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STUDY GUIDES

NCE

Full-Length Practice Exam

Exam 5

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 5

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. Kevin, 31, says, "Things are just bad. Everything feels off lately." The counselor wants to help him move from vague, abstract statements toward specifics. Which response is most useful?

- **A.** Could you give me a specific example of a recent time things felt off?
- **B.** Why do you think everything has been feeling off for you lately?
- **C.** It sounds like you might be struggling with some depression right now.
- **D.** Things have been feeling bad and off for you lately, haven't they?

2. Marcus, 22, recently joined a Black student organization, now reads only Black authors, and says he no longer trusts any White people, including his White counselor. He describes feeling intense pride in Black culture along with rage toward White society. Which stage of Cross's Nigrescence model best describes Marcus?

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

3. Frank, 56, has drunk about a fifth of vodka daily for several years and had a seizure the last time he stopped drinking. He tells his counselor he plans to quit "cold turkey" starting tonight. The counselor should FIRST:

- **A.** use motivational interviewing to strengthen his commitment to staying abstinent
- **B.** recommend medically supervised withdrawal management before he stops drinking
- **C.** support his decision and connect him with a mutual-support group meeting this week
- **D.** advise him to taper his drinking on his own over several days to reduce withdrawal

4. Walt, 71, a retired engineer, moved into his daughter's home after a stroke. He tells a home-based counselor, "I'm just a drain on everyone. They'd be better off without having to take care of me." Within Joiner's interpersonal theory of suicide, Walt's statement most directly reflects which construct?

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

5. Dr. Lin has counseled Angela, 36, for a year. Angela's attorney asks Dr. Lin to conduct the child custody evaluation in Angela's divorce, noting that Dr. Lin knows the family well. What should Dr. Lin do?

- **A.** Accept the role, because her knowledge of the family will make the evaluation more accurate
- **B.** Accept the role after terminating counseling so that Angela is no longer her current client
- **C.** Accept the role after obtaining Angela's written informed consent to the dual relationship
- **D.** Decline the evaluator role, because forensic evaluation of a current client is prohibited

6. Ben, 9, has had severe temper outbursts (screaming, throwing objects) about four times a week at home and at school for the past 18 months, out of proportion to the triggers. Between outbursts his parents and teacher describe him as irritable and angry most of the day, nearly every day. He has no history of elevated mood, decreased need for sleep, or grandiosity. Which diagnosis is most appropriate?

- **A.** Disruptive mood dysregulation disorder
- **B.** Oppositional defiant disorder
- **C.** Bipolar I disorder
- **D.** Intermittent explosive disorder

7. Bianca, 20, is distressed because all her friends seem to have declared majors and she still has no clear career goal. A counselor working from planned happenstance theory would most likely respond in which way?

- **A.** Administer an interest inventory to narrow her choices to a single goal
- **B.** Reframe her indecision as open-mindedness and encourage exploratory actions
- **C.** Explore how early parent-child relationships shaped her career needs
- **D.** Identify which of Gottfredson's boundaries is limiting her options

8. According to Borkovec's avoidance model of generalized anxiety disorder, worry is maintained primarily because it does which of the following?

- **A.** Suppresses somatic and emotional arousal, so the worry is negatively reinforced
- **B.** Reflects an underlying intolerance of uncertainty about future events
- **C.** Is driven by positive and negative metacognitive beliefs about worrying
- **D.** Results from deficits in understanding and regulating intense emotions

9. Rosa, 33, has passive suicidal ideation with no current intent, and her counselor begins the Stanley-Brown Safety Planning Intervention with her. According to the model, which step should they complete first?

- **A.** Recognizing the warning signs that come before a suicidal crisis
- **B.** Listing professionals and crisis lines Rosa can contact
- **C.** Identifying people and social settings that provide distraction
- **D.** Making the environment safe by limiting access to lethal means

10. Leonard, 63, has taken haloperidol for schizophrenia for over a decade. His counselor notices repetitive lip smacking, tongue protrusion, and involuntary movements of his fingers that Leonard seems unaware of. These movements most likely represent

- **A.** neuroleptic malignant syndrome
- **B.** akathisia
- **C.** tardive dyskinesia
- **D.** acute dystonia

11. Rogers described the "fully functioning person" as someone who shows

- **A.** a success identity built by meeting needs without depriving others
- **B.** a high level of differentiation of self from the family emotional system
- **C.** a well-developed social interest expressed through contribution to others
- **D.** openness to experience and increasing trust in their own organismic valuing

12. In Ivey's model, counselor intentionality refers to:

- **A.** deliberately disclosing personal experiences to model openness
- **B.** establishing clear, measurable treatment goals in the first session
- **C.** flexibly choosing among responses suited to the client and generating alternatives
- **D.** consistently applying the techniques of a single theoretical orientation

13. A counselor in a federally assisted SUD program learns that a client's 4-year-old child has been left alone for days. The counselor makes the required report to child protective services. A week later, the CPS investigator requests the client's treatment records. No consent or court order exists. What applies?

- **A.** Part 2 permits release of the records because child protection investigations are exempt
- **B.** Because the initial report to CPS was permitted, the program may now release the client's full treatment record to the investigator
- **C.** Part 2 permits the initial report under state law, but releasing the treatment records still requires consent or a court order
- **D.** Part 2 prohibited the initial report, so the counselor must notify the client of a violation

14. Ruth, 50, says her goal is to stay in her marriage, which she describes as distant but not abusive. Her counselor privately believes Ruth would be happier divorced. How should the counselor proceed?

- **A.** Refer Ruth elsewhere, since the counselor disagrees with her chosen goal
- **B.** Disclose the counselor's view so Ruth can make a fully informed decision
- **C.** Suggest separation as a goal, since the counselor sees more benefit in it
- **D.** Support her goal while exploring its effects, without imposing personal values

15. Under the ASAM Criteria (3rd ed.), what is the minimum weekly service intensity for adolescent intensive outpatient treatment (Level 2.1)?

- **A.** 20 hours per week
- **B.** 6 hours per week
- **C.** 9 hours per week
- **D.** 12 hours per week

16. In Figley's writing, which statement best distinguishes compassion fatigue from burnout?

- **A.** Compassion fatigue is a formal DSM-5-TR diagnosis, whereas burnout is classified only in ICD-11
- **B.** Compassion fatigue can arise quickly from exposure to suffering, whereas burnout builds gradually
- **C.** Compassion fatigue occurs only in counselors who have personal trauma histories, whereas burnout can affect anyone
- **D.** Compassion fatigue reflects slow schema change, whereas burnout reflects acute PTSD-like arousal

17. In a 1962 article, which counseling leader warned of the "culturally encapsulated counselor" who ignores cultural differences and assumes his or her own worldview applies to all clients?

- **A.** Patricia Arredondo
- **B.** Derald Wing Sue
- **C.** C. Gilbert Wrenn
- **D.** Paul Pedersen

18. In Skovholt's cycle of caring, during which phase does the counselor restore energy before forming new attachments with clients?

- **A.** Active involvement
- **B.** Felt separation
- **C.** Empathic attachment
- **D.** Re-creation

19. In a closed 10-week group, two members drop out after the fourth session, leaving five. Members express worry that the group is falling apart. What should the leader do FIRST?

- **A.** End the group early because five members are too few for productive group work
- **B.** Invite members to discuss their reactions to the losses
- **C.** Add two new members the following week so that the group returns to its original size
- **D.** Reassure the members that dropouts happen in every group and continue with the plan

20. Kayla, a counselor-in-training, sees Ben, 19, who reports hopelessness after failing out of college. Kayla worries that asking directly about suicide might put the idea in his head. What should her supervisor advise?

- **A.** Wait for Ben to raise the topic himself to avoid suggesting it
- **B.** Ask Ben directly whether he is thinking about suicide, using clear language
- **C.** Give him a depression checklist first and ask about suicide only if he scores high
- **D.** Use only indirect questions, such as asking whether he feels down

21. What best distinguishes a paraphrase from a restatement?

- **A.** A paraphrase adds the counselor's interpretation of the message; a restatement stays fully neutral.
- **B.** A paraphrase names the client's emotions; a restatement names only the facts.
- **C.** A paraphrase condenses the essence of the message; a restatement repeats key words directly.
- **D.** A restatement is phrased as a question; a paraphrase is phrased as a statement.

22. A teacher refers Caleb, 8, to the school counselor for hitting classmates several times a week. Before designing a behavior intervention, what should the counselor do FIRST?

- **A.** Establish a time-out procedure to be used immediately after each incident
- **B.** Refer Caleb to his pediatrician for evaluation of attention-deficit/hyperactivity disorder
- **C.** Conduct a functional behavioral assessment using antecedent-behavior-consequence data
- **D.** Implement a token economy that rewards Caleb for hitting-free days

23. In the earliest, nondirective period of Rogers' work during the 1940s, the counselor's primary emphasis was on

- **A.** expressing the counselor's own genuineness and moment-to-moment experiencing in sessions
- **B.** creating a permissive, accepting climate while avoiding interpretation and advice
- **C.** systematically reflecting feelings to clarify the client's phenomenal world
- **D.** extending the approach to education, groups, and international conflict

24. Professional counselor licensure spread state by state beginning with Virginia in 1976. Which state was the LAST to enact counselor licensure, completing licensure in all 50 states in 2009?

- **A.** Texas
- **B.** New York
- **C.** California
- **D.** Nevada

25. Evelyn, 74, recently widowed, has had several falls and memory lapses. Her daughter says Evelyn drinks 'a couple glasses of wine' every evening, just as she has for decades. Which consideration is most important for the counselor?

- **A.** Moderate wine consumption protects older adults against cognitive decline
- **B.** Alcohol problems rarely begin after 65, so other causes should be the focus
- **C.** Aging means the same amount of alcohol now causes more impairment
- **D.** A long-standing drinking pattern can be ruled out as a cause of new problems

26. Hana, 45, falls silent after describing her mother's death, tears forming in her eyes. Her counselor, Ben, feels an urge to fill the pause. What is the most therapeutic response?

- **A.** Ask an open question about which memory of her mother feels most painful to her right now
- **B.** Offer a summary of what Hana has shared so far about her mother's recent death
- **C.** Remain attentively silent, allowing Hana time to experience and process the feeling
- **D.** Normalize the tears by explaining that grief often arrives in unexpected waves

27. Priya, a licensed counselor, met Daniel at a friend's party and they began dating. A month later she learns that Daniel's sister is one of her current clients. Which statement best reflects the ACA Code of Ethics?

- **A.** The romantic relationship is prohibited because the ban extends to clients' family members
- **B.** The relationship is permissible because Daniel is not the client and the relationship began independently
- **C.** The relationship is permissible if Priya promptly transfers the sister to a colleague at her agency
- **D.** The relationship is permissible if Priya discloses it to the sister and obtains her written consent

28. Linda, 50, has been an engineer at the same firm for 22 years. Her current goals are keeping her position, updating her technical skills, and keeping up with new design software. In Super's life-span model, Linda is in which stage?

A. Disengagement
B. Exploration
C. Maintenance
D. Establishment

29. Nadia, 24, has been weighing whether to leave graduate school. She keeps asking her person-centered counselor, "Just tell me what you think I should do." The counselor's most consistent response is

A. "You'd like someone else to tell you the right choice, and trusting yourself feels hard."
B. "Let's make a list of the pros and cons of staying and leaving and compare them."
C. "Based on what you've told me, I think staying in school is probably your best choice."
D. "Why do you think it is so difficult for you to trust yourself with decisions like this?"

30. Researchers draw a random sample of 300 counselors from a national credentialing registry and survey them about burnout. Compared with recruiting volunteers at a single conference, the random sampling procedure primarily strengthens the study's

A. ability to establish causation
B. test-retest reliability
C. control over confounding variables
D. generalizability to the population

31. Sergeant Alvarez, 33, a combat veteran with PTSD, has recurring nightmares that replay the same ambush and wakes several times a night. His daytime symptoms have improved with CPT, but the nightmares persist. Which intervention specifically targets this remaining symptom?

A. Dream interpretation to uncover the unconscious meaning of the ambush
B. Sleep hygiene education about caffeine and screen time
C. Imagery rehearsal therapy, in which he rescripts and rehearses a changed dream
D. Exposure and response prevention for intrusive images

32. A researcher studies the reliability of a reasoning test using only students in a gifted program, and the coefficient comes out much lower than the one reported in the manual. Which factor most likely explains this?

A. A test that has too many items
B. Use of an internal-consistency coefficient
C. A sample that is larger than the norm group
D. Restriction of range in a homogeneous sample

33. Ray, 47, has had trouble falling and staying asleep about five nights a week for six months, and his daytime work performance is suffering. A medical evaluation found no sleep apnea or other medical cause. He asks his counselor whether he should simply request sleeping pills. Which information is most accurate to share?

A. Sleep hygiene education alone is the first-line treatment for chronic insomnia in adults
B. Hypnotic medication is first-line, with therapy added only if it fails
C. Insomnia usually resolves without treatment once daytime stress decreases
D. Cognitive behavioral therapy for insomnia is the recommended first-line treatment

34. Skovholt argues that counselors are especially vulnerable to depletion partly because therapeutic relationships involve

- **A.** Transference that clients direct toward the counselor
- **B.** One-way caring in which the counselor gives without reciprocity
- **C.** Dual roles that can blur professional and personal boundaries
- **D.** Rescue fantasies that counselors form toward needy clients

35. While describing a past assault, Zoe, 22, suddenly stares blankly, speaks slowly, and says the room feels 'far away.' What should the counselor do FIRST?

- **A.** Encourage Zoe to keep describing the assault to complete the memory
- **B.** Begin a structured screening for a possible dissociative disorder
- **C.** Reflect the fear that seems to lie beneath her trancelike state
- **D.** Use grounding techniques to help Zoe reorient to the present moment

36. The primary goal of existential counseling is to help clients

- **A.** recognize their freedom and take responsibility for authentic choices
- **B.** reduce symptoms through structured skill training and homework
- **C.** resolve unconscious conflicts through interpretation of transference
- **D.** eliminate anxiety by restructuring distorted patterns of thinking

37. When scoring responses to the Heinz dilemma, Kohlberg classified a person's level of moral development primarily on the basis of

- **A.** the reasoning used to justify the decision
- **B.** how closely the answer matched the person's cultural norms
- **C.** whether the person said Heinz should steal the drug
- **D.** the strength of the person's emotional response

38. Rollo May used which term for any natural function, such as sex, anger, or the craving for power, that has the capacity to take over the whole person and can be either creative or destructive?

- **A.** The daimonic
- **B.** The shadow
- **C.** Thrownness
- **D.** The id

39. Dana, 29, seeks counseling for low mood. She reports two prior depressive episodes, each lasting about a month, with anhedonia, fatigue, guilt, and poor concentration. Last spring she had a 5-day period of sleeping 4 hours a night without feeling tired, unusual confidence, rapid speech, and starting several new projects; coworkers commented on the change, but she kept working and was never hospitalized or psychotic. Which diagnosis is most accurate?

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

40. Which correlation coefficient shows the strongest relationship between two variables?

- **A.** −.82
- **B.** +.50
- **C.** +.10
- **D.** +.65

41. Raymond, 41, has been in counseling for six months for depression and recently landed a job he credits to his counselor's support. Midway through treatment, he presents her with an $800 wristwatch. What should the counselor do?

- **A.** Accept it, because refusing a meaningful gift could damage the therapeutic alliance
- **B.** Explore the gift's meaning with him and decline it, given its high value
- **C.** Accept it and document it, since gifts are acceptable after a major treatment milestone
- **D.** Accept it and donate it to charity, which resolves any concern about its monetary value

42. Newlyweds Aiko and Ben seek counseling because Aiko's mother calls daily, gives advice about their finances, and expects them every Sunday, and Ben feels excluded. According to the family life cycle model, the central task facing this couple is

- **A.** increasing the flexibility of boundaries to allow for children's independence
- **B.** realigning relationships with extended family and friends to include the spouse
- **C.** adjusting the marital system to make room for children and parenting roles
- **D.** accepting emotional and financial responsibility for oneself as an individual

43. Which theorist extended Parsons's ideas into a directive, counselor-led trait-factor approach that became known as the Minnesota point of view?

- **A.** E. G. Williamson
- **B.** Donald Super
- **C.** John Holland
- **D.** Carl Rogers

44. Jasmine, 26, has a history of repeated childhood abuse. She currently self-harms several times a week, dissociates frequently, and is living in an unstable housing situation. According to Judith Herman's phase-oriented model, what should be the PRIMARY initial focus of treatment?

- **A.** Remembrance and mourning of the traumatic experiences
- **B.** Establishing safety and stabilization
- **C.** Developing a detailed trauma narrative
- **D.** Reconnection with relationships and ordinary life

45. Liam, 8, has ADHD and is often out of his seat during class. His school counselor is writing a behavior goal with his teacher. Which objective is most observable and measurable?

- **A.** Liam will gain insight into how his behavior in class affects his classmates
- **B.** Liam will stay seated 15 minutes in independent work on 4 of 5 days
- **C.** Liam will feel more motivated to finish his schoolwork without being reminded
- **D.** Liam will develop better self-control during independent classroom work time

46. Grace, a counselor who deeply values family closeness, realizes she keeps steering Alex, a 26-year-old client who wants to move across the country to get away from an enmeshed family, toward "repairing things with your parents first." What is Grace's most appropriate action?

- **A.** Continue, since reconciling with family generally supports long-term well-being
- **B.** Refer Alex to a colleague because their values on family are incompatible
- **C.** Share her views on family so Alex can weigh them in making the decision
- **D.** Examine how her values are shaping her direction and realign with Alex's goals

47. The FDA boxed warning on antidepressant medications concerns

- **A.** increased risk of suicidal thinking and behavior in children, adolescents, and young adults
- **B.** dangerous weight gain in adolescents taking SSRIs
- **C.** elevated risk of physical dependence in older adults
- **D.** fatal liver toxicity in patients under 25

48. Tyler, 19, is visibly muscular but believes his body is too small and "puny." He spends hours each day lifting weights and checking himself in mirrors, avoids the beach, and has started using anabolic steroids. He eats a high-protein diet and has no fear of gaining weight. Which diagnosis is most appropriate?

A. Illness anxiety disorder
B. Anorexia nervosa, restricting type
C. Obsessive-compulsive disorder, with poor insight
D. Body dysmorphic disorder, with muscle dysmorphia

49. A client asks her counselor for a copy of her complete record. Under HIPAA, which statement is accurate?

A. She has a right to access her record, but separately kept psychotherapy notes may be withheld
B. She may access the psychotherapy notes but not the progress notes or test results
C. She may obtain her record only through a court order or a subpoena issued for that purpose
D. The counselor may deny access to all mental health records in order to protect the client's welfare

50. Bianca, 19, tells her counselor that her future will be decided by fate and by what her family decides for her, and she does not feel she owns any of her career choices. In Savickas's model of career adaptability, Bianca's main deficit is in:

A. curiosity
B. concern
C. confidence
D. control

51. Dina, 41, an emergency room nurse, seeks counseling for intrusive images of children she has treated after severe abuse, avoidance of certain shifts, emotional numbing, and irritability that have lasted four months. She has never been personally threatened at work. Can her exposure satisfy the traumatic-event criterion for PTSD in DSM-5-TR?

A. Yes, but only if she also viewed the events through photographs or news media
B. No, because she was not personally threatened with death or serious injury
C. Yes, because repeated exposure to aversive details through her work qualifies
D. No, because work-related exposure can qualify only for adjustment disorder

52. Marcus, 15, earns a Full Scale IQ of 66 on the WISC-V during a school evaluation. The team is considering a diagnosis of intellectual developmental disorder. What should occur next?

A. Assess adaptive functioning with a measure such as the Vineland-3
B. Diagnose mild intellectual developmental disorder on the basis of the IQ score
C. Readminister the WISC-V within one month to confirm the Full Scale IQ
D. Administer a projective drawing test to rule out emotional causes

53. Near the end of a session, Carlos, 26, says, "I'm going to call the clinic tomorrow and set up the appointment." In motivational interviewing, this statement is best classified as:

A. sustain talk expressing ambivalence
B. mobilizing change talk expressing commitment
C. preparatory change talk expressing desire
D. preparatory change talk expressing need

54. Mei, 28, meets criteria for posttraumatic stress disorder after an assault. She has panic attacks only when she encounters reminders of the assault, such as a man who resembles her attacker. She does not worry about attacks occurring out of the blue. How should the panic attacks be recorded?

A. As a specifier, recording the diagnosis as posttraumatic stress disorder, with panic attacks
B. As agoraphobia, because she avoids places where reminders may appear
C. They are not recorded, because panic attacks are part of posttraumatic stress disorder
D. As a separate diagnosis of panic disorder alongside posttraumatic stress disorder

55. Ana, 22, discloses passive suicidal ideation without a plan or intent. Her counselor completes a risk assessment, judges the risk to be low, and works with Ana on a written safety plan. Which documentation best serves both Ana's care and the counselor's professional responsibility?

A. A note that Ana denied plan and intent, with other details left out to protect her privacy
B. The risk and protective factors assessed, the reasoning for the risk level, and the safety plan
C. A brief statement that risk was screened, since detailed notes add liability if subpoenaed
D. A no-harm contract signed by Ana, showing that she agreed to keep herself safe until next week

56. Which principle guides level-of-care placement under the ASAM Criteria?

A. Base placement mainly on the primary substance use diagnosis and its severity rating
B. Match placement to the length of stay the client's insurer is willing to authorize
C. Begin all clients in residential care and step down as they show sustained stability
D. Place clients in the least intensive level that safely meets assessed needs

57. Ethan, 41, has major depressive disorder and has gotten worse over 3 months of weekly outpatient counseling. He now spends most days in bed and cannot work. He reports passive death wishes without plan or intent, and his wife is home in the evenings and supportive. Which level of care is most appropriate?

A. Inpatient psychiatric hospitalization until his depressive symptoms remit
B. A partial hospitalization program with structured daytime treatment
C. A 60-day residential treatment program away from his home environment
D. Continued weekly outpatient counseling with a structured homework log added

58. Kenji, 23, has social anxiety disorder. During planned exposures to speaking up in class, he rehearses a script in advance, avoids eye contact, and grips his desk to hide trembling. His anxiety is not decreasing across sessions. What should the counselor do NEXT?

A. Shift from exposure to cognitive restructuring of his core beliefs
B. Add relaxation training so he can calm himself during each exposure
C. Move to a less threatening exposure task until his anxiety ratings fall
D. Help him identify and drop his safety behaviors during exposures

59. In hypothesis testing, the alpha level (for example, .05) set before a study begins represents which of the following?

A. The probability of rejecting a null hypothesis that is true
B. The probability of correctly rejecting a false null hypothesis
C. The probability that the research hypothesis is true
D. The probability of failing to reject a false null hypothesis

60. Which statement best distinguishes immediacy from other forms of counselor self-disclosure?

A. Immediacy requires the counselor to interpret the client's transference reactions
B. Immediacy is reserved for the termination phase, when the counseling relationship as a whole is reviewed
C. Immediacy shares facts about the counselor's background, training, or life experiences
D. Immediacy shares the counselor's here-and-now reactions to the client or the relationship

61. Chen, 44, is in treatment for PTSD using prolonged exposure. His PCL-5 score rose from 52 to 58 during the first three imaginal exposure sessions. The counselor should MOST likely:

A. reduce sessions to once a month to lower his distress
B. stop exposure immediately because the treatment is harming Chen
C. switch to supportive counseling for the rest of treatment
D. recognize that a temporary rise can occur in early exposure, monitor closely, and review it with Chen

62. In motivational interviewing, the elicit-provide-elicit approach is primarily used when a counselor wants to

- **A.** move a client from preparatory to mobilizing change talk
- **B.** gather a complete substance use history at intake
- **C.** resolve discord that has arisen in the counseling relationship
- **D.** share information or advice while respecting client autonomy

63. After 3 years of working mainly with sexual assault survivors, a counselor notices that she now believes the world is fundamentally unsafe, has become suspicious of most men, and has intrusive images from clients' stories. Which concept BEST describes her experience?

- **A.** Vicarious traumatization
- **B.** Countertransference
- **C.** Burnout
- **D.** Compassion satisfaction

64. Harold, 70, has a terminal diagnosis and can no longer work or travel. His counselor helps him consider the stance he will take toward his suffering and how he wishes his grandchildren to see him face it. In Frankl's logotherapy, this work focuses on which source of meaning?

- **A.** Ontological values
- **B.** Attitudinal values
- **C.** Experiential values
- **D.** Creative values

65. Tom, 29, survived a mass shooting at a concert. An hour later at the reunification site, he is uninjured but pacing, hyperventilating, and unable to answer simple questions. He has no known psychiatric history. Which intervention is most consistent with the stabilization component of Psychological First Aid?

- **A.** Encourage him to talk through the shooting in sequence to release his emotions
- **B.** Teach him cognitive restructuring for his catastrophic thoughts about danger
- **C.** Arrange an immediate psychiatric evaluation to diagnose acute stress disorder
- **D.** Help him orient to his immediate surroundings with a brief grounding exercise

66. Sofia, 35, lost her husband four months ago. She clearly acknowledges that he has died and attended the funeral, but she keeps constantly busy, avoids anything that reminds her of him, refuses to talk about her feelings, and drinks wine every night "so I don't have to feel it." In Worden's model, Sofia is struggling most with which task?

- **A.** Processing the pain of grief
- **B.** Adjusting to a world without the deceased
- **C.** Accepting the reality of the loss
- **D.** Finding an enduring connection with the deceased

67. Jasmine, 37, feels torn between leaving a secure job to start her own business and staying where she is. Her counselor invites her to speak from one chair as the part of her that wants to leave, and then from another chair as the part that wants to stay. This intervention and its purpose are best described as:

- **A.** Narrative externalization, which separates her identity from a problem-saturated story about her career
- **B.** Psychodrama role reversal, which helps her rehearse a confrontation with another person
- **C.** Gestalt two-chair work, which heightens awareness of conflicting parts and helps integrate them
- **D.** Cognitive restructuring, which disputes the irrational belief underlying each side

68. In most states, who holds privilege for a 7-year-old child receiving counseling?

- **A.** The child, regardless of age or maturity
- **B.** The court with jurisdiction over the family
- **C.** The counselor, until the child reaches the age of majority
- **D.** The child's parent or legal guardian

69. A counselor reviews a report showing that Lucia, 27, earned a Full Scale IQ of 98 on an intelligence test with a standard error of measurement (SEM) of 3 points. Which range represents the approximate 95% confidence interval for Lucia's true score?

A. 95 to 101
B. 92 to 104
C. 83 to 113
D. 89 to 107

70. According to the DSM-5-TR, a diagnosis of gender dysphoria in adolescents and adults requires which of the following?

A. A persistent wish to be another gender that began before puberty and has continued into adulthood
B. Marked incongruence lasting at least 6 months plus initiation of hormonal or surgical treatment
C. Marked incongruence lasting at least 12 months, regardless of any distress or impairment
D. Marked incongruence lasting at least 6 months with clinically significant distress or impairment

71. Maria Yellow Horse Brave Heart's concept of historical trauma refers to:

A. Intergenerational emotional wounding from massive group trauma
B. Retraumatization caused by insensitive helping and service systems
C. Lasting symptoms that arise from a single event in early childhood
D. Traumatic memories recovered through hypnosis or age regression

72. Grace, 13, tells her middle school counselor that a group of classmates has been posting humiliating photos of her in a group chat and excluding her at lunch for several weeks. She is tearful but denies thoughts of self-harm. What is the most appropriate initial response?

A. Begin assertiveness training with Grace so she can stand up to the classmates on her own
B. Advise Grace to ignore the posts and leave the group chat so the classmates lose interest
C. Arrange a peer mediation session between Grace and the classmates so both sides can resolve the conflict
D. Document the reports, attend to her safety, and follow the school's anti-bullying reporting procedures

73. After assessing that her client Owen, 27, poses a serious and imminent threat to his former roommate, a counselor prepares to warn the roommate by phone. Which information is most appropriate to disclose?

A. The nature of the threat and what the roommate needs to stay safe
B. The relevant session notes, so the roommate understands the context
C. Owen's diagnosis and treatment history, to explain his dangerousness
D. Only that the counselor is worried, without identifying Owen at all

74. Dana, a newly licensed counselor who completed a single graduate assessment course, is asked by her agency to administer and interpret the Rorschach for a client's evaluation. She has no other training in the instrument. What is the most appropriate action?

A. Decline until trained under supervision, and refer the client
B. Administer it with computerized scoring, which removes the need for training
C. Administer it, because her professional license authorizes assessment
D. Administer it, but leave the results out of the formal written report

75. A well-controlled study finds that a brief intervention reduces procrastination among White, upper-middle-class undergraduates at a private university. A community clinic director questions whether the results will apply to her low-income, racially diverse adult clients. Her concern relates most directly to

A. statistical conclusion validity
B. construct validity
C. external validity
D. internal validity

76. Transference-focused psychotherapy (TFP), developed by Otto Kernberg for borderline personality disorder, primarily aims to accomplish which of the following?

A. Build distress tolerance and emotion regulation skills through a structured skills group
B. Integrate split representations of self and others as they emerge in the transference
C. Strengthen the client's capacity to mentalize the mental states of self and others
D. Change early maladaptive schemas through limited reparenting and imagery rescripting

77. Marcus, a 34-year-old client in outpatient counseling, says angrily, "If my supervisor writes me up again, he's going to regret it." Marcus has no known history of violence and does not elaborate. What should the counselor do FIRST?

A. Notify the supervisor that Marcus has made a threat against him
B. Contact local law enforcement so the statement is on record
C. Remind Marcus that threats void his confidentiality agreement
D. Assess further for intent, plan, means, and history of violence

78. Mrs. Tran's 24-year-old son uses opioids and refuses treatment. She wants to help him enter treatment without damaging their relationship. Which approach has the strongest evidence for engaging treatment-refusing individuals through a concerned family member?

A. Detachment until he reaches 'rock bottom'
B. Al-Anon facilitation for the family member
C. Community Reinforcement and Family Training (CRAFT)
D. Johnson Institute confrontational family intervention

79. Tamsin, 23, has borderline personality disorder, cuts herself several times a week, and has had three suicide attempts in the past year. She says she wants help managing intense emotions. Which treatment plan is best supported for her presentation?

A. Brief solution-focused therapy limited to six sessions
B. Exposure-based PTSD treatment begun immediately to address her underlying childhood trauma
C. Dialectical behavior therapy with individual therapy, skills group, and phone coaching
D. Weekly psychodynamic therapy focused on early attachment experiences

80. Delia, 41, has a 6-year history of recurrent major depressive episodes, which have been present for most of her illness. Last spring, during a 3-week period when her mood was euthymic, she continued to hear voices and believed her phone was broadcasting her thoughts. There is no substance use or medical explanation. Which diagnosis best accounts for her history?

A. Major depressive disorder, recurrent, with psychotic features
B. Delusional disorder with comorbid major depressive disorder
C. Schizoaffective disorder, depressive type
D. Schizophrenia

81. In an outpatient process group, Victor, 47, says, "I've realized that no matter how much support I get in here, in the end I'm the one who has to make my choices and live with them." Several members nod. According to Yalom, this statement best reflects which therapeutic factor?

A. Instillation of hope
B. Catharsis
C. Universality
D. Existential factors

82. Tamara, age 16, earns a score of 115 on a standardized test with a mean of 100 and a standard deviation of 15. Assuming a normal distribution, her score falls at approximately which percentile?

A. 98th
B. 68th
C. 50th
D. 84th

83. Ahmed, 52, with no prior psychiatric history, reports four months of low mood, fatigue, weight gain, constipation, and feeling cold all the time. What is the counselor's MOST appropriate step during the assessment phase?

A. Administer the BDI-II and assign a diagnosis of major depressive disorder if he scores in the severe range
B. Refer him to a psychiatrist for an antidepressant trial while beginning cognitive behavioral therapy
C. Begin behavioral activation, since fatigue and low mood respond well to structured activity scheduling
D. Recommend a medical evaluation to rule out a physiological cause before finalizing a diagnosis

84. A new member, Priya, is joining an ongoing open group for women recovering from divorce. Which practice BEST supports her integration?

A. Ask Priya to sit out her first session so she can observe before she participates
B. Orient Priya beforehand and have members share norms when she arrives
C. Spend her first session reviewing in detail what each member has worked on so far
D. Avoid any mention of Priya's arrival so that she will not feel singled out by the members

85. Wren, 16, has been in counseling for self-harm for four months. Her self-harm has stopped for eight weeks, but her parents want counseling to continue indefinitely "just to be safe." Wren wants to end. Which approach BEST balances the considerations?

A. Continue weekly sessions indefinitely, as her parents request, to ensure that any relapse is detected early
B. End services as Wren requests, without involving her parents
C. Hold a family meeting to review progress and agree on a tapered plan with a safety plan
D. Refer Wren to a new counselor to obtain a second opinion

86. Grace, 38, is a nurse, a part-time graduate student, a mother of two, and the primary caregiver for her aging father. She feels overwhelmed and says, "Work is only one piece of who I am right now." Which concept from Super's theory would be most useful for helping Grace examine the balance among her commitments?

A. Planned happenstance, which reframes unexpected events as career opportunities
B. The life-career rainbow, which depicts multiple life roles across the life span
C. Person-environment congruence, which matches personality to occupational settings
D. The zone of acceptable alternatives, which bounds the options a person will consider

87. Ben, 28, describes an inner voice that harshly insists he should finish his thesis tonight, and another voice that whines that he is too tired and will do it tomorrow. Which Gestalt technique most directly addresses this conflict?

A. A two-chair dialogue between his top dog and his underdog
B. A reversal exercise in which he acts like a carefree person
C. Empty-chair work with the thesis advisor who pressures him
D. Dream work in which he becomes each element of a dream

88. A member of a men's support group, Carlos, 46, describes plans to harm his ex-wife this weekend and identifies where she lives. What is the leader's ethical obligation?

A. Address the statement at next week's session after Carlos has calmed down
B. Assess the threat and take protective action as needed
C. Ask the other members to decide by vote whether the threat should be reported
D. Keep the information confidential because group members agreed to secrecy

89. Under the 2014 ACA Code of Ethics, which statement best describes the counselor's responsibility for counseling plans?

- **A.** The counselor writes the plan and then secures the client's signature on it
- **B.** Counselor and client work jointly to devise plans with reasonable promise of success
- **C.** The counselor bases the plan mainly on referral source goals for mandated clients
- **D.** The counselor revises the plan once a year or sooner if a third-party payer asks

90. Dr. Okafor, an LPC, reported suspected neglect of a 7-year-old client after noticing repeated untreated injuries and hunger. Child protective services investigated and found the allegation unsubstantiated. The parents now threaten to sue Dr. Okafor. Which statement best describes her legal position in most states?

- **A.** She is protected only if the parents had consented to the report in advance
- **B.** She is protected by statutory immunity because the report was made in good faith
- **C.** She is protected only if the agency later finds the abuse occurred after all
- **D.** She is liable for defamation because the investigation did not substantiate the report

91. A federally assisted substance use disorder program receives a subpoena from an attorney in a civil lawsuit demanding a former client's treatment records. There is no client consent and no court order accompanying the subpoena. What should the program do?

- **A.** Release only a summary of diagnoses and treatment dates, since summaries of records are not protected under Part 2
- **B.** Ignore the subpoena entirely, since Part 2 records can never be used in legal proceedings
- **C.** Respond without disclosing records, since release requires the client's consent or a Part 2 court order
- **D.** Release the records, because a subpoena is a legal mandate that overrides Part 2

92. Gottman's research on stable couples found which approximate ratio of positive to negative interactions during conflict discussions?

- **A.** 3 to 1
- **B.** 5 to 1
- **C.** 10 to 1
- **D.** 2 to 1

93. According to Schutz's FIRO theory, the interpersonal needs that tend to become prominent as a group develops typically emerge in which order?

- **A.** Inclusion, then control, then affection
- **B.** Affection, then inclusion, then control
- **C.** Control, then inclusion, then affection
- **D.** Inclusion, then affection, then control

94. A counselor in an integrated primary care clinic receives a warm handoff from a physician whose patient, Denise, 60, has uncontrolled hypertension and reports work stress interfering with medication adherence. Which approach is most characteristic of the behavioral health consultant role in this setting?

- **A.** Referring her to a specialty mental health clinic because hypertension is outside counseling scope
- **B.** Scheduling weekly 50-minute sessions to explore the developmental roots of her stress
- **C.** Completing a full psychological test battery before offering any intervention
- **D.** Conducting a brief, focused visit targeting adherence and stress, with feedback to the physician

95. A counselor leads a group for adolescents on the autism spectrum who want to make friends at school. Members practice introducing themselves and joining conversations through role-plays, then receive feedback from peers on their eye contact and turn-taking. Which therapeutic factor is the primary focus?

- **A.** Development of socializing techniques
- **B.** Imparting information through didactic instruction
- **C.** Instillation of hope
- **D.** Existential factors

96. A counselor compares satisfaction ratings from two independent groups of clients (telehealth vs. in-person). The ratings are ordinal and heavily skewed, and each group has only 14 clients. Which test is most appropriate?

A. Mann-Whitney U test
B. Wilcoxon signed-rank test
C. Kruskal-Wallis H test
D. Independent-samples t-test

97. Gilligan's levels of moral development for women were derived largely from interviews with

A. children explaining the rules of marble games
B. women deciding whether to terminate a pregnancy
C. boys responding to the Heinz dilemma over two decades
D. college students completing sentence stems about the self

98. Javier, 35, a field geologist, describes a childhood in which his parents were emotionally cold and largely neglectful, and he spent much of his time alone outdoors collecting rocks. Applying Roe's theory, a counselor would expect which pattern?

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

99. When his counselor suggests his cocaine use may be affecting his job, Kevin, 30, snaps, 'You sound just like my boss. Everyone's on my case.' Which response best reflects motivational interviewing?

A. "I'm not your boss, Kevin. I'm only pointing out what the facts clearly show here."
B. "It sounds like you're feeling pressured from all sides and want people to back off."
C. "Let's look closely at how many days of work you've missed this month."
D. "Why do you think so many people are so worried about your use?"

100. In Carter and McGoldrick's family life cycle model, the key emotional process for the stage of leaving home as a single young adult is

A. accepting a multitude of exits from and entries into the family system
B. accepting new members into the family system through a partnership
C. accepting emotional and financial responsibility for oneself
D. accepting the shifting of generational roles as parents begin to age

101. An attorney sends a counselor an authorization signed by her client, Mr. Patel, permitting release of his records to the attorney's office. The form describes the records and states the purpose and his right to revoke, but lists no expiration date or event. What should the counselor do?

A. Release the records but note in the file that the form lacked an expiration
B. Release the records, since the client's signature is the only essential element
C. Withhold release until a corrected authorization including an expiration is obtained
D. Ask the attorney to resubmit the request as a subpoena, which replaces the authorization

102. Marcus, 52, was diagnosed with type 2 diabetes three months ago. He tells his counselor, "I know diabetes is serious, and I probably have a bad case of it, but honestly I don't think checking my blood sugar every day will change anything." Within the Health Belief Model, Marcus's statement most directly reflects low

A. perceived susceptibility
B. perceived severity
C. cues to action
D. perceived benefits

103. A prospective client, Jamie, seeks help with relationship stress with a same-sex partner. Counselor Beth says that working with same-sex couples conflicts with her personal religious values and proposes referring Jamie elsewhere. Beth has the training to address relationship stress. According to the ACA Code of Ethics, what should Beth do?

A. Refer Jamie only after providing three sessions so that the referral does not constitute abandonment
B. Accept Jamie but disclose her religious objections so Jamie can make an informed choice
C. Refrain from referring based solely on her personal values and seek supervision to address the conflict
D. Refer Jamie promptly, since referral is the standard response when a counselor's values conflict with a client's

104. Which of the following correlation coefficients indicates the strongest relationship between two variables?

A. r = -.78
B. r = -.30
C. r = .65
D. r = .09

105. A counselor tells prospective members of a grief group, "I will keep what you share private, and I'll ask everyone to do the same." Which additional statement BEST meets ethical expectations for confidentiality in group work?

A. "Everything said here is privileged, just as in individual counseling."
B. "Because you'll sign a pledge, confidentiality is fully protected here."
C. "I can't guarantee that other members will keep it confidential."
D. "Members who break confidentiality will be held legally liable for it."

106. Devon, age 15, scores 65 on a math test (mean = 50, SD = 10) and 115 on a reading test (mean = 100, SD = 15). Both tests were normed on the same national sample. Which conclusion is most accurate?

A. He did better in reading, because his reading score is higher
B. The two scores cannot be compared, because the tests use different scales
C. He performed about equally well, because both scores are above the mean
D. He did relatively better in math, scoring about half an SD higher

107. A narrative counselor working with Andre, 34, who is in recovery, invites three peers from his support group to listen as he tells his story of reclaiming his life. Afterward the peers describe what resonated with them and how it touched their own lives. This practice is called:

A. a deconstructive conversation
B. a re-membering conversation
C. an outsider-witness practice
D. a psychodrama enactment

108. Corey, 25, is court-ordered to counseling, and his probation officer requests monthly attendance and progress reports. What should the counselor do at the outset of counseling?

A. Explain the limits of confidentiality, including what will be shared with probation
B. Send the reports without discussing them, since the court order supersedes consent
C. Wait to address reporting until the first report is due, to build rapport first
D. Decline the case, because mandated clients cannot give truly informed consent

109. Ana, 34, began insisting that her neighbors were plotting to kill her and hearing whispering voices three days after her home was destroyed in a fire. Medical workup and toxicology are negative. Twelve days later her symptoms resolved completely and she returned to her previous level of functioning. Which diagnosis is most appropriate?

A. Posttraumatic stress disorder, with dissociative symptoms
B. Schizophreniform disorder
C. Brief psychotic disorder, with marked stressor(s)
D. Acute stress disorder

110. Ana, 19, is a first-generation college student. Her family expects her to become a nurse like her mother, aunt, and grandmother, but she is drawn to environmental science. The counselor wants to explore occupational patterns and family messages about work across generations. Which tool is MOST suitable?

A. Career genogram
B. Self-Directed Search
C. Career Thoughts Inventory
D. Vocational card sort

111. Devon, 33, is court-referred after a second DUI arrest and denies any current problems with alcohol or drugs. The counselor wants an instrument that includes subtle items, not obviously related to substance use, to help identify a likely substance use disorder even when a client minimizes. Which instrument best meets this need?

A. Michigan Alcoholism Screening Test, full 25-item version (MAST)
B. Alcohol Use Disorders Identification Test
C. CAGE questionnaire
D. Substance Abuse Subtle Screening Inventory-4 (SASSI-4)

112. Carlos, 15, uses cannabis daily. His parents argue constantly about how to handle him, he is failing two classes, and most of his friends also use. Which approach has strong empirical support for adolescents with this profile?

A. Scared Straight-style deterrence program
B. Single-session psychoeducation on drug harms
C. Individual psychoanalytic psychotherapy
D. Multidimensional family therapy

113. According to Yalom, which therapeutic factor in group therapy is most analogous to the therapeutic relationship in individual counseling?

A. Group cohesiveness
B. Existential factors
C. Interpersonal learning
D. Imparting information

114. Michael, 45, left the church he attended for 30 years and now feels lost, questions his beliefs about God, and is distressed about what his life means. A thorough assessment shows his symptoms do not meet criteria for any mental disorder. Which DSM-5-TR code is MOST appropriate to document the focus of counseling?

A. Uncomplicated bereavement
B. Acculturation difficulty
C. Phase of life problem
D. Religious or spiritual problem

115. Six-year-old Mateo tells his counselor that his mother burned his hand on the stove 'to teach him.' The counselor sees a blistered burn. The next morning, before the counselor has called, Mateo says he made it up and actually touched the stove by accident. What should the counselor do?

A. Hold off on reporting, since the child's recantation means the reasonable suspicion threshold is no longer met

B. Make the report, since a recantation does not erase the suspicion raised by the disclosure and injury

C. Note the recantation in the record and monitor Mateo for new injuries before deciding whether to report

D. Ask the mother how the burn happened, and report only if her account is inconsistent with Mateo's latest version

116. In relational-cultural theory, which grew out of Jean Baker Miller's work at the Stone Center, the central relational paradox refers to:

A. being unable to trust others until early attachment needs are met

B. seeking independence as the main marker of mature development

C. keeping parts of oneself out of relationships to stay connected, which deepens disconnection

D. needing others while fearing that closeness will lead to engulfment

117. Aisha, 27, gave birth 3 months ago. She felt well for the first 10 weeks after delivery, but over the past 3 weeks she has developed depressed mood, anhedonia, insomnia, guilt, and poor concentration that meet criteria for a major depressive episode. Which statement about the DSM-5-TR "with peripartum onset" specifier is accurate?

A. It applies because onset occurred within 6 months of delivery

B. It applies only if the episode includes psychotic features

C. It does not apply because the episode began more than 4 weeks after delivery

D. It applies because onset occurred within the first postpartum year

118. Dana, a counseling intern, spends much of her first session with 22-year-old Kyle looking down at her intake form while he talks. Midway through, Kyle trails off and says, "Never mind, it's not important." Which element of Ivey's attending behavior should Dana adjust FIRST?

A. Visuals, by offering culturally appropriate eye contact

B. Vocal qualities, by slowing her rate of speech

C. Verbal tracking, by returning to Kyle's earlier topic

D. Reflection of meaning, by exploring what matters to Kyle

119. Three weeks after a flood, residents of a river town crowd community meals, share stories of neighbors rescuing one another, and say that recovery funds will make the town "better than before." A counselor coordinating the local mental health response knows the typical course of disaster recovery. What should the counselor anticipate and plan for?

A. A renewed wave of heroic behavior that may put residents at risk

B. A later period of frustration as aid delays and losses become apparent

C. A steady decline in distress now that the immediate danger has passed

D. An immediate need for formal trauma therapy among most residents

120. Professional impairment is best defined as

A. Any experience of emotional distress at any point during one's professional career

B. A decline in professional functioning below accepted standards due to personal problems

C. Disagreement with agency policies that significantly lowers one's job satisfaction

D. A diagnosed mental disorder, whether or not the condition affects the counselor's clinical work

121. Mrs. Tran, 70, whose husband died 2 months ago, tells her counselor that she sometimes hears his voice calling her name at night and speaks to him at the family altar. Her family and religious community regard these experiences as normal. She has no other psychotic symptoms, and she continues to manage her household and attend temple. How should the counselor understand these experiences?

A. As early signs of schizophreniform disorder requiring referral
B. As symptoms of prolonged grief disorder warranting a grief-focused referral
C. As evidence of brief psychotic disorder with marked stressor
D. As a culturally normative bereavement experience rather than psychosis

122. During a session, Mateo, 34, tells his counselor, "I've only been sleeping about four hours a night, and I'm exhausted at work." When writing a SOAP note, where should the counselor record this statement?

A. In the Objective section, because it is a specific, quantified detail about sleep
B. In the Subjective section, because it is the client's own report of his experience
C. In the Plan section, because it identifies a target for the next intervention
D. In the Assessment section, because it indicates a clinically significant sleep problem

123. Diane, 38, had always accepted traditional gender roles. After being passed over for a promotion that went to a less experienced man, she reports intense anger at men and "the whole system," and she now questions much of what she once believed about women's place. According to Downing and Roush's feminist identity development model, Diane is most likely in which stage?

A. Synthesis
B. Passive Acceptance
C. Revelation
D. Embeddedness-Emanation

124. Renee, 52, has spent several sessions of a midlife transitions group asking members what she should do about her stalled career. In a later session she says, "I've realized no one here can live my life for me. Whatever I choose, I'm the one responsible for it." Which therapeutic factor does her statement reflect?

A. Interpersonal learning
B. Existential factors
C. Instillation of hope
D. Imparting information

125. According to the 2014 ACA Code of Ethics, which of the following is a required element of screening prospective group members?

A. Administering a standardized personality inventory to every prospective member
B. Ensuring all members share the same presenting problem and cultural background
C. Selecting members whose needs and goals are compatible with the goals of the group
D. Obtaining a written diagnosis from each member's primary mental health provider

126. Under Standard A.4.b of the 2014 ACA Code of Ethics, counselors are expected to:

A. Remain value-free by withholding all personal reactions in session
B. Disclose their personal values at intake so clients can find a good match
C. Refer clients whose goals conflict with their sincerely held beliefs
D. Avoid imposing their values and seek training where at risk of doing so

127. In Inhelder and Piaget's pendulum task, an adolescent determines what controls the speed of a swing by systematically varying string length, weight, and release height one at a time. This performance primarily demonstrates

A. seriation
B. hypothetical-deductive reasoning
C. conservation of volume
D. transitive inference

128. Which organization is the international honor society for counseling students, professional counselors, and counselor educators?

A. Phi Delta Kappa
B. Alpha Kappa Delta
C. Psi Chi
D. Chi Sigma Iota

129. Sana, a private practitioner, wants advice from a colleague in another practice about a client whose progress has stalled. The client has not consented to the consultation. How should Sana proceed?

A. Withhold identifying details and share only what is relevant
B. Share full details, since consultation is an exception to confidentiality
C. Postpone consultation until the client has completed treatment
D. Obtain a court order authorizing the consultation disclosure

130. Andre, a Black college junior, tells his counselor that a professor recently said to him after class, "You are so articulate. You're a real credit to your people." According to Sue and colleagues, this comment is best classified as which type of microaggression?

A. Microinvalidation
B. Microinsult
C. Microassault
D. Microinequity

131. After an emergency department visit for a suicide attempt, Marcus, 27, begins outpatient treatment. At each session the counselor sits beside him, they complete the Suicide Status Form together, and suicidality itself, rather than his diagnosis, is treated as the primary focus until it resolves. Which approach is the counselor using?

A. Dialectical behavior therapy
B. Cognitive behavioral therapy for suicide prevention
C. Collaborative Assessment and Management of Suicidality
D. Columbia Suicide Severity Rating Scale

132. Kevin, 27, has been flirting with several coworkers and has thought about being unfaithful. He repeatedly accuses his girlfriend of cheating on him, even though he has no evidence. Which defense mechanism best explains Kevin's accusations?

A. Splitting
B. Rationalization
C. Displacement
D. Projection

133. In DSM-5-TR, which behavioral (non-substance) condition is included as an official diagnosis within the Substance-Related and Addictive Disorders chapter?

A. Compulsive sexual behavior disorder
B. Gambling disorder
C. Internet gaming disorder
D. Kleptomania

134. Jamal, a 28-year-old Black man, tells his White counselor he was passed over for a promotion for the third time while less experienced White colleagues advanced. Which response best reflects effective broaching?

A. "I don't really see color. I see you as an individual with real strengths."
B. "Many people face setbacks at work. Let's look at how you have been coping with this one."
C. "Could race be part of this? And how is it to talk about it with a White counselor?"
D. "Let's focus on what you can control, like how you prepare for interviews."

135. A counselor's intake note says the client "was manipulative and attention-seeking throughout the session." A supervisor asks for a revision. Which revision BEST meets documentation standards for a mental status exam?

A. "Client was difficult and resistant to the counselor's interventions."
B. "Client raised her voice twice and asked three times to end early."
C. "Client appeared to be exaggerating symptoms in order to gain sympathy."
D. "Client presented with traits consistent with a cluster B personality disorder."

136. In her second session, Rosa, 33, describes three failed relationships. Her counselor quickly sees a pattern in which Rosa chooses partners who resemble her emotionally unavailable father. Rosa has not yet connected these relationships to her father. From a psychodynamic perspective, what should the counselor do?

A. Wait until the material is closer to Rosa's awareness and the alliance is stronger before interpreting
B. Assign readings about father-daughter dynamics so Rosa can reach the insight herself
C. Offer the full interpretation now, because early insight shortens the length of treatment
D. Confront Rosa directly about her defenses so that her resistance can be broken down

137. A human resources director asks a consulting counselor to administer the MBTI to all job applicants and to hire only those with an ESTJ type for management roles. What is the most appropriate response?

A. Explain the MBTI is not validated for selection and suggest job-related tools
B. Agree to proceed, provided each applicant signs informed consent for testing
C. Substitute the NEO-PI-3 and hire the applicants who score highest on Openness
D. Agree to proceed, but use only the Extraversion-Introversion scale for hiring

138. Carmen, 10, tells her school counselor, 'Everyone else is good at math and reading. I'm just bad at everything we do at school.' Her comments most directly reflect a struggle with which of Erikson's psychosocial crises?

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

139. Ruth, a counselor, runs a weekly anxiety group. In the third session, Tom, 52, has spent most of the first 40 minutes describing conflicts with his neighbor in detail while others look away and fidget. What is the BEST initial leader intervention?

A. Wait silently until the group decides on its own to confront Tom's talking
B. Interpret Tom's talking as a defense against his fear of being rejected
C. Ask Tom to remain silent for the rest of the session so others can speak
D. Acknowledge Tom, then invite others to link his story to their own

140. A group leader uses an experiential exercise that involves members physically pushing against each other. One member says she does not want to participate. What should the leader do?

A. Ask the group to give her feedback on why she is holding herself back
B. Encourage her to try it anyway since breakthroughs come from discomfort
C. Respect her choice and let her observe without pressure to take part
D. Require her to explain her refusal before the exercise can continue

141. Derek, 35, says, "Everyone keeps telling me to quit smoking, but it's the only thing that gets me through a shift at the warehouse." Which response is the best example of a complex reflection?

A. "Smoking feels like your main way of coping with a hard job."
B. "Everyone is telling you to quit smoking."
C. "How long have you been smoking during your shifts?"
D. "You should look at some other ways to manage the stress at work."

142. In Gottfredson's original formulation of compromise, when people must give up aspects of their preferred occupational choices, which aspect are they most reluctant to sacrifice?

- **A.** Field of interest
- **B.** Prestige of the occupation
- **C.** Personal work values
- **D.** Sex type of the occupation

143. A client is angry that her counselor filed a child abuse report after she described hitting her son with a cord. She says, 'You never told me you would do this.' Which practice would have best prevented this rupture and reduced the counselor's legal risk?

- **A.** Having the client sign a release at intake authorizing any future report the counselor might need to make
- **B.** Reviewing the limits of confidentiality, including mandated reporting, at intake and documenting it
- **C.** Telling the client after the report that it was made, so she understands the decision and its reasons
- **D.** Waiting until the client brings up discipline before explaining that some disclosures may have to be reported

144. A state's mental health confidentiality law gives clients greater privacy protection than the HIPAA Privacy Rule. Which rule governs a counselor practicing in that state?

- **A.** The state law, because HIPAA does not preempt state laws that are more protective of privacy
- **B.** HIPAA, because federal law always preempts state law in health care
- **C.** Whichever law the counselor selects and discloses to clients in the informed consent document at intake
- **D.** The state law, but only for clients who are minors

145. Samuel, 15, a refugee, was separated from his extended family and community during displacement and has lost much of his connection to his heritage culture. At his new school he is excluded by peers and says, "I don't belong anywhere." Which acculturation status does Samuel's situation reflect, and what does Berry's research suggest about it?

- **A.** Marginalization, which is typically linked to only short-term stress
- **B.** Assimilation, which is typically linked to the greatest acculturative stress
- **C.** Separation, which is typically linked to the poorest adaptation
- **D.** Marginalization, which is typically linked to the poorest adaptation

146. Eli, 9, eats only five foods and refuses anything with a mixed texture. After choking on a piece of chicken last year he became fearful of solid foods, and he has lost weight and needs nutritional supplements. He shows no concern about body shape or size. Which DSM-5-TR diagnosis best fits?

- **A.** Pica
- **B.** Anorexia nervosa, restricting type
- **C.** Avoidant/restrictive food intake disorder
- **D.** Rumination disorder

147. Rosa, 33, an associate counselor, tells her clinical supervisor that she feels burned out. She asks him to be her personal therapist because he already understands her work stress. How should the supervisor respond?

- **A.** Agree, since he already understands the context of her work stress
- **B.** Help Rosa find appropriate counseling services with another provider
- **C.** Agree, provided that supervision and therapy are scheduled on separate days of the week
- **D.** Decline and advise her to handle the stress only within supervision

148. A judge orders counselor Felipe to release his records about a client in a civil lawsuit. The client does not want the records released and will not sign an authorization. According to the ACA Code of Ethics, how should Felipe proceed?

A. Ask the court to limit the disclosure as narrowly as possible, then comply with the order

B. Release a summary he prepares himself in place of the records, without telling the court about the substitution

C. Refuse to release any records and accept a contempt finding, because client confidentiality outweighs a court order

D. Release the complete record right away, because a court order cancels any further ethical duty to the client

149. Ella, 25, a first-semester practicum student, ends every session by giving clients several concrete coping strategies. Her supervisor notices clients rarely use them and that Ella becomes anxious when a session lacks a clear 'takeaway.' In Skovholt and Rønnestad's model of counselor development, this pattern most likely reflects:

A. a beginning student's reliance on techniques to manage performance anxiety

B. an advanced student's careful, rule-bound effort to do everything correctly

C. an experienced professional's integration of a consistent personal style

D. a novice professional's disillusionment with the limits of formal training

150. Carla, 52, entered counseling two years ago for depression. Her symptoms have been in remission for over a year, all goals are met, and sessions now consist mostly of friendly conversation. She wants to keep meeting weekly and pays the full fee. What should the counselor do?

A. Continue weekly sessions, because Carla wants them and pays the counselor's full fee

B. Raise termination with her and plan a gradual, collaborative ending

C. Reduce sessions to monthly maintenance without discussing the reasons with Carla

D. End counseling at the next session, because all of her treatment goals have been met

151. Hal, 67, a solo private practitioner, has been diagnosed with a heart condition that could cause sudden incapacitation. Under the ACA Code of Ethics, which step addresses his responsibility to clients if he cannot work?

A. Prepare a plan to transfer clients and files and name a records custodian

B. Rely on the state licensing board to contact his clients if he is incapacitated

C. Tell all clients his diagnosis and let each decide whether to stay in counseling with him

D. Close the practice now and destroy client records older than seven years

152. Which statement best reflects the contemporary definition of a psychological crisis used in crisis intervention models?

A. It depends on whether the person perceives coping as overwhelmed

B. It reflects a chronic pattern of dysfunction lasting many months

C. It occurs mainly in people with preexisting psychiatric vulnerability

D. It depends on the objective severity of the event that precipitated it

153. Danielle, 29, avoids parking garages since she was assaulted in one. She also avoids walking alone at 2 a.m. in a high-crime area near her apartment, where several assaults were recently reported. In building her PE in vivo hierarchy, which approach is correct?

A. Include the parking garages, but not walking alone at night in the high-crime area

B. Include neither, because in vivo work should wait until imaginal exposure ends

C. Include both, because confronting all avoided situations is the goal of PE

D. Include only the high-crime area, because it carries the most distress

154. Which instrument did Krumboltz develop to help counselors identify clients' faulty assumptions and beliefs that may block career decision making and progress?

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

155. In Sue's tripartite model of personal identity, a counselor's recognition that all people share experiences such as mortality, attachment, and the need for meaning reflects which level?

- **A.** Individual
- **B.** Group
- **C.** Universal
- **D.** Ecological

156. In DBT, the PLEASE skills (treating physical illness, balanced eating, avoiding mood-altering drugs, balanced sleep, and exercise) are designed to:

- **A.** Tolerate a crisis without making it worse
- **B.** Reduce vulnerability to emotion mind
- **C.** Maintain self-respect in relationships
- **D.** Increase awareness of the present moment

157. Systematic reviews, including Cochrane reviews, of single-session psychological debriefing offered to everyone shortly after a traumatic event have generally concluded that it:

- **A.** Is effective as long as licensed clinicians deliver the intervention
- **B.** Does not prevent PTSD and may worsen symptoms for some people
- **C.** Cuts later PTSD rates roughly in half when given within 72 hours
- **D.** Works for adults who were exposed but not for children or adolescents

158. A university counseling center offers a weekly group for students struggling with roommate conflicts, loneliness, and adjusting to college life. Sessions are unstructured, and members explore their interpersonal reactions to one another in the here-and-now. Which type of group is this, according to ASGW?

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

159. When her manager praises her report, Nadia, 33, tells her counselor, "That doesn't count. Anyone could have written it." Which cognitive distortion is most evident?

- **A.** Emotional reasoning
- **B.** Disqualifying the positive
- **C.** Mental filter
- **D.** Labeling

160. Liam, 26, is a practicum student in a major depressive episode. He sleeps very little and has trouble concentrating during sessions with his clients. According to the ACA Code of Ethics, what is Liam's responsibility?

- **A.** Keep the matter private because his health is unrelated to competence
- **B.** Keep seeing clients but avoid those who present with depression
- **C.** Seek personal counseling privately without telling his supervisors
- **D.** Notify his faculty or site supervisor and seek assistance

161. Marisol, 34, has attended eight weekly CBT sessions for major depressive disorder. Her PHQ-9 scores were 19, 18, 18, 17, 18, 19, 18, and 18. She says sessions "feel helpful" and wants to continue as is. What should the counselor do NEXT?

A. Administer a longer depression inventory to confirm the PHQ-9 results
B. Continue the current plan, since Marisol reports that the sessions are helpful and she is engaged
C. Review the score trend with Marisol and revise the plan together
D. Refer Marisol for a medication evaluation without discussing the scores

162. The ASGW Professional Standards for the Training of Group Workers describe four group work specializations. Which list matches them?

A. Task/work, psychoeducation, counseling, and psychotherapy
B. Task/work, T-group, counseling, and family
C. Support, self-help, encounter, and psychotherapy
D. Structured, unstructured, open, and closed

163. Seven years after his last session with a former client, Dr. Alvarez, a licensed counselor, is considering a romantic relationship with her after they reconnected through a hiking club. Under the ACA Code of Ethics, what must he do before pursuing the relationship?

A. Obtain a written statement from the former client's current counselor confirming she is not at risk
B. Nothing further, because the 5-year prohibition has expired and the relationship is now unrestricted
C. Document in writing whether the relationship could be exploitative or harmful
D. Obtain written approval from his state licensing board, since the relationship involves a former client

164. A school district gives a career-interest inventory to high school seniors. Five years later, researchers survey the same people and find that those whose occupations matched their inventory profiles report much higher job satisfaction. What kind of validity does this support most directly?

A. Predictive validity
B. Concurrent validity
C. Content validity
D. Face validity

165. Liam, 33, tells his existential counselor, "I'm just a lazy person. That's how I've always been, and I can't change it." In Sartre's terms, Liam's statement is an example of

A. existential vacuum
B. an introjection
C. bad faith
D. neurotic anxiety

166. A feminist counselor helps Erin, 39, examine how differences in income, legal knowledge, and social support give her husband more control in their marriage, and how she might gain access to these resources. This intervention is best described as:

A. gender-role analysis
B. assertiveness training
C. consciousness raising
D. power analysis

167. After several sessions exploring workplace discrimination, Paula, 42, tells her feminist counselor she wants to join a group advocating for pay equity. The counselor is most likely to view this as:

A. a boundary violation the counselor should discourage
B. a way of avoiding the personal issues that brought her to counseling
C. a healthy step consistent with feminist therapy's goal of social change
D. a sign of displaced anger that requires interpretation

168. Vivian, 26, a first-generation college student, says she is a failure because she changed her major from pre-med to art. Her narrative counselor asks, "Where did the idea come from that only certain careers count as success? Who benefits from that idea?" The counselor is primarily:

A. confronting a discrepancy between her goals and actions
B. disputing an irrational belief with logical evidence
C. deconstructing the taken-for-granted beliefs behind her story
D. interpreting a defense against her family's expectations

169. In the Petrov family, the mother dominates decisions and the father rarely speaks. The structural counselor deliberately sides with the father for part of the session, supporting his views to shift the family's power arrangement. This technique is known as

A. boundary making
B. joining
C. positive connotation
D. unbalancing

170. Alyssa, 24, is in counseling for bulimia nervosa with frequent purging. She mentions that her primary care doctor, who does not know about her eating disorder, is considering bupropion to help her quit smoking and improve her mood. What should the counselor know about this medication?

A. It is the only antidepressant approved by the FDA for treating bulimia nervosa
B. It commonly causes weight gain, which could trigger more purging
C. It is contraindicated in bulimia nervosa because of increased seizure risk
D. It carries a risk of hypertensive crisis when combined with fasting

171. Sofia, 11, refuses to start her classwork and tells her teacher, 'You can't make me.' The teacher feels provoked and wants to prove she is in charge. When the teacher reprimands her, Sofia becomes even more defiant. According to Dreikurs, Sofia's misbehavior most likely serves which goal?

A. Power
B. Undue attention
C. Revenge
D. Display of inadequacy

172. Eleanor, 84, lives in assisted living. Staff report that over the past two days she has become confused, cannot keep her attention on conversations, and is much worse at night. She recently started a new medication and may have a urinary tract infection. What should the counselor do FIRST?

A. Screen for depression with the Geriatric Depression Scale, since depression often mimics dementia
B. Administer the MoCA to establish a baseline for a possible major neurocognitive disorder
C. Arrange urgent medical evaluation, since the sudden onset and fluctuating attention suggest delirium
D. Begin reality orientation sessions to reduce her confusion and nighttime agitation

173. Luis, 33, is making progress on severe social anxiety, but his insurance benefits for the year will run out after next week. He cannot afford the counselor's full fee. What is the most appropriate action?

A. Discuss a reduced fee, community resources, or referral before services end
B. Continue at no cost indefinitely so that no one could claim the client was abandoned
C. Continue sessions and bill them under a diagnosis that has remaining insurance coverage
D. End services when coverage ends, because the Code permits termination for nonpayment

174. A counselor begins working with Joseph, 60, an Indigenous elder who was referred for grief counseling. Joseph often pauses for long periods before answering questions. Which response is most culturally appropriate?

- **A.** Gently confront the pauses as possible resistance to discussing his loss
- **B.** Allow more time, recognizing that unhurried pauses may reflect valued reflection and respect
- **C.** Rephrase each question more simply, since the pauses likely reflect confusion
- **D.** Screen for psychomotor retardation, since slowed speech and responses are a common sign of depression in bereavement

175. Simone, 31, has a managed-care plan that authorizes 12 sessions per year, and session 10 is approaching. She still has significant symptoms. Which action is MOST consistent with ethical practice?

- **A.** Increase sessions to twice weekly to finish treatment before coverage ends
- **B.** Stop at session 12 without discussion, because the insurer rather than the counselor set the session limit
- **C.** Discuss the limit now, request additional authorization if justified, and plan alternatives such as self-pay or referral
- **D.** Begin billing the remaining sessions under a different diagnosis to obtain more coverage

176. A father tells his son's counselor, "I promised him a new video game every week he finishes his homework without arguing." The counselor uses choice theory with the family. How would Glasser most likely view the father's approach?

- **A.** As a caring habit because it encourages the child without punishment
- **B.** As an external control behavior Glasser listed among the deadly habits
- **C.** As a logical consequence of the kind choice theory adopted from Adler
- **D.** As an effective use of positive reinforcement consistent with choice theory

177. Harold, 78, is receiving hospice care. He tells the counselor, 'I wasted my life on the wrong things, and now there's no time left to fix any of it.' Harold's statements most clearly reflect which Eriksonian crisis?

- **A.** Identity versus role confusion
- **B.** Intimacy versus isolation
- **C.** Generativity versus stagnation
- **D.** Ego integrity versus despair

178. Trauma-focused cognitive behavioral therapy (TF-CBT), developed by Cohen, Mannarino, and Deblinger, is designed primarily for

- **A.** adults with chronic PTSD stemming from combat exposure
- **B.** couples recovering from intimate partner violence
- **C.** older adults experiencing complicated grief after loss
- **D.** children and adolescents with trauma symptoms, with caregiver involvement

179. Gloria, 58, has taken oxycodone prescribed for chronic back pain for 2 years, exactly as directed. Her physician has raised the dose once because of reduced effect, and she experiences withdrawal symptoms if she misses a dose. She reports no craving, no use beyond the prescription, and no social or occupational problems related to use. Which conclusion is most accurate?

- **A.** She meets criteria for opioid use disorder, in early remission
- **B.** She does not meet criteria for opioid use disorder
- **C.** She meets criteria for opioid use disorder, on maintenance therapy
- **D.** She meets criteria for mild opioid use disorder

180. According to Marie Jahoda's latent deprivation model, much of the psychological harm of unemployment comes from losing:

A. latent functions such as time structure, social contact, status, and purpose
B. the mastery experiences that SCCT holds are the strongest source of occupational self-efficacy
C. the chance to meet the need for achievement that McClelland identified as the core motive for working
D. the income that work provides, which in turn limits access to valued goods and leisure activities

181. Ben and Kara, both in their 30s, report that Ben's erections have become unreliable since a stressful job change, and both now feel anxious during sex. Medical causes have been ruled out. Their counselor assigns a series of non-demand touching exercises during which intercourse is temporarily prohibited. This technique is

A. the squeeze technique
B. sensate focus
C. systematic desensitization
D. emotionally focused therapy enactment

182. On the Wechsler intelligence scales, individual subtest scaled scores are reported on a metric with which mean and standard deviation?

A. Mean of 100, standard deviation of 15
B. Mean of 50, standard deviation of 10
C. Mean of 5, standard deviation of 2
D. Mean of 10, standard deviation of 3

183. Gloria, 52, was laid off after 20 years with her company. She tells her REBT counselor she feels sad and disappointed but is already updating her resume. From an REBT view, how should the counselor understand her emotions?

A. As a sign of irrational beliefs needing disputing
B. As feelings to replace with a neutral emotional state
C. As healthy negative emotions that fit a real loss
D. As evidence of a core belief of personal worthlessness

184. An REBT counselor asks Denise, 44, to vividly picture her teenage son slamming the door on her, let herself feel the rage, and then work on changing the feeling to strong annoyance by changing what she tells herself. Which technique is this?

A. Rational emotive imagery
B. Guided relaxation imagery
C. Covert sensitization
D. Imaginal flooding

185. Mr. Hale, 38, tells his counselor that he judges himself by his own internalized standards rather than by others' approval, sets long-term goals, feels guilt mainly when his actions harm others, and describes his inner feelings in nuanced ways. In Loevinger's model, Mr. Hale is most likely functioning at the

A. conscientious stage
B. self-protective stage
C. conformist stage
D. autonomous stage

186. Maya, 16, cannot fall asleep before 2 a.m. no matter when she goes to bed. On weekends she sleeps soundly from 2 a.m. to noon and wakes refreshed, but on school days she is exhausted and often late. Which DSM-5-TR diagnosis best fits this pattern?

A. Hypersomnolence disorder
B. Insomnia disorder
C. Narcolepsy
D. Circadian rhythm sleep-wake disorder, delayed sleep phase type

187. In person-centered counseling, unconditional positive regard is best described as

- **A.** offering praise whenever the client makes progress toward goals
- **B.** prizing the client as a person without requiring changes in behavior
- **C.** withholding all personal reactions to keep the relationship neutral
- **D.** approving of every client choice so the client feels fully supported

188. On a positively skewed distribution of depression scores, how do the mean, median, and mode typically relate to one another?

- **A.** Median is greater than mean, which is greater than mode
- **B.** Mode is greater than median, which is greater than mean
- **C.** Mean is greater than median, which is greater than mode
- **D.** Mean, median, and mode are approximately equal

189. Jane Loevinger conceptualized ego development as

- **A.** a series of age-linked psychosocial crises that every person meets in the same order
- **B.** a sequence of increasingly complex frames for understanding self and others, at any of which a person may stabilize
- **C.** a biologically timed unfolding of cognitive structures that ends in adolescence
- **D.** a progression of maturing defense mechanisms that most adults complete by midlife

190. Lin, 16, born in the U.S. to parents who emigrated from Vietnam, is in conflict with them over dating and curfews. Her counselor notices that she personally agrees with Lin's views. Which approach best balances self-awareness and cultural responsiveness?

- **A.** Encourage Lin to defer to her parents, since filial piety is central to her heritage
- **B.** Frame the conflict as an acculturation gap and help Lin understand both sets of values
- **C.** Help Lin assert her independence, since autonomy supports a healthy adolescent identity
- **D.** Recommend family therapy so her parents can learn U.S. norms for adolescent dating

191. Walter, 78, has terminal pancreatic cancer and tells his counselor he plans to use his state's medical aid-in-dying law in the coming months. He asks that his adult children not be told. Under the ACA Code of Ethics, what option does the counselor have?

- **A.** Notify the children, since hastening death is treated as self-harm
- **B.** Contact Walter's physician to request that the process be halted
- **C.** Maintain confidentiality, after consultation and consistent with law
- **D.** Initiate an involuntary psychiatric evaluation to ensure his safety

192. In needs assessment, inferring a community's mental health needs from existing census data, unemployment figures, crime rates, and school dropout statistics is called the

- **A.** rates-under-treatment approach
- **B.** field survey approach
- **C.** key informant approach
- **D.** social indicators approach

193. The Multicultural and Social Justice Counseling Competencies (Ratts et al., 2015) expanded the original multicultural competencies of Sue and colleagues by adding which developmental domain to attitudes and beliefs, knowledge, and skills?

- **A.** Empathy
- **B.** Awareness
- **C.** Action
- **D.** Humility

194. Jim, 50, arrives for an outpatient intake about 36 hours after stopping several years of heavy daily drinking. He has a hand tremor, is sweating, reports insomnia, anxiety, and nausea, and his pulse is elevated. He is fully oriented and able to sustain attention throughout the interview. Which diagnosis best fits his current presentation?

- **A.** Alcohol withdrawal
- **B.** Panic disorder
- **C.** Alcohol intoxication
- **D.** Alcohol withdrawal delirium

195. After a closed eight-week psychoeducational group ends, which follow-up practice is MOST consistent with recommendations for group termination?

- **A.** Inviting members to rejoin the next cycle of the same group automatically
- **B.** Assigning members to monitor each other's progress through private contact
- **C.** Ending all contact so members learn to function without the group's help
- **D.** Scheduling a follow-up session or individual check-in to review progress

196. A counselor working with Jada, 16, considers that her parents divorced when she was 13 rather than in early childhood, and that the divorce happened during an extended period of pandemic school closures. Attention to how the timing of these events shapes their impact reflects which level of Bronfenbrenner's model?

- **A.** Macrosystem
- **B.** Mesosystem
- **C.** Exosystem
- **D.** Chronosystem

197. How did Adler view feelings of inferiority?

- **A.** As normal and universal, and a potential motivator for growth
- **B.** As a defense against unconscious aggressive and sexual drives
- **C.** As the result of an unresolved oedipal conflict from early childhood
- **D.** As a pathological sign of an inferiority complex that requires treatment

198. Owen, 40, is being discharged from a federally assisted substance use disorder program and will continue care with a community counselor. To send his treatment records to the new counselor, the program MUST:

- **A.** send them without written consent under HIPAA's treatment exception, since the disclosure is for continuing care
- **B.** obtain a court order authorizing the disclosure
- **C.** notify Owen verbally that his records will be sent
- **D.** obtain Owen's written consent meeting the requirements of 42 CFR Part 2

199. Under ACA Code of Ethics H.2.a, which issue must be included in informed consent for distance counseling?

- **A.** A waiver of confidentiality for technical support staff of the platform
- **B.** The possibility that insurance benefits may be denied for distance services
- **C.** A guarantee that sessions on the selected platform cannot be intercepted
- **D.** Links to the counselor's personal social media accounts for between-session contact

200. Rob, 38, was laid off 6 weeks ago. He reports sadness, tearfulness, and discouragement that are interfering with his job search, but he has only two symptoms of a major depressive episode and no history of mood disorder. Which diagnosis is MOST appropriate?

A. Persistent depressive disorder
B. Major depressive disorder, single episode
C. Adjustment disorder with depressed mood
D. Other specified depressive disorder