SUMMIT
STUDY GUIDES

NCE

Full-Length Practice Exam

Exam 4

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 4

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. Paul, an atheist counselor, notices he feels dismissive when Edna, a 60-year-old client in recovery from alcohol use disorder, credits her sobriety mainly to prayer. What is Paul's best response?

- **A.** Avoid the topic, since religion is outside a counselor's scope of practice
- **B.** Refer Edna to a pastoral counselor who shares her religious beliefs
- **C.** Notice his reaction and explore what prayer means to Edna
- **D.** Gently dispute the belief as an irrational attribution using REBT techniques

2. Nina, 35, says, "I don't need to quit smoking. My grandfather smoked until he was 90." Her counselor replies, "You're not convinced the risks apply to you, and in the end it's your decision." This response best illustrates which motivational interviewing principle?

- **A.** Developing discrepancy
- **B.** Rolling with resistance
- **C.** Supporting self-efficacy
- **D.** Expressing empathy through affirmation

3. Diane, a counselor at a federally assisted substance use disorder treatment program, receives a subpoena for a client's treatment records. The client has not consented to release. Under 42 CFR Part 2, Diane should:

- **A.** Release the records, because a subpoena overrides federal confidentiality protections
- **B.** Withhold the records; Part 2 requires client consent or a qualifying court order
- **C.** Release only the diagnosis and dates of treatment, which are not protected under Part 2
- **D.** Confirm the client is in treatment but withhold all clinical notes and assessments

4. A counselor with strong religious convictions is assigned Jordan, 26, who wants help strengthening his relationship with his same-sex partner. The counselor feels uncomfortable with the relationship and considers transferring Jordan to a colleague. According to the ACA Code of Ethics, the counselor should:

- **A.** continue working with Jordan and seek training or supervision to avoid imposing personal values
- **B.** disclose the value conflict to Jordan and allow him to decide whether to continue counseling
- **C.** refer Jordan only after honestly explaining the religious basis for the referral decision
- **D.** refer Jordan to a colleague, since a referral shields him from the counselor's discomfort and bias

5. Marcus, a 22-year-old college student, is brought in by his roommate. For the past 10 weeks Marcus has heard voices commenting on his actions, believes his professors are inserting thoughts into his mind, and his speech has become increasingly disorganized. A toxicology screen is negative, there is no history of mood episodes, and he has never had psychiatric symptoms before. Which diagnosis best fits his presentation at this time?

- **A.** Delusional disorder
- **B.** Schizophreniform disorder
- **C.** Brief psychotic disorder
- **D.** Schizophrenia

6. What is the primary purpose of the interstate Counseling Compact adopted by many U.S. states?

- **A.** To transfer disciplinary authority over counselors from state boards to NBCC
- **B.** To create a single national counseling license that replaces individual state licenses
- **C.** To let counselors licensed in one member state practice in other member states
- **D.** To require all member states to accept graduates of non-CACREP programs for licensure

7. How did Ellis view the role of counselor warmth in REBT?

- **A.** A warm, empathic relationship is necessary and sufficient for change
- **B.** Accepting the client matters, but too much warmth may feed approval needs
- **C.** The counselor should avoid confronting clients to protect rapport
- **D.** The relationship should stay neutral so that transference can develop

8. A career counselor meets with Ahmed, 30, administers aptitude tests and an interest inventory, reviews his work history, and then compares his profile with the requirements of occupations found in O*NET to identify the closest matches. Which approach is the counselor most clearly using?

- **A.** Life-span, life-space approach
- **B.** Social learning approach
- **C.** Cognitive information processing approach
- **D.** Trait-factor approach

9. Raj, 29, comes to his fourth CBT session and says he did not complete the thought record he agreed to do. What should the counselor do first?

- **A.** Stop using homework since Raj is not ready for CBT
- **B.** Assign a longer version to strengthen his commitment
- **C.** Interpret the missed task as transference resistance
- **D.** Explore with Raj what got in the way of completing it

10. In eye movement desensitization and reprocessing (EMDR), during which phase does the client hold in mind the target image, negative cognition, and associated body sensations while engaging in sets of bilateral stimulation until distress decreases?

- **A.** Installation
- **B.** Body scan
- **C.** Preparation
- **D.** Desensitization

11. According to Beck's cognitive content-specificity hypothesis, anxiety is marked mainly by thoughts about:

- **A.** Guilt over past wrongdoing
- **B.** Loss and personal failure
- **C.** Rules being broken by others
- **D.** Danger or threat in the future

12. The Morales family immigrated from Mexico when their daughter Ana was 4. Now 16, Ana argues constantly with her parents about dating, curfew, and her wish to attend a distant university; her parents say she has "forgotten who she is." Which concept best explains the family's conflict?

- **A.** Triangulation of the child into marital conflict
- **B.** Enmeshment within the family's structure
- **C.** Cultural encapsulation on the part of the parents
- **D.** An acculturation gap between parents and child

13. Leon, 29, tells his counselor that he recently tested positive for HIV and has not told his partner, with whom he has condomless sex. Before the counselor considers any disclosure to the partner, what does the ACA Code of Ethics direct the counselor to do?

- **A.** Report the diagnosis to the local public health department
- **B.** Assess whether Leon intends to inform his partner
- **C.** Warn the partner, because transmission risk is foreseeable
- **D.** Suspend counseling until Leon is under a physician's care

14. Devon completed a counseling degree but never became licensed. He moves to a state whose counseling statute is a title act only and opens an office offering "life adjustment counseling." Which statement is MOST accurate?

A. He is prohibited from providing any counseling services until he obtains a license from the state
B. He must register with CACREP to legally offer counseling-related services in that state
C. He may not use the protected title, but the statute does not restrict the services
D. He may call himself a licensed professional counselor as long as he does not bill insurance companies

15. A counselor compares stress scores between 22 clients in a yoga-based group and 20 clients in a talk-therapy group using an independent-samples t-test. What are the degrees of freedom for this analysis?

A. 41
B. 42
C. 20
D. 40

16. Derek, 42, claims he is 'hopeless with numbers,' and as a result his wife handles all the household finances and bills. His Adlerian counselor points out that his 'helplessness' gets him out of an unpleasant responsibility, and that he can keep doing it but now knows what it gains him. Which technique did the counselor use?

A. Spitting in the client's soup
B. The push-button technique
C. Catching oneself
D. Acting as if

17. Which term, associated with Maria Yellow Horse Brave Heart, describes cumulative emotional and psychological wounding across generations resulting from massive group trauma experienced by Indigenous peoples?

A. Secondary traumatic stress
B. Complex trauma
C. Historical trauma
D. Vicarious trauma

18. Dani, 26, uses heroin daily and says clearly that she is not willing to stop right now. Her counselor works from a harm reduction framework. Which intervention is most consistent with that framework?

A. Explain that counseling can resume once she has achieved 30 days of abstinence
B. Provide naloxone, fentanyl test strips, and syringe service referrals
C. Require entry into residential treatment as a condition of continued counseling
D. Focus sessions on helping her admit that she is powerless over heroin

19. Edith, 76, is referred for memory complaints that began abruptly after her husband's death 3 months ago. She often answers "I don't know" to cognitive questions, complains a great deal about her memory problems, and reports low mood, poor sleep, and loss of interest. Her attention is intact and steady throughout the day. Which explanation is MOST likely?

A. Mild neurocognitive disorder due to vascular disease
B. Delirium due to another medical condition
C. Cognitive impairment associated with a depressive disorder
D. Major neurocognitive disorder due to Alzheimer's disease

20. Which statement about the written trauma account in cognitive processing therapy is accurate?

A. The written account replaces the use of Socratic questioning
B. CPT can be delivered with or without a written trauma account
C. The written account is read aloud repeatedly to produce habituation
D. The written account is required in every CPT protocol

21. Yalom describes the here-and-now focus as a two-tiered process. In addition to members experiencing emotions toward one another in the moment, which second tier is required for the focus to be therapeutic?

- **A.** Catharsis of feelings tied to past events
- **B.** Interpretation of transference to early caregivers
- **C.** Structured exercises that generate emotional intensity
- **D.** Illumination of the process underlying those interactions

22. In an early session with Tom and Jess, the counselor says, "It seems the more Tom pulls back to avoid a fight, the more Jess pushes to reach him, and the more she pushes, the more he retreats. That cycle is what's hurting you both, not each other." In emotionally focused couple therapy, this intervention is most characteristic of which stage?

- **A.** Stage 3, consolidation
- **B.** Stage 1, cycle de-escalation
- **C.** Stage 2, withdrawer re-engagement
- **D.** Stage 2, blamer softening

23. Counselor Neil, who has a good working relationship with a colleague, repeatedly hears her describe Indigenous clients as 'unmotivated' in case staffings. He notices those clients are often assigned to the lowest-intensity services. What should Neil do FIRST?

- **A.** File a complaint with the state licensing board about her discriminatory practices
- **B.** Raise his concerns directly with the colleague to try to resolve the issue informally
- **C.** Document the pattern and report it to the agency director without telling her
- **D.** Advise the affected clients to request reassignment to a different counselor

24. Bianca, 19, pulls hair from her scalp while studying, leaving noticeable bald patches. She feels ashamed and has tried repeatedly to stop. Which intervention is best supported for her condition?

- **A.** Habit reversal training with awareness training and a competing response
- **B.** Exposure and response prevention focused on her obsessional fears
- **C.** Aversive conditioning involving a mild electric shock
- **D.** Supportive counseling aimed at improving her self-esteem and reducing her shame

25. Carlos, 16, whose father died a year ago, wears his father's watch every day and talks to him at the cemetery before big games. Carlos is doing well in school and with friends, but his mother worries this is unhealthy. What is the most appropriate counselor perspective?

- **A.** Diagnose prolonged grief disorder because more than the required six months have passed for an adolescent
- **B.** Encourage Carlos to put the watch away so he can let go and complete his grieving
- **C.** Recommend exposure-based treatment to reduce his reliance on reminders of his father
- **D.** Normalize these behaviors as continuing bonds that can support adaptation, while monitoring functioning

26. Gloria, 45, takes sertraline and recently began taking St. John's wort on her own. She calls her counselor reporting agitation, heavy sweating, diarrhea, muscle twitching, and a racing heart that started yesterday. Which explanation and response are most appropriate?

- **A.** A panic attack; the counselor should coach her through diaphragmatic breathing
- **B.** Neuroleptic malignant syndrome; she should stop the sertraline at once
- **C.** Possible serotonin syndrome; she needs immediate medical evaluation
- **D.** SSRI discontinuation syndrome; she should mention it at her next prescriber appointment

27. Which play-based approach is adult-directed and organizes sessions around the attachment-based dimensions of structure, engagement, nurture, and challenge?

- **A.** Child-centered play therapy
- **B.** Gestalt play therapy
- **C.** Theraplay
- **D.** Cognitive-behavioral play therapy

28. Ruth, 72, reports good mood, sleep, and social engagement and wants counseling to help her adjust to her decision to move into assisted living so she can stop maintaining a house. Her counselor believes Ruth could live independently and feels she is 'giving up.' What should the counselor do?

- **A.** Support Ruth's self-determined goal while monitoring the counselor's own reactions
- **B.** Screen Ruth for depression, since the decision may reflect underlying hopelessness
- **C.** Present information about independent-living supports before agreeing on goals
- **D.** Contact Ruth's adult children to confirm the move reflects the family's wishes

29. Eli, 5, has autism spectrum disorder and limited speech. His counselor first reinforces any vocal sound when Eli reaches for juice, then only the sound 'j,' then 'ju,' and finally only the full word 'juice.' Which technique is the counselor using?

- **A.** Prompt fading
- **B.** Shaping
- **C.** Discrimination training
- **D.** Backward chaining

30. A counselor exploring the family background of Andre, 29, learns that his parents were highly overprotective and demanding, and that he grew up needing to earn their approval. Andre is drawn to a career in hospitality and customer service. According to Roe, which childhood climate and orientation best explain his choice?

- **A.** Avoidance of the child, leading toward person-oriented occupations
- **B.** Emotional concentration on the child, leading toward person-oriented occupations
- **C.** Acceptance of the child, leading toward non-person-oriented occupations
- **D.** Emotional concentration on the child, leading toward non-person-oriented occupations

31. Over 20 minutes, Ben, 44, has mentioned that his drinking worries his wife, that he missed his son's game after a hangover, and that his doctor flagged his liver enzymes. Which type of summary should the counselor offer to gather these points and reinforce motivation?

- **A.** A collecting summary of the change talk he has voiced
- **B.** A double-sided summary emphasizing his reasons not to change
- **C.** A transitional summary that ends the session
- **D.** A linking summary that connects to earlier sessions

32. Kara, 24, is grieving her grandmother, who raised her. Her narrative counselor asks, "What did your grandmother know about you that others may have missed? How might she want to stay part of your life now?" This approach is best described as:

- **A.** a re-membering conversation
- **B.** an outsider-witness retelling
- **C.** a relative influence question
- **D.** an empty-chair dialogue

33. Gordon, 71, has ALS and lives in a state where medical aid in dying is legal. He tells his counselor he is considering this option and wants to explore his feelings about it. Under the ACA Code of Ethics, which statement about confidentiality is most accurate?

- **A.** The counselor must break confidentiality and treat Gordon's statements as imminent suicide risk
- **B.** The counselor must notify Gordon's family, since end-of-life decisions affect the whole family system
- **C.** The counselor must refer Gordon elsewhere, because the Code bars counselors from discussing hastened death with clients
- **D.** The counselor may choose to maintain confidentiality, depending on the law and circumstances, after consultation

34. A middle school counselor analyzes discipline data and finds that Black boys are suspended at three times the rate of their peers for similar infractions. She presents the data to the principal and school board and proposes specific changes to the discipline policy. Under the ACA Advocacy Competencies, this work best represents:

- **A.** Systems advocacy
- **B.** Community collaboration
- **C.** Client/student advocacy
- **D.** Social/political advocacy

35. A supervisor observes that intern Kayla sits behind her desk with arms crossed, writing notes throughout sessions. Using Egan's SOLER guidelines, which change should the supervisor suggest?

- **A.** Face the client squarely with an open, slightly forward-leaning posture
- **B.** Mirror every gesture the client makes to build rapport more quickly
- **C.** Take even more detailed notes to show the client that words matter
- **D.** Maintain continuous eye contact to signal complete, undivided attention

36. A counselor who grew up with an alcoholic parent notices that she feels unusually irritated with, and protective of, a client whose father drinks heavily. She has started extending his sessions and giving advice she would not normally give. What should the counselor do first?

- **A.** Shift to a more structured, directive approach to limit her emotional involvement
- **B.** Terminate the counseling relationship and refer the client to another provider right away
- **C.** Disclose her own family history so the client knows she understands his situation
- **D.** Seek supervision or consultation to examine her reactions and their effect on treatment

37. Rosa is a licensed counselor in a cash-only private practice. She does not bill insurance and conducts no electronic health care transactions such as electronic claims or eligibility checks. Which statement best describes her obligations?

- **A.** She is a HIPAA covered entity because she stores client records on a computer
- **B.** She is likely not a HIPAA covered entity, but she remains bound by ethical and state-law confidentiality duties
- **C.** She is exempt from confidentiality obligations entirely until she begins accepting insurance
- **D.** She is a HIPAA covered entity because all licensed health care providers are automatically covered, regardless of how they bill

38. Which schedule of reinforcement typically produces behavior that is MOST resistant to extinction?

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

39. As Omar, 44, begins talking about his late brother, his eyes fill with tears, and he quickly says, "Anyway, let's talk about my job search." His Gestalt counselor gently asks him to remain with what he is feeling right now. This intervention is known as

A. an empty-chair dialogue
B. staying with the feeling
C. making the rounds
D. a reversal exercise

40. A counselor who conveys accurate empathy, affirms a client's strengths, and respects the client's right to choose whether to change is demonstrating which element of the spirit of motivational interviewing?

A. Partnership
B. Compassion
C. Acceptance
D. Evocation

41. Maria, a high school counselor, gives the same 30-item test-anxiety inventory to a group of sophomores in September and again two weeks later. The scores from the two sessions correlate at .88. What kind of reliability evidence has Maria gathered?

A. Alternate-forms reliability, which shows two versions are equivalent
B. Interrater reliability, which shows agreement between scorers
C. Internal consistency, which shows the items measure one construct
D. Test-retest reliability, which shows the scores are stable over time

42. Noah, 8, has average intelligence and age-appropriate vocabulary and grammar. However, he does not adjust his speech to his listener, frequently interrupts, takes idioms literally, and has trouble following the rules of conversation. A thorough developmental history reveals no restricted interests, repetitive behaviors, or sensory sensitivities, past or present. Which diagnosis is most appropriate?

A. Language disorder
B. Social anxiety disorder
C. Autism spectrum disorder, without accompanying language impairment
D. Social (pragmatic) communication disorder

43. Ben, 25, is sure he will freeze during a job interview. His counselor asks, "What is the worst that could realistically happen? How would you handle it if it did? What is the most likely outcome?" This technique is best called:

A. Decatastrophizing
B. Thought stopping
C. The downward arrow
D. Reattribution

44. Rachel, 37, has had trouble falling asleep and wakes at 4 a.m. unable to return to sleep about four nights a week for 5 months, despite adequate opportunity for sleep. She reports daytime fatigue, irritability, and errors at work. No substance, medical condition, or other sleep-wake disorder explains the problem. Which diagnosis best fits?

A. Circadian rhythm sleep-wake disorder, advanced sleep phase type
B. Obstructive sleep apnea hypopnea
C. Hypersomnolence disorder
D. Insomnia disorder, persistent

45. When a counselor asks a client to subtract 7 from 100 and keep subtracting 7, which mental status domain is MAINLY being assessed?

- **A.** Abstract reasoning
- **B.** Orientation
- **C.** Attention and concentration
- **D.** Remote memory

46. Rosa, 52, tells her counselor she cannot understand why she is so devastated by the death of her former husband, whom she divorced 10 years ago. Her coworkers seem puzzled that she is taking it hard, and she was not listed among the family at the funeral. Rosa's experience is BEST described as which of the following?

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

47. A school nurse tells counselor Mr. Ito that she already called child protective services about bruises on a 10-year-old student who has also made disclosures to Mr. Ito. In most states, what is Mr. Ito's obligation?

- **A.** Ask the principal to confirm the nurse's call, and report only if the principal can't confirm it
- **B.** Take no action, since the agency already has the report and a second call would duplicate the effort
- **C.** Document in his notes that the nurse made the report, since doing so formally discharges his duty
- **D.** Make his own report, since each mandated reporter's duty is individual and personal

48. Marcus, 34, tells his counselor he is "totally fine" with his recent divorce. As he speaks, his voice cracks and his fists are clenched. Which counselor response is the best example of an effective confrontation?

- **A.** "I don't think you're being completely honest with me, or with yourself, about how you really feel."
- **B.** "You say you're fine with the divorce, and your voice and hands seem to be saying something different."
- **C.** "It sounds like you're really angry at your ex-wife for leaving you."
- **D.** "What would it mean for you if you weren't fine with the divorce?"

49. Ines, 29, has generalized anxiety disorder. Her GAD-7 score was 17 at intake, 12 at session 6, and 6 at session 12, and she reports sleeping and working normally. She asks whether she still needs counseling. The counselor should FIRST:

- **A.** discharge her at this session because her score is in the mild range
- **B.** add a new goal related to her childhood to deepen the work
- **C.** explain that GAD is chronic and recommend open-ended maintenance sessions
- **D.** review her progress with her and discuss planning for termination

50. Gloria, 58, lost her husband and her job within the same month. She insists nothing has gone well and she cannot identify any exceptions. Which solution-focused question is most appropriate?

- **A.** "What would need to happen for you to move from a 2 to a 3?"
- **B.** "With all that has happened, how have you managed to keep going each day?"
- **C.** "If a miracle happened tonight, what would be the first thing you noticed?"
- **D.** "Tell me about a time last week when you felt happy."

51. Rosa, a 45-year-old Latina client, believes that discrimination and systemic barriers largely control her circumstances and that the system, not she, is responsible for her problems. Her counselor, who holds a strongly individualistic worldview, keeps wondering why Rosa "won't take ownership." In Sue's worldview model, Rosa's worldview is best described as:

- **A.** Internal locus of control, external locus of responsibility
- **B.** Internal locus of control, internal locus of responsibility
- **C.** External locus of control, internal locus of responsibility
- **D.** External locus of control, external locus of responsibility

52. Devon, 25, has an intellectual developmental disorder and lives in a supported group home. He tells his counselor that a staff member slaps him when he does not finish chores. In most states, what should the counselor do?

A. Hold off on reporting until Devon's legal guardian has reviewed the situation and given permission to report

B. Report the suspected abuse to child protective services, since Devon's functioning is below his chronological age

C. Report it to the state agency for vulnerable adults, such as adult protective services

D. Report the suspected abuse only to the group home administrator, who is responsible for supervising staff

53. In Carter and McGoldrick's family life cycle model, the key emotional process for the stage of launching children and moving on is:

A. Accepting the shifting of generational roles

B. Accepting a multitude of exits from and entries into the family system

C. Increasing flexibility of family boundaries to include children's independence

D. Accepting new members into the family system

54. Edith, 80, is hospitalized with a urinary tract infection. Over two days she has become confused, cannot keep her attention on a conversation, and is lucid in the morning but disoriented by evening. Which condition do these findings MOST suggest?

A. Major depressive disorder with cognitive symptoms

B. Major neurocognitive disorder due to Alzheimer's disease

C. Brief psychotic disorder

D. Delirium

55. In the period after discharge from inpatient psychiatric care, when is suicide risk generally highest?

A. About one year after discharge, on the anniversary of admission

B. About six months after discharge, as follow-up care ends

C. In the first several weeks to month after discharge

D. Only when depressive symptoms return to pre-admission levels

56. In psychoanalytic theory, which defense mechanism channels unacceptable sexual or aggressive impulses into socially valued activities such as art, athletics, or work?

A. Sublimation

B. Displacement

C. Suppression

D. Compensation

57. Marcus, an LPC, ended counseling with Lena, 34, three years ago after treating her for generalized anxiety. They run into each other at a community fundraiser, and Lena asks Marcus to dinner. According to the ACA Code of Ethics, how should Marcus respond?

A. Accept only after her records are formally transferred so the professional relationship is closed

B. Accept, provided he documents in writing that the relationship is not exploitative of Lena

C. Decline, because such relationships are prohibited for 5 years after last contact

D. Decline, because the ACA Code permanently prohibits romantic relationships with any former client

58. Rachel, 30, is seeing a counselor for career concerns. Over several sessions she reveals that she binge eats and then makes herself vomit several times a week. The counselor has no training in eating disorders. What should the counselor do FIRST?

A. End counseling right away, since continuing outside one's competence violates the Code

B. Discuss the concern with Rachel and refer her for medical evaluation and specialized treatment

C. Contact Rachel's parents so that they can help arrange specialized eating disorder care

D. Continue career counseling while adding CBT for eating disorders using a published treatment manual

59. A counselor reports the annual household income of clients at a community agency. A few clients earn far more than the rest, creating a strongly skewed distribution. Which measure of central tendency best represents a typical client?

- **A.** Range
- **B.** Median
- **C.** Mean
- **D.** Mode

60. Emily, a White counseling trainee, tells her supervisor that since learning about White privilege she feels guilty and confused, and she is torn between loyalty to her family's views and her new awareness of racism. According to Helms's White racial identity model, Emily is MOST likely in which status?

- **A.** Reintegration
- **B.** Disintegration
- **C.** Contact
- **D.** Pseudo-independence

61. Ray, 41, works in a print shop where he is paid $5 for every 20 brochures he folds. Which reinforcement schedule is Ray on?

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

62. A counselor is beginning family counseling with the Adeyemi family: two parents and two teenagers. According to the ACA Code of Ethics, regarding confidentiality the counselor should

- **A.** define who the client is and discuss the limits of confidentiality, documenting each member's agreement
- **B.** explain that the parents, as legal guardians, will decide what session content may be disclosed
- **C.** wait to discuss confidentiality until a member actually shares a secret with the counselor
- **D.** assure each member that anything shared privately with the counselor will be kept from the others

63. Carla says her 15-year-old son "argues about everything." Her counselor responds, "It sounds like he's developing strong opinions and learning to stand up for what he believes." Which technique is the counselor using?

- **A.** Confrontation
- **B.** Reframing
- **C.** Paradoxical directive
- **D.** Interpretation

64. At intake, Priya and Tom signed a written "no secrets" policy for couples counseling. During a brief individual check-in, Tom reveals an ongoing affair and asks the counselor to keep it from Priya. What should the counselor do?

- **A.** Tell Priya about the affair at the start of the next joint session
- **B.** Keep the affair confidential because it came up in an individual session
- **C.** Terminate couples work and refer each partner to individual counseling
- **D.** Encourage Tom to disclose the affair himself, consistent with the policy

65. Super's Life-Career Rainbow is a graphic that depicts:

- **A.** occupational levels arranged according to Maslow's hierarchy of needs
- **B.** how career aspirations are narrowed through circumscription and compromise
- **C.** the life roles a person plays and how they change across the life span
- **D.** how Holland personality types relate to matching work environments

66. A local psychiatrist offers to pay a counselor $50 for every client the counselor refers to her practice for medication evaluation. How should the counselor respond?

- **A.** Accept, if the fees are used to subsidize reduced-fee services for others
- **B.** Accept, if the psychiatrist is the most qualified prescriber in the area
- **C.** Decline, because counselors may not receive payment for referring clients
- **D.** Accept, provided the fee is disclosed to clients during informed consent

67. Lena, 29, tells her counselor, "You probably think I'm pathetic, just like my father always did." From a psychodynamic perspective, what is the most helpful response?

- **A.** Explore her expectation that the counselor will judge her as her father did and how it shows up now
- **B.** Share the counselor's own experience of growing up with a critical parent
- **C.** Reassure her warmly that the counselor would never think of her as pathetic
- **D.** Redirect her back toward her father, since the counseling relationship itself is not the focus of their work

68. Jorge, 45, has smoked for 25 years. He tells his counselor he has set a quit date two weeks from now, bought nicotine patches, and told his family. Which counselor focus best matches his stage of change?

- **A.** Reinforcing relapse-prevention strategies to sustain a year of abstinence
- **B.** Exploring his ambivalence by weighing the pros and cons of continuing
- **C.** Refining his quit plan and anticipating high-risk situations
- **D.** Raising his awareness of the health risks of smoking to increase concern

69. A cognitive therapist asks Rob, 39, to write down, between sessions, each upsetting situation, his emotion and its intensity, the thought he had, evidence for and against that thought, and a more balanced thought. Which tool is the therapist using?

- **A.** A dysfunctional thought record
- **B.** An activity monitoring schedule
- **C.** A subjective units of distress hierarchy
- **D.** A functional behavioral assessment

70. Which instrument did Holland and his colleagues develop to assess vocational identity, defined as the clarity and stability of a person's goals, interests, and talents?

- **A.** Career Maturity Inventory
- **B.** Career Beliefs Inventory
- **C.** My Vocational Situation
- **D.** Career Thoughts Inventory

71. An agency redesigns its intake process so that clients are told in advance what questions will be asked, why each is needed, and how the information will be used and stored. Which SAMHSA trauma-informed care principle does this change most directly reflect?

- **A.** Trustworthiness and transparency
- **B.** Peer support
- **C.** Collaboration and mutuality
- **D.** Cultural, historical, and gender issues

72. Ethan, 33, says, 'I'm a failure.' His ACT counselor asks him to rephrase it as, 'I'm having the thought that I'm a failure,' and then to say the word 'failure' rapidly for 30 seconds. Which ACT process is the counselor targeting?

- **A.** Cognitive defusion
- **B.** Acceptance
- **C.** Self-as-context
- **D.** Cognitive restructuring

73. Alex, 32, is a transgender woman weighing two job offers. She worries about how she will be treated and whether to tell coworkers about her history. What should the counselor do FIRST?

A. Help her assess each employer's climate and support her own disclosure choices
B. Focus on her interest inventory results, since gender identity is not relevant to the choice
C. Advise her not to disclose her transgender history at either workplace so that she avoids discrimination
D. Inform her that federal employment law does not prohibit discrimination based on gender identity

74. A supervisor deliberately shifts among the roles of teacher, counselor, and consultant while focusing on a supervisee's intervention skills, case conceptualization, and personalization. This approach best describes:

A. Ronnestad and Skovholt's lifespan model
B. Holloway's Systems Approach to Supervision
C. Bernard's discrimination model
D. Stoltenberg's Integrated Developmental Model

75. According to Bowen, the triangle is the basic building block of emotional systems chiefly because

A. a two-person relationship under stress tends to draw in a third person to absorb anxiety
B. children naturally form coalitions with the parent who is more emotionally available
C. three-person groups allow decisions to be settled by a majority rather than a stalemate
D. a two-person relationship lacks the hierarchy needed for effective family decisions

76. Dana, a counselor-in-training, becomes passive and helpless in supervision, waiting for her supervisor to solve every problem, which is how her depressed client acts with her. The term for this replication of counseling dynamics within the supervisory relationship is:

A. Parallel process
B. Transference
C. Countertransference
D. Triangulation

77. A counselor wants to know whether the 12-point gap between a client's verbal and nonverbal index scores reflects a real difference or just measurement error. Which statistic answers this question most directly?

A. Standard error of estimate
B. Standard error of measurement
C. Standard error of the difference
D. Standard error of the mean

78. Mia, 22, says being a good role model for her younger sister is one of the most important things in her life. She also reports binge drinking most weekends. Her counselor asks, "How does your weekend drinking fit with wanting to be a role model for your sister?" Which motivational interviewing principle is the counselor using?

A. Rolling with resistance
B. Supporting self-efficacy
C. Developing discrepancy
D. Agreement with a twist

79. To check test-retest reliability, a school counselor gives a vocabulary achievement test to the same class on Monday and again on Wednesday, and gets a coefficient of .97. What is the main concern about interpreting this result?

A. Test-retest coefficients cannot be calculated for achievement tests
B. The coefficient reflects internal consistency rather than stability
C. The interval was long enough that real learning lowered the coefficient
D. Memory and practice effects across so short an interval may have inflated it

80. Milan systemic family therapy was sometimes called "long brief therapy" because

- **A.** treatment lasted for years, but each session was limited to under thirty minutes
- **B.** families met weekly for a short time and then attended booster sessions for years
- **C.** a limited number of sessions, often about ten, were spaced roughly a month apart
- **D.** a brief initial phase was followed by open-ended individual therapy for the child

81. Carl, 49, tells his counselor, 'I'm quitting smoking on the first of next month. I already bought nicotine patches.' Which treatment goal best fits his current stage of change?

- **A.** Weigh the pros and cons of smoking to help resolve his ambivalence
- **B.** Develop a concrete quit plan with a start date and coping strategies for urges
- **C.** Maintain abstinence over the long term by preventing a return to smoking
- **D.** Increase his awareness of the health risks linked to long-term smoking

82. Leo, 10, worries excessively about school performance, his parents' safety, and storms, and has frequent stomachaches before school. He has generalized anxiety disorder. Which treatment is best supported as first-line?

- **A.** Cognitive behavioral therapy with graduated exposure, such as the Coping Cat program
- **B.** Teaching his parents to reassure him calmly every time he expresses a worry about safety
- **C.** Psychodynamic play therapy focused on symbolic expression
- **D.** Allowing him to stay home on anxious days to reduce stress

83. Nate and Imani, married 12 years, describe a pattern in which Imani criticizes and pursues while Nate withdraws and shuts down, leaving both feeling alone. Which evidence-based couples approach most directly targets this attachment-based cycle?

- **A.** Emotionally focused couple therapy
- **B.** Strategic therapy using paradoxical directives
- **C.** Solution-focused therapy using the miracle question
- **D.** Bowen therapy focused on multigenerational genograms

84. Lily, 4, was adopted at age 2 after living in an understaffed orphanage with frequently changing caregivers. Her adoptive parents report that she readily walks up to unfamiliar adults, climbs into strangers' laps, and wanders off in stores without checking back with them. She seeks comfort from her parents when hurt. Which diagnosis is most consistent with this presentation?

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

85. Omar, 38, is a skilled machinist who receives excellent performance reviews but feels unfulfilled. He wants to understand which occupations would better meet his needs for autonomy, recognition, and achievement. Which instrument is MOST appropriate?

- **A.** Kuder Occupational Interest Survey
- **B.** Strong Interest Inventory
- **C.** Minnesota Importance Questionnaire
- **D.** Career Maturity Inventory

86. Rachel, 31, has arrived 10 to 15 minutes late to her last four sessions. Each time the counselor brings up her relationship with her mother, Rachel changes the subject or makes a joke. How would a psychodynamic counselor most likely view this behavior?

- **A.** As resistance that carries meaning and should be gently explored and interpreted
- **B.** As evidence that Rachel is not ready for counseling and should be referred out
- **C.** As a weak working alliance that the counselor should repair through more self-disclosure
- **D.** As noncompliance that calls for a behavioral contract with consequences for lateness

87. According to Prochaska and DiClemente's transtheoretical model, a client who intends to take action within the next month and has made a small step toward change is in which stage?

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

88. Sofia, 22, tells her outpatient counselor she plans to overdose on her stored medications tonight. She says she has decided and will not agree to a safety plan or let anyone hold her medications. What should the counselor do?

- **A.** Arrange an emergency evaluation for inpatient hospitalization
- **B.** Schedule daily check-in calls and have her sign a no-suicide contract
- **C.** Increase sessions to twice weekly and review the plan at the next visit
- **D.** Refer her to a partial hospitalization program starting the next morning

89. During a session, Reggie, 50, discloses that he stole several thousand dollars from a former employer ten years ago and was never caught. He expresses guilt and no intent to commit further crimes. What is the counselor's obligation in most jurisdictions?

- **A.** Report the theft to law enforcement, since it was a felony
- **B.** Maintain confidentiality, since there is no current danger
- **C.** Tell Reggie he must self-report or counseling will end
- **D.** Notify the former employer so that restitution can be arranged

90. Counselor: "It sounds like you're feeling really sad about how the meeting went." Client, 37: "No, it's not that I'm sad. I'm furious." What is the most appropriate counselor response?

- **A.** Sometimes anger is a cover for sadness that feels harder to admit.
- **B.** Okay. Let's talk about what you want to do about the meeting.
- **C.** Why do you think you're more angry than sad about the meeting?
- **D.** Furious. You're really angry about how that meeting was handled.

91. The Multicultural and Social Justice Counseling Competencies (Ratts et al., 2015) added which aspirational competency to the earlier attitudes, knowledge, and skills framework?

- **A.** Advocacy
- **B.** Awareness
- **C.** Accountability
- **D.** Action

92. Maya, 17, completes the Strong Interest Inventory. Her highest Occupational Scale score is Physician, but her grades in biology and chemistry are low. She tells her school counselor, "The test proves I should be a doctor." What is the counselor's BEST response?

- **A.** Recommend that she retake the inventory in a month to confirm the result is stable before discussing it
- **B.** Explain that the scale reflects similarity to satisfied physicians' interests, not likely success
- **C.** Advise her that her science grades show the result is invalid and that she should set the Occupational Scales aside
- **D.** Explain that a high Occupational Scale score reflects measured aptitude for the coursework the field requires

93. Luis, 34, has been in a long-term outpatient therapy group for four months. He consistently defers to the older male co-leader, bristles whenever a female member gives him feedback, and eventually notes she "sounds just like my older sister." With the leaders' help, Luis begins responding to both people in new ways that differ from his childhood patterns. Which therapeutic factor is most evident?

A. Imitative behavior
B. Development of socializing techniques and interpersonal skills
C. Corrective recapitulation of the primary family group
D. Catharsis

94. In Gelso's tripartite model of the counseling relationship, the real relationship is characterized by

A. displacement of feelings from past figures onto the person of the counselor
B. genuineness and realistic perceptions of each other, apart from transference
C. contract terms such as fees, scheduling, and confidentiality limits
D. agreement on goals and tasks that makes the therapeutic work possible

95. Corey, 32, angrily tells his counselor, "My supervisor is going to get what's coming to him." He does not name a plan. What should the counselor do NEXT?

A. Notify the supervisor right away so he can take protective steps
B. Call the police, because any statement suggesting harm triggers a duty to warn
C. Explore Corey's intent, any plan, access to weapons, and history of violence
D. Reflect his anger and return to the treatment goals set at intake

96. Laura, 24, meets criteria for a major depressive episode. Her mood brightens noticeably when friends call, she sleeps 11 to 12 hours a night, has gained 8 kg from increased eating, describes her arms and legs as feeling "heavy as lead," and has long been highly sensitive to perceived rejection. Which specifier best applies?

A. With anxious distress
B. With atypical features
C. With melancholic features
D. With mixed features

97. Lucia, 31, tells her REBT counselor, "If my sister doesn't come to my wedding, it would be the worst thing that could ever happen to me." In REBT terms, this belief is an example of:

A. Personalization
B. Awfulizing
C. Low frustration tolerance
D. Self-downing

98. In standard genogram notation (McGoldrick and colleagues), a line connecting two partners that is crossed by two diagonal slash marks typically indicates

A. a divorce
B. a marital separation
C. a conflictual relationship
D. cohabitation without marriage

99. Piaget's three mountains task, in which a child is asked how a model landscape looks to a doll seated across the table, was designed to assess

A. conservation
B. object permanence
C. egocentrism
D. class inclusion

100. Leah, 29, says, "You know, it makes you feel stupid when people ignore you at a party." A Gestalt counselor would most likely respond by

- **A.** asking Leah to restate it using "I" and notice how that feels
- **B.** asking Leah which people at the party ignored her and what they did
- **C.** asking Leah why she thinks others tend to ignore her at social events
- **D.** reflecting that being ignored at parties would make most people feel stupid

101. Victor, 45, wants to reduce his drinking. His counselor has him vividly imagine reaching for a beer and then imagine becoming violently nauseated and vomiting. Which technique is the counselor using?

- **A.** Aversion therapy
- **B.** Thought stopping
- **C.** Covert sensitization
- **D.** Implosive therapy

102. A researcher concludes that a new grief intervention reduces symptoms, but a later large, well-controlled replication shows the intervention actually has no effect. Assuming the replication is correct, what error did the original researcher most likely make?

- **A.** Sampling error of the mean
- **B.** Regression toward the mean
- **C.** Type I error
- **D.** Type II error

103. Priya, 13, says Heinz should steal the drug 'because a good husband would do anything for his wife, and people would think he was heartless if he let her die.' Priya's reasoning best reflects which Kohlberg stage?

- **A.** Stage 2, individualism and instrumental exchange
- **B.** Stage 5, social contract and individual rights
- **C.** Stage 4, social system and conscience
- **D.** Stage 3, good interpersonal relationships

104. Rosa, a counselor in a prenatal clinic, wants a brief alcohol screen that was developed and validated specifically for pregnant women. Which instrument best fits this purpose?

- **A.** T-ACE
- **B.** DAST-10
- **C.** CAGE
- **D.** CRAFFT

105. A counselor is using Stanley and Brown's Safety Planning Intervention with Kim, 34, who has had recurrent suicidal ideation. Which component is typically addressed FIRST when building the plan?

- **A.** Identifying people and social settings that provide distraction
- **B.** Making the environment safer by limiting access to lethal means
- **C.** Listing professionals and crisis lines to contact during a crisis
- **D.** Recognizing the personal warning signs that a suicidal crisis may be developing

106. Buprenorphine induction is usually delayed until a patient shows mild-to-moderate opioid withdrawal because buprenorphine:

- **A.** Is a pure opioid antagonist that blocks every effect of other opioids at the receptor
- **B.** Is absorbed slowly and needs several days to reach therapeutic levels in the brain
- **C.** Is a full agonist that may cause overdose when combined with opioids still present
- **D.** Binds tightly as a partial agonist and can displace full agonists

107. Jordan, 29, tells his counselor he badly wants a close romantic partner but pulls away whenever someone gets close because he is sure he will eventually be hurt. He describes himself as unlovable and others as untrustworthy. In Bartholomew and Horowitz's four-category model, Jordan's style is best described as:

A. Dismissing
B. Disorganized
C. Preoccupied
D. Fearful

108. Liam, 8, is referred by his teacher, who reports that he is constantly out of his seat, interrupts peers, and loses his materials. His parents report that at home, at scouts, and with his grandparents he is calm, organized, and follows directions without difficulty. The counselor is considering ADHD. Which DSM-5-TR requirement is most in question?

A. Symptoms must have persisted for at least 12 months
B. Several symptoms must have been present before age 7
C. Symptoms must cause impairment in academic functioning
D. Several symptoms must appear in two or more settings

109. In the fourth session of a court-referred anger management group, Darnell, 30, says to the leader, "This is a waste of time. You don't know anything about my life." Which leader response is MOST consistent with handling a challenge during the transition stage?

A. "You're frustrated being here. Tell me more about what feels like a waste to you."
B. "Let's set that aside and get back to the skill we were practicing this week."
C. "Remember that the judge will hear about it if you don't participate in group."
D. "I have years of training in anger, so I understand more than you might think."

110. Ahmed, 50, lost his job 14 months ago and remains unemployed, with mounting debt and the threat of losing his home. His depressed mood and worry began soon after the layoff and cause impairment but have never met criteria for another mental disorder. Which statement about diagnosis is most accurate?

A. Adjustment disorder no longer applies, because symptoms must begin within 1 month of the stressor
B. Adjustment disorder can still apply, with the persistent (chronic) specifier, because the stressor's consequences are ongoing
C. Adjustment disorder no longer applies, because symptoms cannot last longer than 6 months in total
D. Adjustment disorder no longer applies, and the diagnosis should change to persistent depressive disorder after 12 months

111. Under ACA Code of Ethics A.2.b, which topic must counselors explicitly address with clients as part of informed consent?

A. Arrangements for continuation of services if the counselor becomes incapacitated or dies
B. The counselor's personal religious and political affiliations
C. Success rates the counselor has had with previous clients with similar concerns
D. The counselor's own history of personal therapy and how it shapes the counselor's current approach to clients

112. A counselor is building a cognitive case conceptualization for Diane, 42, who has depression and social anxiety. Following Judith Beck's approach, the conceptualization diagram should connect which elements?

A. Id, ego, and superego conflicts in her current relationships
B. Family roles, triangles, and her differentiation of self
C. Antecedents, behaviors, and consequences, without beliefs
D. Relevant early experiences, core beliefs, intermediate beliefs, and automatic thoughts

113. In the sixth session of a process group, Leah, 29, discloses intimate details of a sexual assault within the first five minutes of her first time speaking at length. Others look shocked. What is the BEST leader intervention?

A. Encourage her to keep going and describe the assault in full while she is ready to talk
B. Acknowledge her courage, slow the pace, and check in on how she feels
C. Move to another member to avoid making Leah the center of the group's attention
D. Point out that the disclosure violates group norms and ask her to wait until next week

114. Devon, 27, spends three hours a day washing his hands after touching doorknobs because he fears contaminating his family. He recognizes the fears are excessive. Which approach has the strongest evidence as a first-line psychological treatment for his condition?

A. Exposure and response prevention
B. Habit reversal training with a competing response
C. Systematic desensitization paired with deep relaxation training
D. Acceptance-based stress reduction without exposure

115. Carlos, 26, tells his counselor, "I've sent applications to twelve companies over the past month and haven't heard back from a single one. I keep checking my email every hour." Which counselor response is a paraphrase?

A. What kinds of positions have you been applying for?
B. You're feeling anxious and discouraged while you wait to hear back.
C. Twelve companies, and you keep checking your email.
D. You've applied to many places and are still waiting to hear back.

116. Which statement about cannabis withdrawal is consistent with DSM-5-TR?

A. It is listed only as a condition for further study in Section III of the manual
B. It is a recognized diagnosis with irritability, poor sleep, and low appetite
C. It is diagnosed only when withdrawal includes seizures or perceptual disturbances
D. It is not recognized, because cannabis does not produce physiological dependence

117. Which statement best distinguishes reflection of meaning from interpretation/reframing in Ivey's model?

A. Interpretation draws on the client's own frame of reference, while reflection of meaning offers the counselor's.
B. Interpretation is a listening skill, while reflection of meaning is a directive influencing skill.
C. Reflection of meaning centers on emotional states, while interpretation centers on observable behavior.
D. Reflection of meaning draws on the client's own frame of reference, while interpretation offers the counselor's.

118. Patrick, 40, meets criteria for gambling disorder and has accumulated significant debt. He wants to stop but feels strong urges when he passes casinos. Which treatment approach is best supported?

A. Encouraging controlled gambling with a weekly budget as the first treatment goal
B. Psychodynamic therapy exploring unconscious guilt as the sole intervention
C. Aversion therapy pairing gambling cues with unpleasant stimuli
D. CBT addressing distorted beliefs about chance and his triggers for gambling

119. Frank, 47, has been drinking heavily every day for 2 years and has had depressed mood, poor sleep, low energy, and hopelessness for the past 4 months. He reports no depressive episodes before the heavy drinking began and is entering a detoxification program this week. Which diagnostic approach is most appropriate?

- **A.** Provisionally consider alcohol-induced depressive disorder and reassess mood after a period of sustained abstinence
- **B.** Withhold all diagnoses until he has been abstinent for at least 12 months
- **C.** Diagnose major depressive disorder now, because his symptoms have lasted longer than 2 weeks
- **D.** Diagnose persistent depressive disorder, because his symptoms have been present for several months

120. While describing a frustrating conversation with her partner, Keisha, 39, clenches her fist and digs her fingernails into her palm, and then says she is an idiot for getting upset. From a Gestalt perspective, Keisha is most clearly demonstrating

- **A.** introjection
- **B.** deflection
- **C.** projection
- **D.** retroflection

121. Dana, 34, arrives at a walk-in crisis center two hours after learning that her partner emptied their joint bank accounts and left the state. She is tearful, says she "can't think straight," and has not slept. Using Roberts's seven-stage crisis intervention model, what should the counselor do FIRST?

- **A.** Identify the major problems that precipitated the crisis
- **B.** Explore her feelings and emotions through active listening
- **C.** Rapidly establish rapport and a collaborative relationship
- **D.** Conduct a biopsychosocial and lethality assessment

122. Erich Lindemann's study of survivors and bereaved families after the 1942 Cocoanut Grove nightclub fire is considered foundational to crisis intervention because it:

- **A.** Described normal acute grief and showed that brief help could aid recovery
- **B.** Introduced structured psychological debriefing for first responders
- **C.** Identified the five stages of grief experienced by dying patients
- **D.** Established the first diagnostic criteria for posttraumatic stress disorder

123. A meta-analysis by Elliott and colleagues (2018) on empathy in psychotherapy concluded that empathy

- **A.** has a medium-sized relationship with outcome across orientations
- **B.** relates to outcome only when it is rated by the counselor
- **C.** matters in person-centered therapy but is unrelated to CBT outcomes
- **D.** predicts client satisfaction ratings but not symptom outcomes

124. Why does the Stanley-Brown Safety Planning Intervention place internal coping strategies before steps that involve contacting other people?

- **A.** Because research shows solitary coping outperforms social support
- **B.** Because involving others in a crisis tends to increase contagion risk
- **C.** To build the client's self-efficacy in managing suicidal urges independently
- **D.** Because contacting other people risks breaching the client's confidentiality

125. At intake, a feminist counselor explains her values, her approach to counseling, and how she views the counselor's and client's roles, and she encourages Joan, 52, to ask questions and to share responsibility for setting goals. The primary purpose of this practice is to:

- **A.** establish the counselor's expertise early so that the client will trust the process
- **B.** reduce the power differential and support informed, collaborative choice
- **C.** recruit the client to the counselor's political views
- **D.** meet the minimum legal requirements for a signed release

126. Chris, 26, mentions in session that he posts about his "wild weekends" on a public social media account. The counselor is tempted to look at the account to better understand his substance use. Chris has not been asked about this. What should the counselor do?

A. View the account but avoid mentioning it, so Chris does not feel monitored
B. Ask a colleague to view the account and summarize it, preserving the counselor's neutrality
C. Refrain from viewing it unless Chris consents, and explore his weekends directly in session
D. View the account, since publicly posted information carries no expectation of privacy

127. The WDEP system, widely used to teach and apply reality therapy, was developed by:

A. Robert Wubbolding
B. Insoo Kim Berg
C. William Glasser
D. Michael White

128. In Ellis's ABC model of Rational Emotive Behavior Therapy (REBT), what does the "C" represent?

A. The emotional and behavioral consequences that follow
B. The counselor's active challenge to the client's irrational thinking
C. The beliefs the client holds about the event
D. The activating event that sets off the reaction

129. Keisha, 41, was assaulted two years ago and now meets DSM-5-TR criteria for PTSD. She blames herself, saying, "I should have known better than to walk alone," and avoids discussing the assault. Which evidence-based treatment most directly targets the self-blaming beliefs she describes?

A. Psychological first aid, which emphasizes safety and connection
B. Cognitive processing therapy, which challenges stuck points about the trauma
C. Supportive counseling focused on her current stressors and everyday coping skills
D. Critical incident stress debriefing conducted in a single session

130. Harold, 78, has decided to remain in his own home after a fall, despite his adult children's insistence that he move to assisted living. He has full decision-making capacity. His counselor helps him weigh the risks but supports his right to make the choice. Which ethical principle is the counselor MOST clearly honoring?

A. Justice
B. Beneficence
C. Autonomy
D. Fidelity

131. Marcus, 16, is referred to his school counselor for skipping classes. Using Wubbolding's WDEP system, the counselor has explored what Marcus wants, and he says he wants to graduate and get his driver's license. What should the counselor explore NEXT?

A. The childhood experiences that shaped Marcus's attitude toward school
B. A specific written plan for attending every class next week
C. What Marcus is currently doing to get what he wants
D. Whether Marcus's current behavior is helping him get what he wants

132. Aiden, 10, becomes disruptive almost exclusively during math. Each time, his teacher sends him to sit alone in the hallway for 10 minutes. Over a month, his disruptions during math have doubled. What is the most likely explanation?

A. The disruptions are an extinction burst that will decline if the plan continues
B. The time-out periods are too short to function as an effective punisher
C. Time-out is negatively reinforcing the behavior by letting Aiden escape math
D. Time-out is positively reinforcing the behavior through teacher attention

133. At the start of a session, the counselor notes that Priya, 41, is tearful and speaks in a soft monotone, and she scores 19 on the PHQ-9 administered in the waiting room. In a SOAP note, this information belongs in which section?

A. Assessment
B. Objective
C. Plan
D. Subjective

134. Ethan, 8, rushes through schoolwork and makes careless errors. His counselor first does a puzzle while talking through each step aloud. Ethan then does the puzzle while the counselor guides him, then guides himself aloud, then whispers, and finally uses silent self-talk. This procedure is:

A. Shaping through successive approximations
B. Stress inoculation training
C. Self-instructional training
D. Participant modeling

135. Olivia, 34, is in individual counseling with Dr. Lee and also attends a weekly group led by a different counselor. Yalom would describe this arrangement as which of the following?

A. Collateral therapy
B. Combined therapy
C. Conjoint therapy
D. Co-therapy

136. Gerald, 61, has documented coronary artery disease and frequent chest discomfort. For the past eight months he has spent several hours a day researching his symptoms, made repeated emergency visits despite reassuring tests, and reports constant anxiety that he is about to die. His cardiologist says his worry is far out of proportion to his condition. Which DSM-5-TR diagnosis best fits?

A. Somatic symptom disorder
B. Illness anxiety disorder
C. Functional neurological symptom disorder
D. Factitious disorder imposed on self

137. Rollo May distinguished normal anxiety from neurotic anxiety. Normal anxiety is best described as anxiety that is

A. maintained by catastrophic and overgeneralized automatic thoughts
B. generated by unconscious conflict among id, ego, and superego
C. disproportionate to the threat and managed through repression
D. proportionate to the threat, not repressed, and usable for growth

138. In Keeton v. Anderson-Wiley (2011), a counseling student said she would tell clients that homosexuality is a choice and try to change their orientation. Her program required a remediation plan. How did the Eleventh Circuit rule?

A. It found the remediation plan violated the student's free speech rights
B. It held that counselors may refer clients based on religious beliefs
C. It upheld the program's right to require remediation under the ACA Code
D. It ruled that the ACA Code of Ethics does not apply to training programs

139. Dana, a counselor, is forming an outpatient process group for adults with relationship difficulties. During a pre-group interview, Kyle, 41, reports that he is currently hearing voices telling him others are plotting against him. What is the MOST appropriate decision?

A. Refer Kyle to individual care and revisit group once he is stable
B. Place Kyle in the group but schedule weekly individual check-ins with Dana
C. Admit Kyle and ask the group to provide reality testing when the voices occur
D. Admit Kyle on the condition that he not discuss the voices during sessions

140. Which career assessment is designed to be self-administered, self-scored, and self-interpreted, producing a three-letter Holland code?

A. Strong Interest Inventory
B. Self-Directed Search
C. Armed Services Vocational Aptitude Battery
D. Campbell Interest and Skill Survey

141. While working with Elena, a 40-year-old client describing deep hopelessness, her counselor notices that she herself feels heavy and despairing, as if she were living the client's own inner state. In Racker's terms, this reaction is best described as:

A. Complementary countertransference
B. Projective identification
C. Objective countertransference
D. Concordant countertransference

142. Hiro, 26, recently immigrated from Japan and has moderate depression. He values family harmony, is uncomfortable discussing emotions directly, and expects the counselor to provide guidance. The counselor plans to use behavioral activation. Which approach to treatment planning is most appropriate?

A. Abandoning evidence-based treatment in favor of an unstructured approach
B. Requiring Hiro to express emotions openly as a first treatment goal
C. Culturally adapting the delivery, framing, and goals while retaining core components
D. Delivering the protocol exactly as written because cultural adaptations dilute effectiveness

143. In later editions of his work, Worden revised his fourth task of mourning from withdrawing emotional energy from the deceased to finding an enduring connection with the deceased while embarking on a new life. This revision primarily reflected:

A. Findings that any avoidance of grief is maladaptive and delays recovery
B. Evidence that grief progresses through a fixed sequence of predictable emotional stages
C. The addition of prolonged grief disorder to the DSM-5-TR
D. Research on continuing bonds showing that ongoing connection with the deceased can be adaptive

144. A counselor at a community clinic notices that many immigrant clients cannot access local services because materials are available only in English. She joins a coalition of local immigrant-rights groups and contributes her skills in communication and group facilitation as the members themselves identify barriers and plan their campaign. According to the ACA Advocacy Competencies, this work BEST reflects which domain?

A. Systems advocacy
B. Client/student empowerment
C. Social/political advocacy
D. Community collaboration

145. Victor, 44, has suspected for many years that coworkers are exploiting him. He reads hidden insults into harmless remarks, holds grudges, and is reluctant to confide in anyone. When pressed, he can acknowledge he might be mistaken, and he has never experienced hallucinations or fixed delusions. Which diagnosis best fits?

A. Delusional disorder, persecutory type
B. Schizophrenia
C. Schizotypal personality disorder
D. Paranoid personality disorder

146. In Beck's cognitive therapy, automatic thoughts are best described as:

A. Conditional rules that guide behavior across situations
B. Unconscious wishes and drives expressed through symbolic dream images
C. Deep, global beliefs about the self formed in childhood
D. Quick, situation-specific thoughts that often go unexamined

147. Jordan, 30, a crisis line counselor, took a call last week in which a parent described finding their child's body in vivid detail. Since then Jordan has had intrusive images of the scene, nightmares, and an exaggerated startle response. Which concept best fits Jordan's reaction?

A. Countertransference
B. Secondary traumatic stress
C. Burnout
D. Vicarious trauma

148. A national study of 12,000 clients finds that a brief intervention reduces distress scores significantly ($p < .001$), but Cohen's d is 0.08. How should a counselor interpret these results?

A. The effect size is invalid because it contradicts the significance test
B. The difference is statistically significant but of little practical importance
C. The intervention has a large effect because the p value is extremely small
D. The result is likely a Type II error caused by the large sample

149. Lucia, an LPC in Ohio, has a client who will spend four months caring for a parent in Kentucky and asks to continue sessions by video. What should Lucia do FIRST?

A. Determine and follow the licensure laws that apply in Kentucky, where the client will be located
B. Terminate services immediately, because counselors cannot provide services across state lines
C. Continue sessions as usual, since her Ohio license governs wherever her clients travel
D. Obtain the client's signed waiver of jurisdiction so that only Ohio law will apply

150. Gloria, 60, has met her goals for managing panic disorder over 14 weekly sessions. She is anxious about "doing it alone." Which plan BEST supports a successful ending?

A. Taper sessions to every two to three weeks and schedule a later booster session
B. Refer her to a panic support group as a replacement for counseling
C. End at the next session so her anxiety does not build
D. Continue weekly sessions until Gloria reports that she no longer feels any anxiety about ending

151. How does D'Augelli's lifespan model of lesbian, gay, and bisexual identity development MOST clearly differ from Cass's model?

A. It limits identity development to the adolescent and early adult years of life
B. It describes interrelated, context-shaped processes rather than fixed stages
C. It treats disclosure to parents as the required final stage of development
D. It was designed primarily to describe transgender identity development

152. Most drugs of abuse share the effect of increasing which neurotransmitter in the mesolimbic reward pathway, particularly in the nucleus accumbens?

- **A.** Serotonin
- **B.** GABA
- **C.** Acetylcholine
- **D.** Dopamine

153. Priya, 33, tells her counselor, "I'm a failure, nobody really cares about me, and things are never going to get better." A counselor using Aaron Beck's cognitive model would MOST likely conceptualize these statements as reflecting which of the following?

- **A.** Learned helplessness resulting from uncontrollable events
- **B.** A depressive attributional style of internal, stable, and global causes
- **C.** Irrational beliefs activated in Ellis's A-B-C sequence
- **D.** The cognitive triad of negative views of self, world, and future

154. Which pioneer founded the Vocation Bureau in Boston in 1908 and is often called the father of vocational guidance?

- **A.** Frank Parsons
- **B.** Jesse B. Davis
- **C.** E. G. Williamson
- **D.** Clifford Beers

155. Nina, 35, watched hours of televised news coverage of a mass shooting in another state. Over the following months she developed nightmares, intrusive images, avoidance of crowds, and hypervigilance. She had no personal connection to the victims and does not work in media or emergency services. Which statement is MOST accurate?

- **A.** It does not meet Criterion A, because exposure through electronic media counts only if it is work-related
- **B.** Her exposure meets PTSD Criterion A because repeated viewing amounts to extreme exposure to aversive details
- **C.** Her exposure meets PTSD Criterion A because the severity of her symptoms confirms the event was traumatic
- **D.** Her exposure meets PTSD Criterion A as indirect exposure through learning about a traumatic event

156. A counselor asks 14-year-old Diego, "When your dad gets quiet after work, what does your mom do? And then what does your sister do?" This line of questioning is most characteristic of

- **A.** a scaling question
- **B.** an externalizing question
- **C.** tracking
- **D.** circular questioning

157. According to DSM-5-TR, disruptive mood dysregulation disorder should NOT be diagnosed for the first time in which age groups?

- **A.** Before age 5 or after age 16
- **B.** Before age 6 or after age 18
- **C.** Before age 3 or after age 12
- **D.** Before age 10 or after age 21

158. Denise, 47, tells her counselor, 'The slot machine hadn't paid out all night, so I knew it was due for a big win, so I kept playing.' In cognitive-behavioral treatment for gambling disorder, which cognitive distortion is most evident?

A. Chasing losses
B. Selective recall
C. Gambler's fallacy
D. Illusion of control

159. Which feature most distinguishes Holland's Self-Directed Search (SDS) from other widely used interest inventories?

A. It uses forced-choice item triads, producing ipsative scores that rank interests within the individual
B. It is designed to be self-administered, self-scored, and self-interpreted, yielding a three-letter summary code
C. It measures the strength of work-related needs that correspond to the reinforcers available in occupations
D. It compares a client's responses with those of satisfied workers in specific occupations to generate occupational scales

160. Mateo, 16, seen in private practice with his parents' consent, mentions that he drives home drunk from parties "most weekends." At intake, Mateo, his parents, and the counselor agreed that details would stay private unless a serious safety risk arose. What is the most appropriate course of action?

A. Maintain confidentiality, since drinking is common at Mateo's age
B. Wait to see whether motivational work reduces Mateo's drinking first
C. Inform the parents, ideally involving Mateo in how it is shared
D. Report Mateo to police to prevent harm to other drivers on the road

161. Mrs. Alvarez, 79, was hospitalized for a urinary tract infection. Over 2 days she became confused, cannot keep her attention on a conversation, and alternates between agitation and drowsiness, with symptoms worse at night. Her family says she was mentally sharp the week before. Which diagnosis is most likely?

A. Major neurocognitive disorder due to Alzheimer's disease
B. Delirium
C. Mild neurocognitive disorder
D. Brief psychotic disorder

162. Priya, 41, privately resents her mother-in-law, whom she feels criticizes her parenting. In session she insists she 'absolutely adores' her mother-in-law and describes buying her lavish gifts and praising her constantly to friends. Which defense mechanism is Priya most likely using?

A. Compensation
B. Undoing
C. Reaction formation
D. Sublimation

163. According to Pargament's research on religious coping, which client statement is an example of NEGATIVE religious coping?

A. "I keep wondering whether God has abandoned me."
B. "I'm asking my pastor and congregation to support me."
C. "I'm looking for a stronger connection with God."
D. "I'm trying to see how God might be strengthening me."

164. Counselor Brooks receives a subpoena to testify at a deposition about a former client. The client has not waived privilege, and no court order has been issued. Which statement best describes Brooks's obligations?

A. He may ignore the subpoena, because privileged communications can't be reached through the subpoena process

B. He must respond, but may assert privilege for the client until she waives it or a court orders disclosure

C. He must disclose fully at the deposition, because a subpoena removes privilege once it has been properly served

D. He may disclose fully if the requesting attorney agrees in writing to pay his professional fees for appearing

165. A district tests a new anti-bullying curriculum in some classrooms of a middle school, with other classrooms in the same building serving as controls. Midway through, evaluators learn that control-group teachers picked up the curriculum's strategies from colleagues in the staff lounge and began using them. Which threat best describes this?

A. Resentful demoralization

B. Diffusion of treatment

C. Compensatory rivalry

D. Compensatory equalization

166. Counselor Ines is asked to assess Ali, 30, who immigrated two years ago and speaks English as a second language, using a personality inventory normed mainly on U.S.-born English speakers. What should she do?

A. Administer the inventory as designed, since standardized procedures ensure valid results

B. Translate the items herself so Ali can complete the inventory in his first language

C. Interpret any results cautiously, noting norm limitations, or select a better-normed instrument

D. Adjust Ali's scores downward to correct for an expected cultural response bias

167. A study comparing two treatments reports $p = .03$. Which interpretation of this p value is correct?

A. There is a 97% probability that the research hypothesis is correct

B. There is a 3% probability that a Type II error has occurred

C. Results at least this extreme would occur 3% of the time if the null were true

D. There is a 3% probability that the null hypothesis is true

168. Corey has completed all required supervised hours for licensure, but his supervisor has observed signs of active substance misuse that have impaired his work with clients in recent months. Corey asks her to sign his licensure endorsement. What should the supervisor do?

A. Decline to endorse him until the impairment has been adequately addressed

B. Endorse him but record her concerns privately in her own supervision notes

C. Endorse him and strongly recommend that he seek substance use treatment

D. Endorse him, since he has completed every hour and coursework requirement

169. Ruth, 39, has already acknowledged having suicidal thoughts. Her counselor then asks, "What other ways have you thought about killing yourself?" Which of Shea's validity techniques does this question demonstrate?

A. Shame attenuation

B. Gentle assumption

C. Symptom amplification

D. Behavioral incident

170. After 90 days without drinking, Marcus has two beers at a wedding. He tells his counselor, 'I blew it, so I figured I might as well keep going,' and he drank heavily for the next week. In Marlatt's relapse prevention model, this reaction illustrates:

A. A seemingly irrelevant decision
B. The abstinence violation effect
C. The kindling effect
D. Negative reinforcement

171. Priya, 28, is considering a career change and brings her counselor the results of an interest inventory she took in tenth grade. She asks the counselor to build her career plan around those results. What is the most appropriate response?

A. Explain the results may be outdated and give a current inventory
B. Interpret the old results as given, noting only that they are from high school
C. Use the old results, since vocational interests are fully fixed by mid-adolescence
D. Postpone career counseling until Priya completes a full personality battery

172. When diagnosing social anxiety disorder in a child, which requirement does DSM-5-TR specifically add?

A. The anxiety must occur in peer settings and not only during interactions with adults
B. The anxiety must have persisted for at least 12 months rather than 6 months
C. The child must also refuse to speak in at least one setting
D. The child must be able to recognize that the fear is excessive

173. Dana, 41, tells her counselor she has bought a handgun and plans to shoot her ex-husband, Rick, when he picks up their children on Saturday. She refuses voluntary hospitalization. The counselor practices in a state with a mandatory duty-to-protect statute modeled on California's. Which action best discharges the counselor's legal duty?

A. Schedule daily sessions until Saturday to monitor Dana's intent
B. Make reasonable efforts to warn Rick and notify law enforcement
C. Consult a supervisor and document the threat before acting further
D. Have Dana sign a no-harm contract and give the gun to a friend

174. Sam, 34, a veteran in PE, has been recounting his trauma memory in session. The counselor records each imaginal exposure. What is the primary purpose of having Sam listen to the recording between sessions?

A. To continue repeated exposure that supports emotional processing of the memory
B. To help Sam identify cognitive distortions to dispute on worksheets
C. To verify that his account matches records of the event
D. To provide a calming routine that lowers his arousal before sleep

175. Martin holds a PhD in chemistry and a master's degree in clinical mental health counseling, and he is a licensed professional counselor. His practice website lists him as 'Dr. Martin Hayes, Counselor.' Which statement is accurate under the ACA Code of Ethics?

A. He may use 'Dr.' because his degree was earned from a regionally accredited university
B. He may use 'Dr.' on his website but not when introducing himself to clients in session
C. He should not use 'Dr.' in counseling, since his doctorate is in an unrelated field
D. He may use 'Dr.' as long as his counseling license is listed immediately after his name

176. The term 'Electra complex,' used to describe a girl's phallic-stage attachment to her father and rivalry with her mother, was introduced by

A. Anna Freud
B. Sigmund Freud
C. Carl Jung
D. Karen Horney

177. Which federal law requires states to have procedures for reporting and investigating child abuse and neglect as a condition of receiving federal funding?

- **A.** The Family Educational Rights and Privacy Act (FERPA)
- **B.** The Health Insurance Portability and Accountability Act
- **C.** The Elder Justice Act, part of the Affordable Care Act
- **D.** The Child Abuse Prevention and Treatment Act (CAPTA)

178. Walter, 60, drinks a fifth of vodka daily and had a withdrawal seizure the last time he tried to stop. He now wants to quit and asks to start weekly outpatient counseling right away. What should the counselor do FIRST?

- **A.** Refer him to a sober living home to remove access to alcohol
- **B.** Help him design a gradual self-taper of his drinking over two weeks
- **C.** Arrange a medical evaluation for managed withdrawal first
- **D.** Begin weekly outpatient counseling and recommend daily AA meetings

179. In treatment planning, a stepped-care approach means:

- **A.** assigning clients to service steps based on each clinician's training and license level
- **B.** starting with the least intensive effective intervention and stepping up as needed
- **C.** beginning with the most intensive service and stepping down as symptoms improve
- **D.** moving every client through the same fixed phases regardless of individual response

180. Jordan, 29, moves rapidly from his breakup to tension with his boss, then to trouble sleeping, then back to the breakup, without staying with any one topic. The counselor wants to help Jordan organize his concerns and choose a focus. What should the counselor do NEXT?

- **A.** Ask a series of closed questions to narrow down the most pressing issue
- **B.** Confront the way he moves between topics without finishing any of them
- **C.** Reflect the most intense feeling expressed and follow it wherever it leads
- **D.** Summarize the concerns he has raised and ask which he would like to focus on

181. A high school counselor finds a correlation of r = -.45 between the number of counseling sessions students attended and their number of absences. The principal says this proves counseling reduces absenteeism. What is the counselor's most accurate response?

- **A.** A correlation of -.45 is too weak to suggest any relationship at all
- **B.** The negative sign means counseling actually increases absences over time
- **C.** The correlation shows association, but it cannot establish that counseling caused fewer absences
- **D.** The finding proves causation because the sample came from one school

182. Jalen, 14, has been irritable and low most days for the past 13 months. His parents note poor appetite and frequent self-critical comments, and he has not had a good stretch of more than about 3 weeks. He does not have severe temper outbursts, has never met full criteria for a major depressive episode, and has no history of elevated mood. Which diagnosis is most appropriate?

- **A.** Disruptive mood dysregulation disorder
- **B.** Major depressive disorder, single episode
- **C.** Cyclothymic disorder
- **D.** Persistent depressive disorder

183. Shea's Chronological Assessment of Suicide Events (CASE) Approach organizes the suicide inquiry by which structure?

- **A.** Two balanced lists: risk factors on one side and protective factors on the other
- **B.** Three levels of ideation severity: passive wishes, active thoughts, and plans
- **C.** Biological, psychological, and social domains explored in that order
- **D.** Four time frames: presenting events, recent events, past events, and immediate events

184. Kevin, 50, has completed 14 sessions of evidence-based CBT for major depressive disorder with good attendance and homework completion, but his PHQ-9 scores remain in the severe range and his functioning is declining. He has never taken psychiatric medication. The most appropriate next step is to:

A. end counseling because he has not benefited and refer him to a different counselor
B. switch from CBT to a psychodynamic approach to explore his unconscious conflicts
C. increase sessions to twice weekly and add behavioral activation to his homework
D. discuss a referral for a medication evaluation with Kevin while continuing counseling

185. In a SOAP progress note, where does the counselor record clinical judgment about the client's progress toward treatment plan goals?

A. Plan
B. Objective
C. Assessment
D. Subjective

186. Omar, 36, a school counselor, criticizes himself harshly after a student he worked with attempted suicide. His supervisor introduces Neff's self-compassion model and reminds him that many skilled counselors have faced similar events. Which component of self-compassion is the supervisor emphasizing?

A. Mindfulness
B. Self-esteem
C. Self-kindness
D. Common humanity

187. Jamal, 34, a Black man, tells his white counselor, Erin, that he is unsure she can understand his experiences of racism at work. Erin feels defensive and wants to reassure him that she treats everyone the same. Which response best reflects cultural humility?

A. Offering to refer Jamal to a Black counselor since he has voiced doubts about their match
B. Assuring Jamal that her multicultural training has prepared her to work with every background
C. Redirecting to Jamal's workplace stress so that the session stays centered on his stated goals for counseling
D. Acknowledging the racial difference openly and inviting Jamal to share how it may affect their work

188. Meta-analytic research on bereavement interventions (e.g., Currier, Neimeyer, and Berman) most strongly supports which conclusion?

A. Universal preventive interventions produce larger effects than those targeted to struggling mourners
B. Grief interventions produce similar benefits regardless of the severity of the mourner's distress
C. Interventions show the most benefit when targeted to those with high distress or complicated grief
D. All bereaved individuals should receive grief counseling soon after a death to prevent complications

189. Greg, 41, is a successful attorney who tells his counselor he has started questioning whether his career has any real meaning, has been reevaluating his marriage, and feels that time is running out. Levinson would most likely describe Greg as being in the

A. midlife transition
B. entering middle adulthood period
C. early adult transition
D. age 30 transition

190. The tendency of clients to push back when they perceive that their freedom of choice is being threatened, often by doing the opposite of what they are urged to do, is described by:

A. cognitive dissonance theory
B. social exchange theory
C. learned helplessness theory
D. psychological reactance theory

191. A group practice wants to adopt an AI tool that records sessions and generates draft progress notes. What is the most ethically sound way for counselors to implement it?

- **A.** Use the tool only for clients who ask about it, and sign notes as generated to save time
- **B.** Obtain clients' informed consent, confirm a business associate agreement, and review each draft note
- **C.** Use the tool without disclosure, provided recordings are deleted after the notes are generated
- **D.** Use the tool for all clients, since documentation tools are internal operations not requiring consent

192. Priya, a school counselor, records the number of classroom outbursts by Theo, age 8, each day for two weeks. She then introduces a token economy for two weeks, removes it for two weeks, and reinstates it. Which single-subject design is she using?

- **A.** ABAB reversal design
- **B.** AB design with follow-up
- **C.** Multiple baseline across behaviors
- **D.** Changing criterion design

193. Counselor Adaeze concludes she must warn the intended victim after her client, Victor, describes a specific plan to assault a coworker. Victor is still in session and is calm, not acutely agitated. What does the ACA Code of Ethics recommend about Victor's involvement?

- **A.** Ask Victor for written consent and disclose only if he agrees to sign
- **B.** Disclose without telling Victor, so that the danger does not escalate
- **C.** Inform Victor before disclosing and involve him in the process if possible
- **D.** Wait until Victor leaves, then notify him by letter after the disclosure

194. Compared with the CAGE, the AUDIT developed by the World Health Organization is distinctive in that it:

- **A.** Screens for use of illicit drugs as well as alcohol in a single scale
- **B.** Covers consumption, dependence, and alcohol-related harm in 10 items
- **C.** Consists of four yes/no questions about lifetime drinking behavior
- **D.** Was designed and validated specifically for adolescents and young adults

195. In session six, Derek, 41, says angrily, "This is a waste of time. You just sit there nodding." Consistent with Safran and Muran's approach to rupture repair, how should the counselor respond FIRST?

- **A.** Acknowledge his frustration without defensiveness and ask what isn't working
- **B.** Interpret his anger as transference from his relationship with his father
- **C.** Suggest a referral to a more directive counselor who may suit him better
- **D.** Explain the rationale for the approach so Derek understands the process

196. Carl, 38, is a construction worker who is laid off every December. For the past 3 years he has had a major depressive episode beginning each winter that fully remits when he is rehired in April. He has had no episodes at other times of year. Which conclusion is most consistent with DSM-5-TR?

- **A.** Bipolar II disorder should be considered, because remission each spring suggests seasonal hypomania
- **B.** Persistent depressive disorder should be diagnosed, because the symptoms have returned each year for 3 years
- **C.** The seasonal pattern specifier should not be applied, because the episodes are tied to a seasonal psychosocial stressor
- **D.** The seasonal pattern specifier should be applied, because onset and remission have followed the seasons for at least 2 years

197. Linda, 45, sits down for her first counseling session and looks expectantly at the counselor. The referral note mentions a recent divorce. Which opening is most consistent with Ivey's approach?

- **A.** Are you here because of your recent divorce?
- **B.** How long were you married before the divorce?
- **C.** Could you tell me what brings you in today?
- **D.** Why did you decide to come to counseling now?

198. Olivia, 17, says she became interested in engineering after her eighth-grade science teacher repeatedly praised the bridge models she designed and built, and she kept building more complex models afterward. In Krumboltz's social learning theory of career decision making, this experience is best described as which kind of influence?

A. An instrumental learning experience
B. A worldview generalization
C. A task approach skill
D. An associative learning experience

199. In a treatment plan, how do goals differ from objectives?

A. Goals are short-term targets; objectives describe the long-term outcomes of counseling
B. Goals are broad desired outcomes; objectives are specific, measurable steps toward them
C. Goals are set by the counselor; objectives are chosen by the client during sessions
D. Goals describe client symptoms; objectives list the interventions the counselor will use

200. According to DSM-5-TR, which statement about diagnosing personality disorders in individuals under age 18 is accurate?

A. No personality disorder may be diagnosed in anyone younger than 18
B. Only borderline personality disorder may be diagnosed before 18
C. Most may be diagnosed if traits persist 1 year, except antisocial
D. Any personality disorder may be diagnosed once traits persist 6 months