep at least four nights a week for a year, with daytime fatigue. He has no sleep apnea symptoms and asks whether therapy can help. Which recommendation reflects current clinical guidelines?

**A.** Cognitive behavioral therapy for insomnia, including sleep restriction and stimulus control
**B.** Sleep hygiene education alone, because it is the most effective single intervention available
**C.** Relaxation-only training before bed for several months
**D.** Long-term hypnotic medication as the first-line treatment

**95.** Kevin, 27, fears blushing when he speaks in meetings, and the harder he tries not to blush, the redder he gets. His counselor asks him to try, deliberately and with humor, to blush as deeply as possible at the next meeting. Which logotherapy technique is the counselor using?

**A.** Dereflection
**B.** Modification of attitudes
**C.** Paradoxical intention
**D.** Socratic dialogue

**96.** Kübler-Ross's stage model of denial, anger, bargaining, depression, and acceptance was originally developed from interviews with:

- **A.** Terminally ill patients facing their own death
- **B.** Survivors of the Cocoanut Grove nightclub fire
- **C.** Parents who had experienced the death of a child
- **D.** Widows during their first year of bereavement

**97.** Kevin, 50, has taken alprazolam daily for two years for anxiety. He tells his counselor he is tired of being on pills and plans to stop taking it completely starting tomorrow. What is the most appropriate counselor response?

- **A.** Recommend that he cut his dose in half on his own for a week before stopping
- **B.** Advise him to substitute an over-the-counter antihistamine as he stops the alprazolam
- **C.** Encourage him to work with his prescriber on a gradual taper, because abrupt cessation can cause seizures
- **D.** Support his autonomy, since benzodiazepines cause no significant withdrawal once anxiety improves

**98.** Jordan, an LPC, is contacted by Alicia, with whom Jordan had a brief romantic relationship in graduate school twelve years ago. Alicia is struggling with depression and says Jordan is the only counselor she trusts. What should Jordan do?

- **A.** Accept her as a client, because more than 5 years have passed since the relationship ended
- **B.** Accept her as a client after obtaining written informed consent about the prior relationship
- **C.** Decline to counsel her and provide referrals to other qualified counselors
- **D.** Accept her for a short-term trial while consulting regularly with a clinical supervisor

**99.** The 20/20: A Vision for the Future of Counseling initiative produced a consensus definition endorsed by many counseling organizations. Which statement BEST reflects that definition?

- **A.** Counseling is a short-term advisory relationship focused on helping individuals make educational and vocational decisions
- **B.** Counseling is the application of psychological science to assess and modify maladaptive behavior in clinical settings
- **C.** Counseling is a professional relationship that empowers diverse people to reach mental health, wellness, education, and career goals
- **D.** Counseling is the diagnosis and treatment of mental disorders using evidence-based psychotherapy within a medical framework

**100.** A counselor suspects that a 71-year-old client living in her own home is being physically abused by her adult son, who is her caregiver. In most states, which agency is designated to receive and investigate this report?

- **A.** Adult protective services
- **B.** The Area Agency on Aging
- **C.** The state counseling licensing board
- **D.** The Long-Term Care Ombudsman program

**101.** Ivey uses which term for a counselor's emphasis of particular words through changes in volume or vocal stress, which can influence what the client attends to?

- **A.** Minimal encouraging
- **B.** Verbal underlining
- **C.** Verbal tracking
- **D.** Selective attention

**102.** Noah, 2, calls every four-legged animal 'doggie.' After his mother repeatedly points out that the large animal in the field says 'moo' and is a cow, Noah begins using a separate word, 'moo-cow,' for cows. Noah's creation of a new category best illustrates

**A.** assimilation
**B.** equilibration
**C.** organization
**D.** accommodation

**103.** Lambert's (1992) widely cited estimate of the factors that contribute to psychotherapy outcome attributes approximately how much outcome variance to relationship factors?

**A.** 60 percent
**B.** 30 percent
**C.** 15 percent
**D.** 40 percent

**104.** A family brings their 8-year-old daughter, who has cerebral palsy, to counseling for help with school adjustment. The mother says quietly that the child's condition is a punishment for something she did before the pregnancy, and the family avoids taking the child to community events. The mother's explanation MOST closely reflects which model of disability?

**A.** The moral model
**B.** The minority group model
**C.** The rehabilitation model
**D.** The social model

**105.** In Haley's structured first interview, the stage that comes immediately after the social stage (greeting the family and helping everyone feel comfortable) is the

**A.** task-setting stage
**B.** goal-setting stage
**C.** problem stage
**D.** interaction stage

**106.** Derek, 15, regularly rides his bike in traffic without a helmet and tells his school counselor, "Accidents happen to other people. Nothing like that is going to happen to me." Which concept from Elkind best explains this belief?

**A.** Pseudostupidity
**B.** Personal fable
**C.** Imaginary audience
**D.** Centration

**107.** A parent tells a counselor that her 20-month-old son, who until recently happily explored the playground on his own, now clings to her, wants her constantly in view, and yet pushes her away when she tries to help him. According to Margaret Mahler, the child is most likely in which subphase of separation-individuation?

**A.** Toward object constancy
**B.** Rapprochement
**C.** Differentiation
**D.** Practicing

**108.** Ethan, 19, began taking an SSRI prescribed by his physician 2 weeks ago for depression. He is also seeing a counselor weekly. Based on current FDA labeling, what should the counselor be MOST alert to during this period?

**A.** Tardive dyskinesia emerging within the first month of use, requiring an immediate referral
**B.** Dangerous interactions with caffeine that require dietary restrictions
**C.** Full antidepressant response, which typically occurs within the first week
**D.** An increase in suicidal thoughts or behaviors, especially early in treatment

**109.** Elena, 38, has bipolar I disorder. At intake she explains clearly that stopping lithium has led to two past hospitalizations, yet she stopped it again last week because she "wanted to feel creative." How are her insight and judgment best described?

**A.** Intact insight with impaired orientation
**B.** Poor insight and poor judgment
**C.** Poor insight and good judgment
**D.** Good insight and poor judgment

**110.** A community agency adopts a stepped-care model for depression. Which plan for a newly referred client with mild depressive symptoms is most consistent with this model?

**A.** Assign the client to whichever clinician has the next open appointment
**B.** Begin with a low-intensity intervention and step up if monitoring shows inadequate response
**C.** Refer immediately for an inpatient evaluation to rule out a more severe underlying mood disorder
**D.** Begin with the most intensive treatment available to ensure response

**111.** After her counselor gently points out the discrepancy between her words and her tears, Denise pauses and says, "I guess I've been telling myself I'm fine, but I'm actually really angry at him." She has not yet considered what to do about this anger. On Ivey's Client Change Scale, her response is best rated at which level?

**A.** Level 3: acceptance and recognition
**B.** Level 2: partial examination
**C.** Level 4: creation of a new solution
**D.** Level 1: denial

**112.** Diane, an LMHC, receives a subpoena duces tecum from the attorney representing her client's husband in a divorce. The subpoena asks for all of the client's counseling records. What should Diane do FIRST?

**A.** Notify the client about the subpoena and learn whether she will authorize release or assert privilege
**B.** Send a treatment summary to the husband's attorney in place of the full record to limit the disclosure
**C.** Disregard the subpoena, because records protected by privilege cannot be reached by a subpoena
**D.** Send the records to the attorney, because a subpoena is a legal command that has to be obeyed

**113.** Elena, 26, met a museum curator by chance at a friend's wedding and learned about a career path she had never considered. Her counselor encourages her to follow up, stay curious, and treat such unexpected events as opportunities she can act on. The counselor's approach BEST reflects:

**A.** the theory of circumscription and compromise
**B.** planned happenstance theory
**C.** Tiedeman's decision-making model
**D.** the theory of work adjustment

**114.** Long-acting benzodiazepines such as chlordiazepoxide are commonly used to manage alcohol withdrawal primarily because of:

**A.** Antagonism
**B.** Reverse tolerance
**C.** Synergism
**D.** Cross-tolerance

**115.** A researcher's new social-anxiety scale correlates .75 with an established social-anxiety measure and .08 with a vocabulary test. Taken together, what do these two findings best support?

**A.** Predictive validity, because the anxiety scale forecasts vocabulary level
**B.** Construct validity, through both convergent and discriminant evidence
**C.** Test-retest reliability, because both correlations are reasonably stable
**D.** Content validity, because both findings reflect sampling of the domain

**116.** A second-grade teacher asks the school counselor for help with Sam, 8, who has ADHD and frequently calls out, leaves his seat, and does not finish independent work. Which recommendation is most consistent with evidence-based classroom management for ADHD?

**A.** Taking away recess whenever he fails to finish his independent work
**B.** Giving longer independent assignments to build his attention span
**C.** Moving his seat to the back so he distracts fewer of his classmates
**D.** A daily report card with specific target behaviors and home-based rewards

**117.** According to Carl Rogers, which therapist condition refers to the counselor's inner experience being accurately matched by what the counselor outwardly expresses in the relationship?

**A.** Unconditional positive regard
**B.** Psychological contact
**C.** Congruence
**D.** Accurate empathic understanding

**118.** Lena, 44, has had chronic low back pain for three years. Her physicians have completed a full workup, and she has stopped gardening, socializing, and exercising while she waits for the pain to go away. A counselor using Acceptance and Commitment Therapy would most likely emphasize

**A.** graded imaginal exposure to scenes of her pain becoming steadily worse
**B.** willingness to experience pain while re-engaging in activities she values
**C.** replacing catastrophic pain thoughts with more balanced thoughts
**D.** disputing her irrational demand that life be free of pain

**119.** Nadia, 29, has severe social anxiety and rarely speaks in meetings. She tells her counselor her goal is to give a keynote address to 200 people at a conference next week. What is the counselor's best response?

**A.** Replace it with a goal the counselor judges to be more appropriate for her
**B.** Delay goal setting until her anxiety has decreased enough to set goals
**C.** Accept the goal as written, since the client sets the direction of counseling
**D.** Work with her to break the aim into graduated, attainable steps toward public speaking

**120.** Under DSM-5-TR, insomnia disorder requires that sleep difficulty occur at least

**A.** every night for at least 2 weeks
**B.** 3 nights per week for at least 1 month
**C.** 3 nights per week for at least 3 months
**D.** 5 nights per week for at least 1 month

**121.** Aisha, 26, completes the GAD-7 at intake and scores 11. She asks whether this means she has generalized anxiety disorder. Which response is most accurate?

**A.** The score suggests moderate anxiety that warrants a fuller diagnostic evaluation
**B.** The score confirms generalized anxiety disorder and the diagnosis can be recorded
**C.** The score indicates severe anxiety that requires referral for hospitalization
**D.** The score falls below the clinical cutoff of 15, so no follow-up is needed

**122.** In a classroom token system, Diego, 9, loses five of his earned tokens each time he hits a peer. Which procedure is the teacher using?

- **A.** Positive punishment
- **B.** Negative reinforcement
- **C.** Response cost
- **D.** Time-out from positive reinforcement

**123.** Mr. Nguyen, 68, has limited English proficiency and arrives for an intake at a community agency with his adult daughter, who offers to interpret. He is seeking help for grief and family conflict. What should the counselor do?

- **A.** Accept the daughter's offer, since a family member will best understand his cultural context
- **B.** Conduct the intake in simplified English and provide translated written forms afterward
- **C.** Proceed with the daughter interpreting, provided Mr. Nguyen signs a release for her participation
- **D.** Arrange for a qualified professional interpreter to facilitate the consent process and sessions

**124.** In brief dynamic psychotherapy, Malan's triangle of conflict links which three elements?

- **A.** Defense, anxiety, and hidden feeling
- **B.** Thoughts, feelings, and behaviors
- **C.** Id, ego, and superego
- **D.** Therapist, past figures, and current others

**125.** Owen, 38, has mild to moderate depression. He has withdrawn from friends, stopped exercising, and spends most evenings in bed watching TV, which he says makes him feel worse. Which evidence-based intervention most directly targets this pattern?

- **A.** Exposure therapy to reduce his fear and avoidance of social situations
- **B.** Free association to identify the unconscious source of his low mood
- **C.** Behavioral activation that schedules valued and rewarding activities
- **D.** Mindfulness training to help him accept his inactivity

**126.** Sara, 45, begins her session after four months of counseling by saying, 'I think I'm done coming here.' Her counselor believes several treatment goals are not yet met. What is the most appropriate response?

- **A.** Explore her reasons, respect her decision, and offer a closing session and referrals
- **B.** Urge her to continue, explaining clearly why ending now would be clinically premature
- **C.** Accept the decision and end the session now without discussing her reasons for leaving
- **D.** Interpret her wish to stop as resistance and proceed with the current treatment plan

**127.** A counselor is screening applicants for a heterogeneous interpersonal therapy group. Nadia, 30, recently lost her job, was evicted, and reports acute suicidal thoughts with frequent crying spells; she says she needs "somewhere to talk every day." What is the most appropriate action?

- **A.** Refer her for individual crisis services and consider the group after she stabilizes
- **B.** Place her in the group and schedule weekly co-leader check-ins between sessions
- **C.** Admit her but ask her not to discuss her suicidal thoughts during sessions
- **D.** Admit her so the group's support can help her through the immediate crisis

**128.** Mei, 31, repeatedly says, 'This shouldn't have happened, it isn't fair,' about being laid off in a company-wide closure that cannot be reversed. Her suffering increases each time she dwells on it. Which DBT skill is most directly suited to this situation?

- **A.** Wise mind
- **B.** Check the facts
- **C.** Opposite action
- **D.** Radical acceptance

**129.** Counselor Ines feels an immediate sense that accepting a client's offer of free legal help is wrong but cannot explain why. Her supervisor encourages her to move beyond this gut response and reason through ethical rules, principles, and theory. Kitchener would describe this shift as moving from which level of ethical reasoning to which other level?

**A.** From the principle level to the virtue level
**B.** From the intuitive level to the critical-evaluative level
**C.** From moral sensitivity to moral motivation
**D.** From the conventional level to the postconventional level

**130.** Elena returns for her fourth session. Her counselor begins, "Last week you talked about the argument with your sister, how hurt you felt, and your decision to call her this week. Where would you like to start today?" Which microskill is the counselor primarily using?

**A.** Summarizing
**B.** Paraphrasing
**C.** Immediacy
**D.** Interpretation

**131.** Which intervention approach has the strongest research base for building communication, adaptive, and social skills in young children with autism spectrum disorder?

**A.** Sensory integration therapy delivered by an occupational therapist several times weekly
**B.** Nondirective child-centered play therapy delivered weekly
**C.** Early intensive behavioral intervention based on applied behavior analysis
**D.** Facilitated communication supported by a trained aide

**132.** An Adlerian counselor is coaching a parent on how to respond to her 10-year-old's science project. Which statement best reflects encouragement as opposed to praise?

**A.** I'm so proud of you for getting an A; that makes me very happy.
**B.** Great job, that's exactly the way I wanted you to do it.
**C.** You put a lot of effort into that; you must feel good about how hard you worked.
**D.** You're the smartest kid in your whole class, and I'm so proud of you.

**133.** What are the minimum frequency and duration of binge eating and inappropriate compensatory behaviors required for a DSM-5-TR diagnosis of bulimia nervosa?

**A.** Twice a week for 6 months
**B.** Once a week for 6 months
**C.** Once a week for 3 months
**D.** Twice a week for 3 months

**134.** The counselor asks 13-year-old Maya to physically position each family member in the room to show how close or distant they feel to one another, including facial expressions and gestures, and then asks each person how it feels to be placed there. This technique is

**A.** family sculpting
**B.** enactment
**C.** boundary making
**D.** family reconstruction

**135.** In which projective technique, developed by Henry Murray and Christiana Morgan, do clients tell stories about ambiguous pictures of people in various situations, which are then interpreted in terms of needs and press?

**A.** House-Tree-Person
**B.** Rotter Incomplete Sentences Blank
**C.** Thematic Apperception Test
**D.** Rorschach Inkblot Test

**136.** Sue and Sue identify several generic characteristics of counseling that can act as barriers for clients from lower socioeconomic backgrounds. Which of the following is identified as a CLASS-BOUND value?

- **A.** An emphasis on verbal, emotional, and behavioral expressiveness
- **B.** Use of standard English as the language of the counseling session
- **C.** Insight into the underlying causes of one's current problems
- **D.** Adherence to a strict time schedule, such as the 50-minute hour

**137.** In a court-referred anger management counseling group, members have repeatedly targeted Devon, the youngest member, with criticism whenever tension rises, even when he has said little. What is the most appropriate leader response?

- **A.** Suggest that Devon consider a different group that better fits his age
- **B.** Continue to observe without intervening, since scapegoating often resolves on its own as group cohesion builds
- **C.** Block the attacks and invite the group to examine what focusing on Devon accomplishes for them
- **D.** Encourage Devon to defend himself more assertively when he is criticized

**138.** When asked what brings him to counseling, Marcus, 41, describes his morning commute, a conversation with a neighbor about lawn care, and the price of gas before eventually explaining that he has been having panic attacks at work. Which thought-process finding should the counselor record?

- **A.** Tangentiality
- **B.** Flight of ideas
- **C.** Circumstantiality
- **D.** Loosening of associations

**139.** Counselor Grace holds religious beliefs that oppose divorce. Her client Sam, 39, wants help deciding whether to leave her marriage, and Grace feels pulled to steer Sam toward reconciliation. According to the ACA Code of Ethics, what should Grace do?

- **A.** Seek training and supervision to bracket her values while continuing to counsel Sam
- **B.** Explore the benefits of reconciliation with Sam before raising the option of separation
- **C.** Refer Sam to a colleague because her personal values conflict with the client's goal
- **D.** Disclose her beliefs so that Sam can make an informed choice about continuing with her

**140.** Hannah, 16, has anorexia nervosa, restricting type. Her resting heart rate is 38 bpm, she has orthostatic dizziness, and she has lost weight rapidly despite weekly outpatient counseling. Which level of care is most appropriate now?

- **A.** An intensive outpatient program
- **B.** Inpatient medical stabilization
- **C.** Outpatient family-based treatment
- **D.** A partial hospitalization program

**141.** A research team needs to establish DSM-5-TR diagnoses with high inter-rater reliability for study participants. Which assessment approach is MOST appropriate?

- **A.** A full mental status examination for each participant
- **B.** The Structured Clinical Interview for DSM-5 (SCID-5)
- **C.** The MMPI-3, interpreted with its clinical scales
- **D.** An unstructured clinical interview carried out by experienced clinicians

**142.** Daniel, 31, has worked as an accountant for six years. He is focused on securing a permanent position at his firm, earning his professional designation, and positioning himself for promotion to senior accountant. According to Super, Daniel is most likely in which career development stage?

**A.** Maintenance
**B.** Establishment
**C.** Growth
**D.** Exploration

**143.** Carla, 19, scored 92% on a chemistry exam. She tells her college counselor, "Either I get a perfect score or I'm a total failure." Which cognitive distortion is she showing?

**A.** All-or-nothing thinking
**B.** Mental filter
**C.** Minimization
**D.** Disqualifying the positive

**144.** Tomas, 38, reports that whenever he makes a cutting remark to his wife, he feels compelled to immediately wash the dishes, fold the laundry, and leave her a note, always in the same order. He says that until he does this, he cannot stop feeling 'dirty.' Which defense mechanism best describes this pattern?

**A.** Reaction formation
**B.** Displacement
**C.** Isolation of affect
**D.** Undoing

**145.** Tyler, 22, an engineering student from a family that praised him only for top grades, tells his college counselor he feels empty and "like a fraud," and admits he secretly loves painting but would never tell his parents. From a person-centered perspective, Tyler's distress is best understood as

**A.** an introject swallowed whole from his parents that blocks contact at the boundary
**B.** irrational beliefs that he must have his parents' approval in order to be worthwhile
**C.** incongruence between his self-concept and his experience, shaped by internalized conditions of worth
**D.** inferiority feelings from childhood that he has compensated for by striving for academic superiority

**146.** A counselor asks, "On a scale of 0 to 10, how important is it to you to quit vaping?" The client answers 4. Which follow-up question is most consistent with motivational interviewing?

**A.** "What would it take to get you to a 10?"
**B.** "Why are you at a 4 and not a 1?"
**C.** "How confident are you that you could quit?"
**D.** "Why are you at a 4 and not a 9?"

**147.** Liam, 25, made a minor typo in a team email. He feels intense shame and wants to avoid his coworkers and keep his head down for days. His DBT counselor agrees the shame does not fit the facts and encourages him to greet coworkers, make eye contact, and stand up straight. Which skill is this?

**A.** Opposite action
**B.** Building mastery
**C.** Self-soothing
**D.** Radical acceptance

**148.** Samuel, 50, a licensed counselor, is going through a painful divorce and feels sad and stressed most evenings. His notes are timely, his clients' outcome scores are steady, his supervisor sees no change in his work, and he has started personal therapy. Which characterization is most accurate?

**A.** He should refer every client with marital conflict so as to avoid any possible countertransference
**B.** He is experiencing distress that calls for self-monitoring, not suspension
**C.** He must tell his clients about the divorce to maintain transparency with them
**D.** He is professionally impaired and must suspend practice until the divorce is final

**149.** Walter, 35, smokes heavily, frequently overeats when stressed, and bites his nails. A psychodynamically oriented counselor would most likely conceptualize these behaviors as reflecting fixation in which of Freud's psychosexual stages?

**A.** Oral
**B.** Latency
**C.** Anal
**D.** Phallic

**150.** Marcus, 17, a Black adolescent mandated to counseling after a school fight, shrugs and says, "You're just going to write me up like everyone else." What is the counselor's best initial response?

**A.** Reassure him that everything said in counseling will stay completely confidential
**B.** Explain that participation is required and that refusals will be reported to the school
**C.** Acknowledge his mistrust as understandable and clarify what will and won't be shared
**D.** Interpret his silence as resistance and explore what he fears about being in counseling

**151.** Kayla, 7, had been fully toilet trained for three years. Since her parents' divorce two months ago, she has started wetting the bed, using baby talk, and asking to drink from a bottle. Which defense mechanism best describes this behavior?

**A.** Fixation
**B.** Repression
**C.** Regression
**D.** Displacement

**152.** Marcus, a 6th grader, receives a stanine of 7 on a district mathematics test. When his mother asks what this means, which interpretation should the school counselor give?

**A.** His score is above average, at about the 77th to 89th percentile
**B.** He correctly answered about 70% of the items on the test
**C.** His score is in the top 4% of students who took the test
**D.** His score is in the average range, near the middle of his grade

**153.** Shanice, 31, left an abusive partner three months ago and is seeing a feminist counselor. Which goal is most consistent with feminist therapy?

**A.** Resolving unconscious conflicts that drew her to the partner
**B.** Helping her accept responsibility for the partner's abuse
**C.** Helping her adjust to traditional expectations of her family
**D.** Increasing her sense of personal power and self-definition

**154.** Which statement best distinguishes privileged communication from confidentiality?

**A.** Privilege is a legal right held by the client; confidentiality is an ethical duty of the counselor
**B.** Privilege is an ethical duty of the counselor; confidentiality is a legal right held by the client
**C.** Privilege applies to all helping professionals; confidentiality applies only to licensed counselors
**D.** Privilege protects only written records; confidentiality protects only verbal disclosures in session

**155.** Brianna, 22, was sexually assaulted after a party. She says, "It was my fault because I went to the party and drank." Her counselor helps her identify this as a stuck point and uses Socratic questioning and structured worksheets on safety, trust, power and control, esteem, and intimacy. Which approach is the counselor using?

**A.** Prolonged exposure therapy
**B.** Stress inoculation training
**C.** Rational emotive behavior therapy
**D.** Cognitive processing therapy

**156.** During a group session at a federally assisted opioid treatment program, Lena, 32, becomes unresponsive. Paramedics arrive and ask what substances she has been using. She cannot consent. Under 42 CFR Part 2, what may the counselor do?

- **A.** Disclose nothing, because Part 2 has no exception without written consent
- **B.** Disclose information only after the program director obtains an emergency court order authorizing the release
- **C.** Disclose information to the paramedics as needed for the emergency and document the disclosure
- **D.** Disclose her full treatment record so paramedics have complete information

**157.** Which activity is MOST central to the final phase of a planned termination?

- **A.** Reviewing gains, anticipating future stressors, and consolidating relapse-prevention strategies
- **B.** Re-administering the full intake assessment battery to confirm that the original diagnosis was accurate
- **C.** Introducing new treatment goals to sustain the client's motivation
- **D.** Shifting the focus to the counselor's observations of the client's personality

**158.** A tornado destroyed much of a small town two days ago. A counselor is deployed to a shelter where residents are frightened, exhausted, and worried about missing relatives. Which intervention is most appropriate at this stage?

- **A.** Psychological first aid emphasizing safety, practical needs, and connection to support
- **B.** Formal diagnostic interviews to identify survivors with PTSD
- **C.** Prolonged exposure therapy for all survivors to prevent PTSD
- **D.** Mandatory group debriefing in which each survivor describes the event in detail

**159.** A counseling intern says about Betty, 78, who reports low mood, poor sleep, and withdrawal: "It's natural to feel down at her age, so I'll just help her accept it." What is the supervisor's best response?

- **A.** Suggest referring Betty to a geriatric psychiatrist, since counselors are not trained to treat older adults
- **B.** Agree, since mild depression is an expected response to the many losses of later life
- **C.** Point out that depression is not a normal part of aging, and guide the intern to assess and treat it
- **D.** Recommend that the intern focus on Betty's medical conditions, which are the likely cause

**160.** Dr. Lin developed a new couples intervention and personally conducts all posttreatment outcome interviews, knowing which couples received her intervention. A reviewer worries her ratings may be biased. Which change would most directly address this concern?

- **A.** Add a delayed follow-up assessment
- **B.** Increase the sample size of each group
- **C.** Use outcome raters blind to group assignment
- **D.** Replace random assignment with matching

**161.** A counselor knows the ethically right course of action for a client but cannot take it because of institutional constraints. Which term describes the psychological distress this causes?

- **A.** Moral injury
- **B.** Moral distress
- **C.** Cognitive dissonance
- **D.** Value imposition

**162.** How does DSM-5-TR structure severity ratings for autism spectrum disorder?

- **A.** Rated as mild, moderate, or severe based on the age symptoms first appeared
- **B.** Rated separately for social communication and for repetitive behaviors
- **C.** Rated according to expressive language level at the time of diagnosis
- **D.** Rated as a single overall level determined mainly by measured IQ

**163.** Asked what "People in glass houses shouldn't throw stones" means, Kevin, 30, answers, "Because the glass would break." Which mental status finding does this response MOST directly show?

- **A.** Poor insight
- **B.** Tangentiality
- **C.** Thought blocking
- **D.** Concrete thinking

**164.** Research on the transtheoretical model indicates that, compared with precontemplators, people in the action stage typically show

- **A.** more perceived cons of change than pros
- **B.** decreased perceived pros of change
- **C.** more perceived pros of change than cons
- **D.** equal pros and cons of change

**165.** Over several sessions, Terrence, a 34-year-old veteran, is asked to close his eyes and describe his combat trauma aloud in the present tense, repeatedly, for 30 to 45 minutes. The narrative is recorded so he can listen to it daily, and he also completes gradual in vivo exercises approaching avoided places. Which treatment is being used?

- **A.** Cognitive processing therapy
- **B.** Prolonged exposure therapy
- **C.** Stress inoculation training
- **D.** Eye movement desensitization and reprocessing

**166.** During a child-centered play therapy session, Ava, 6, silently lines up toy cars along the edge of the sandbox. The counselor says, "You're putting that one right there, next to the others." Which play therapy skill is the counselor using?

- **A.** Reflecting feelings
- **B.** Esteem building
- **C.** Tracking
- **D.** Returning responsibility

**167.** Luis, 29, is court-ordered to attend counseling after a DUI conviction, and his probation officer expects attendance reports. At the first session, what does the ACA Code require the counselor to do?

- **A.** Postpone discussing confidentiality until a reporting request arrives, so it does not hinder building rapport
- **B.** Send the probation officer full session notes, since a court mandate means the client has waived confidentiality
- **C.** Keep all information confidential from the court, because the client's welfare outweighs any court mandate
- **D.** Discuss the limits of confidentiality, including what will be shared with the court or probation

**168.** Lily, 9, tells her school counselor that she will be a professional soccer player, a veterinarian, and an astronaut, and she shows no concern about the training or abilities these jobs require. According to Ginzberg, Lily is in which period of occupational choice?

- **A.** Tentative period
- **B.** Fantasy period
- **C.** Realistic period
- **D.** Growth stage

**169.** Gail directs an agency where every counselor carries a caseload made up entirely of survivors of severe trauma, and staff are showing signs of vicarious trauma. Which organizational change is most likely to reduce it?

- **A.** Diversify caseloads so counselors see a mix of trauma and other clients
- **B.** Discourage counselors from discussing difficult cases with one another
- **C.** Lengthen sessions so counselors can process more of each client's trauma material per visit
- **D.** Offer one annual wellness day as the main prevention measure

**170.** In the FRAMES model of brief intervention, the 'R' emphasizes:

- **A.** That the client is responsible for change
- **B.** Referral to specialized treatment when needed
- **C.** Reflective listening to express empathy
- **D.** Relapse prevention planning for high-risk times

**171.** Midway through a structured six-session stress management group, Harold spends ten minutes recounting a detailed story about a vacation that has little to do with the session's topic of relaxation techniques. Other members are checking their phones. Which leader intervention is most appropriate?

- **A.** Allowing Harold to finish his story so that he does not feel rejected or embarrassed in front of the group
- **B.** Reflecting the feelings in Harold's story to deepen his exploration
- **C.** Tactfully cutting off Harold and shifting the focus back to the planned topic
- **D.** Asking the other members to share their own vacation experiences

**172.** In a therapy group, members increasingly wait for the leader to provide answers, defer every decision to her, and express disappointment when she does not take charge, behaving as if she alone can rescue them. In Bion's framework, which basic assumption is the group operating under?

- **A.** Fight-flight
- **B.** Dependency
- **C.** Oneness
- **D.** Pairing

**173.** Jordan, 17, tells his counselor at a community agency that he is gay and asks that his parents not be told. He reports no suicidal thoughts, substance misuse, or other safety concerns. His parents consented to his treatment. How should the counselor handle the disclosure?

- **A.** Keep it confidential, since it poses no risk of harm to Jordan or others
- **B.** Share it with the parents only if they ask directly about his sexuality
- **C.** Inform the parents, because they consented to treatment on his behalf
- **D.** Urge Jordan to come out soon so the counselor is not keeping secrets

**174.** Kevin, 26, uses heroin daily and wants to start medication. He has no significant medical or psychiatric conditions, lives in stable housing with a supportive partner, and is motivated to keep working. Which level of care is most appropriate to start?

- **A.** A 90-day residential program to remove him from his current environment
- **B.** Medically managed intensive inpatient care for opioid withdrawal management
- **C.** A social detox program that provides support without the use of medications
- **D.** Outpatient treatment with medication for opioid use disorder, such as buprenorphine

**175.** Following a large-scale disaster, which pattern of psychological response is most common among exposed adults?

- **A.** Chronic PTSD symptoms that persist for longer than a year afterward
- **B.** Recovery that occurs only after formal trauma therapy
- **C.** Delayed-onset PTSD that emerges about six months later
- **D.** Transient distress followed by a return to prior functioning

**176.** Aaron Beck and colleagues found that which factor predicted eventual death by suicide better than the severity of depression itself?

**A.** Hopelessness
**B.** Insomnia
**C.** Anhedonia
**D.** Anxiety

**177.** Marjorie, 66, lost her husband seven weeks ago. She reports that she keeps scanning crowds for his face, startles when she hears a car in the driveway expecting it to be him, and feels intense pining. In Bowlby and Parkes's phases of mourning, Marjorie is most likely in which phase?

**A.** Reorganization
**B.** Yearning and searching
**C.** Shock and numbness
**D.** Disorganization and despair

**178.** In recent editions of Ivey's Intentional Interviewing and Counseling, what forms the foundation (base) of the microskills hierarchy?

**A.** Ethics, multicultural competence, and a wellness or strength-based orientation
**B.** The five-stage interview structure
**C.** Attending behavior and client observation skills
**D.** Influencing skills such as interpretation and directives

**179.** Which statement best describes the difference between a paraphrase and a summary?

**A.** A summary integrates thoughts, feelings, and behaviors across a longer portion of the interview.
**B.** A summary uses the counselor's own words, whereas a paraphrase repeats the client's exact words verbatim.
**C.** A paraphrase focuses on emotions, whereas a summary focuses on facts and events.
**D.** A summary adds the counselor's view of underlying causes, whereas a paraphrase does not.

**180.** During a classroom guidance lesson, a counselor rolls a clay ball into a long sausage shape. Eli, 8, insists the amount of clay is unchanged 'because you could just roll it back into a ball.' Eli's justification reflects which Piagetian concept?

**A.** Compensation
**B.** Identity
**C.** Seriation
**D.** Reversibility

**181.** Tom, 30, avoids social situations because he is terrified of looking foolish. His REBT counselor asks him to loudly announce each stop while riding a city bus and to notice what actually happens. This assignment is an example of:

**A.** Systematic desensitization
**B.** A shame-attacking exercise
**C.** Flooding
**D.** Paradoxical intention

**182.** Which experimental design is specifically structured to assess whether administering a pretest interacts with the treatment to influence posttest scores?

**A.** Pretest-posttest control group design
**B.** Solomon four-group design
**C.** Posttest-only control group design
**D.** Counterbalanced crossover design

**183.** Kim, 25, is of normal weight and expresses intense concern about her body shape. Several times a week she induces vomiting after eating ordinary or small amounts of food, but she does not binge eat. Her counselor wants the record to document the specific reason Kim does not meet criteria for a named eating disorder. Which diagnosis should be recorded?

**A.** Anorexia nervosa, binge-eating/purging type, in partial remission
**B.** Unspecified feeding or eating disorder
**C.** Bulimia nervosa
**D.** Other specified feeding or eating disorder (purging disorder)

**184.** Which model is recommended for young people who are experiencing a first episode of psychosis?

**A.** Individual psychodynamic therapy as the sole intervention
**B.** Coordinated specialty care combining medication, therapy, family support, and supported employment and education
**C.** Long-term inpatient hospitalization until all symptoms remit
**D.** Watchful waiting for one year to rule out a brief psychotic disorder

**185.** Ahmed, 10, arrived from Syria four months ago and speaks very limited English. His school requests an estimate of his general cognitive ability. Which instrument is most appropriate given his language background?

**A.** Stanford-Binet 5 Verbal domain subtests
**B.** Peabody Picture Vocabulary Test, Fifth Edition (PPVT-5)
**C.** WISC-V Verbal Comprehension Index subtests in English
**D.** Universal Nonverbal Intelligence Test, Second Edition (UNIT-2)

**186.** A psychiatrist offers to pay a counselor $50 for each client the counselor refers to her practice for medication management. The counselor should:

**A.** decline, because the Code prohibits giving or receiving payment for referrals
**B.** accept, provided the payments are reported as business income for tax purposes
**C.** accept, provided the arrangement is disclosed to clients during informed consent
**D.** decline, unless the psychiatrist is the only available prescriber in the area

**187.** How do the DSM-5-TR criteria for generalized anxiety disorder differ for children compared with adults?

**A.** The worry must be observed in at least two settings, such as home and school
**B.** Only one associated symptom, such as restlessness or fatigue, is required instead of three
**C.** The worry does not need to be difficult for the child to control
**D.** The required duration of excessive worry is reduced from 6 months to 3 months

**188.** A high school counselor wants to measure the career decision-making readiness of ninth graders, including their career planning attitudes and knowledge of the world of work. Which instrument is MOST appropriate?

**A.** Career Development Inventory
**B.** Minnesota Importance Questionnaire
**C.** Salience Inventory
**D.** Strong Interest Inventory

**189.** A counselor wants a 10-item screening instrument, developed by the World Health Organization, to identify hazardous and harmful alcohol use. Which instrument fits this description?

**A.** Michigan Alcoholism Screening Test (MAST)
**B.** Alcohol Use Disorders Identification Test (AUDIT)
**C.** Substance Abuse Subtle Screening Inventory-4 (SASSI-4)
**D.** CAGE questionnaire

**190.** In the events behind the Tarasoff case, Prosenjit Poddar told a psychologist at a university health service that he intended to kill Tatiana Tarasoff. Which best describes what happened before the killing?

**A.** Tatiana's parents were warned, but they did not pass on the warning
**B.** No one was told of the threat because the psychologist saw it as fantasy
**C.** A judge denied the psychologist's petition for involuntary commitment
**D.** Campus police detained and released Poddar, and Tatiana was never warned

**191.** Maya, a 34-year-old counselor at a community agency, notices intense irritation and an urge to "fix things" whenever her 19-year-old client describes a passive, withdrawn mother. Maya recently recognized that her own relationship with her mother is unresolved. What should Maya do FIRST?

**A.** Explore the reaction in supervision and monitor its effect on sessions
**B.** Disclose her own family history so the client feels less alone
**C.** Steer the client away from discussing her mother until the feelings fade
**D.** Refer the client to a colleague before the reaction damages the alliance

**192.** A test developer wants an internal-consistency estimate for an achievement test whose items are all scored right or wrong (1 or 0). Which procedure was designed specifically for this kind of item?

**A.** Kuder-Richardson Formula 20 (KR-20)
**B.** Standard error of estimate
**C.** Cohen's kappa
**D.** Test-retest correlation

**193.** Tomasz, an LPC at a community agency, is starting a psychoeducational group for teens and wants to review the national best practice guidelines and professional training standards for group work. Which ACA division would be the MOST appropriate resource?

**A.** Association for Specialists in Group Work (ASGW)
**B.** Association for Counselor Education and Supervision (ACES)
**C.** American Mental Health Counselors Association (AMHCA)
**D.** Association for Multicultural Counseling and Development (AMCD)

**194.** Derek, 46, comes to an intake reporting depressed mood, drinking six beers most nights, frequent arguments with his wife, and trouble at work. When asked directly, he says he has been thinking about using his handgun and wrote a note last week. Which problem should take priority in the initial treatment plan?

**A.** Alcohol use, because drinking is likely maintaining both the depression and conflict
**B.** Depressive symptoms, using behavioral activation to restore energy and motivation
**C.** Suicide risk, through risk assessment, means restriction, and a safety plan
**D.** Marital conflict, because it is the stressor Derek describes as most upsetting to him

**195.** Mei, 27, believes, "If I speak up in meetings, people will laugh at me." She and her counselor agree that she will make one comment at the next team meeting and write down how people actually respond. This intervention is best described as:

**A.** Role reversal
**B.** Flooding
**C.** A behavioral experiment
**D.** A shame-attacking exercise

**196.** Daniel, 31, has been in psychodynamic counseling for six months. Shortly after he first began talking about his father's harsh discipline, he started arriving late and twice forgot sessions. What is the best response from a psychodynamic perspective?

**A.** Shift to a brief solution-focused approach so he can avoid revisiting painful memories
**B.** Explore the lateness as meaningful, gently linking it to the painful material he recently raised
**C.** Set a firm policy that any further missed sessions will lead to the end of treatment
**D.** Tell him the lateness shows he unconsciously wants to quit treatment, and ask him to decide about it now

**197.** Natalie, 26, says, 'If only I were more confident, I would apply for the promotion.' Her Adlerian counselor asks her to spend the next week behaving as though she already were confident, including speaking up in team meetings. Which technique is the counselor using?

**A.** Acting as if
**B.** Spitting in the client's soup
**C.** Behavioral rehearsal
**D.** Paradoxical intention

**198.** A licensed counselor attends a one-day introductory workshop on EMDR and wants to begin using it the following week with a client who has severe PTSD. According to the ACA Code of Ethics, what is the most appropriate course of action?

**A.** Use EMDR now, as long as the client signs informed consent describing the counselor's limited training
**B.** Use EMDR only in sessions where a colleague with EMDR training is available by phone
**C.** Complete appropriate education and training and obtain supervision before using EMDR with the client
**D.** Use EMDR now, since licensure as a counselor covers trauma interventions in general

**199.** Elena, 40, an outpatient counselor who says she feels drained, has begun answering one client's texts after midnight and tells her supervisor that she is the only person who can help him. What should the supervisor recommend?

**A.** Transfer the client right away to protect Elena from further strain
**B.** Keep up the extra availability since the client seems to be benefiting
**C.** Re-establish clear limits on contact and explore the pattern in supervision
**D.** End the counseling relationship because it has become unethical

**200.** A counselor at a community mental health center leads a long-term group for adults with chronic major depressive disorder and long-standing personality disorders. The goal is to address deep-seated patterns and achieve substantial personality change over many months. Using the ASGW classification, which type of group is this?

**A.** Task group
**B.** Counseling group
**C.** Psychoeducational group
**D.** Psychotherapy group