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STUDY GUIDES

NCE

Full-Length Practice Exam

Exam 6

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 6

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. Sue's tripartite framework of personal identity holds that every person is in some respects like all others, like some others, and like no other. The "like some others" component refers to which level of identity?

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

2. Jamal, age 12, earns a full-scale score of 110 on an intelligence test with a mean of 100 and a standard deviation of 15. The manual reports a reliability coefficient of .91. What is the standard error of measurement?

- **A.** 13.5
- **B.** 9.0
- **C.** 1.35
- **D.** 4.5

3. Which statement best describes the difference between a licensing board complaint and a malpractice lawsuit against a counselor?

- **A.** A board complaint is a criminal matter that can lead to jail time, while a malpractice suit is an administrative action seeking license revocation
- **B.** A board complaint can be filed only after a malpractice suit succeeds, while a malpractice suit can be filed at any time after services end
- **C.** A board complaint is administrative and can lead to suspension or revocation, while a malpractice suit seeks money damages
- **D.** A board complaint requires proof of all four malpractice elements, while a malpractice suit requires proof only of a code of ethics violation

4. Wubbolding described five levels of client commitment to change. Which client statement reflects the HIGHEST level?

- **A.** "I'll try; I might do it."
- **B.** "I will do whatever it takes."
- **C.** "I will do my best."
- **D.** "I want things to change, but I don't want to put in the effort."

5. In Gestalt theory, the need or experience that emerges most prominently into a person's awareness and organizes behavior at a given moment is called the

- **A.** ground
- **B.** field
- **C.** figure
- **D.** contact boundary

6. Following a statistically significant one-way ANOVA comparing four counseling approaches, a researcher wants to identify which specific pairs of groups differ. What is the most appropriate next step?

- **A.** Rerun the analysis as an ANCOVA with a covariate
- **B.** Conduct a chi-square test on the group means
- **C.** Run six separate independent t-tests at alpha .05
- **D.** Conduct a post hoc test such as Tukey's HSD

7. A research team of three counselors codes interview data independently, meets to reach agreement on domains and core ideas, and submits its work to an outside auditor who checks the coding. This approach, developed by Clara Hill and colleagues, is known as:

A. narrative analysis
B. interpretative phenomenological analysis
C. grounded theory analysis
D. consensual qualitative research

8. According to Miller and Rollnick, a full decisional balance exercise that explores the pros and cons of changing and of not changing equally is most appropriate when the counselor:

A. is responding to discord that has emerged in the working relationship
B. wants to remain neutral and avoid steering the client toward a particular choice
C. is working with a client who has already reached the action stage of change
D. wants to strengthen the client's commitment to a specific, agreed-upon change

9. Which statement best distinguishes vicarious trauma from countertransference?

A. Countertransference occurs only in psychodynamic work, whereas vicarious trauma is universal
B. Vicarious trauma comes from the counselor's unresolved childhood conflicts with one client
C. Countertransference is permanent, whereas vicarious trauma resolves within a few weeks
D. Vicarious trauma builds up across many trauma clients rather than within one relationship

10. Denise, 39, has bipolar disorder that has been stable for a year. She tells her counselor she wants a regular job but was told by a previous program to complete months of prevocational training first. Which approach has the strongest evidence for helping her obtain competitive employment?

A. Sheltered workshop placement until she demonstrates work readiness
B. Individual placement and support with rapid job search and ongoing support
C. Prevocational skills classes for six months before any job search
D. Volunteer work for a year before applying for paid positions

11. Before collecting data, a researcher predicts that clients receiving motivational interviewing will have higher treatment-retention scores than clients receiving standard intake. Which type of test matches this hypothesis?

A. A nondirectional test, because the outcome is continuous
B. A one-tailed test, because the hypothesis predicts direction
C. A two-tailed test, because alpha must be split across groups
D. A two-tailed test, because two groups are being compared

12. An organization validates a sales-aptitude test by correlating scores with supervisors' ratings of job performance. The supervisors could see each employee's test score before making their ratings. Which problem does this create?

A. Criterion contamination
B. Shrinkage
C. Halo effect in the test items
D. Restriction of range

13. Emily, 24, a White graduate student, has formed her first close friendship with a Black classmate. She now feels guilty when her family tells racist jokes, torn between loyalty to them and her new awareness, and anxious about what she should do. According to Helms, Emily is most likely in which White racial identity status?

A. Pseudo-Independence
B. Immersion/Emersion
C. Reintegration
D. Disintegration

14. In a 12-week trial comparing a trauma-focused treatment to usual care, 40% of the treatment group drops out, most of them clients with the most severe symptoms; only 5% of the usual-care group drops out. The remaining treatment clients show better outcomes. What is the most serious threat to the study's conclusion?

- **A.** Statistical regression
- **B.** Resentful demoralization
- **C.** Differential attrition
- **D.** Instrumentation

15. A counselor wants an outcome measure for weekly monitoring of clients in a brief counseling program. Which property is MOST important for this purpose?

- **A.** Very high long-term test-retest stability over several years
- **B.** A large number of items for broad content coverage
- **C.** High sensitivity to change over short intervals
- **D.** Scores that are normed only on nonclinical samples

16. Theresa, 41, says, "I've been down for as long as I can remember." For at least the past 5 years she has had depressed mood most days, low energy, poor self-esteem, and hopelessness, and she has never felt better for more than a few weeks. She has never met full criteria for a major depressive episode and has no history of elevated mood. Which diagnosis is most accurate?

- **A.** Persistent depressive disorder, with persistent major depressive episode
- **B.** Persistent depressive disorder, with pure dysthymic syndrome
- **C.** Cyclothymic disorder
- **D.** Major depressive disorder, recurrent, moderate

17. Lisa, 42, finalized her divorce 6 weeks ago. Since then she has been tearful, worried about finances, and nervous about the future, and her concentration at work has suffered. Her distress is more intense than her circumstances would suggest, but she does not meet criteria for a major depressive episode or generalized anxiety disorder. Which diagnosis is most appropriate?

- **A.** Other specified anxiety disorder
- **B.** Major depressive disorder, single episode, mild
- **C.** Adjustment disorder with depressed mood
- **D.** Adjustment disorder with mixed anxiety and depressed mood

18. Wrenn (1962) described counselors who substitute stereotypes for reality, disregard cultural variation, and remain insulated within their own cultural assumptions. What term did he use?

- **A.** Cultural mistrust
- **B.** Acculturative stress
- **C.** Cultural relativism
- **D.** Cultural encapsulation

19. Greg, 45, a White man, says in counseling that "minorities get all the breaks now," that his own financial struggles prove racism is overblown, and that White people built everything good about the country. He becomes irritated when his counselor raises the topic of privilege. According to Helms's White Racial Identity Development model, Greg's attitudes are most consistent with which status?

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

20. According to the American School Counselor Association (ASCA), which activity is an appropriate part of a school counselor's role?

A. Coordinating schoolwide standardized testing
B. Assigning discipline consequences to students
C. Providing short-term counseling to students
D. Covering classes when teachers are absent

21. Lena, 34, tells her counselor she is happiest when organizing records, maintaining accurate spreadsheets, following clear procedures, and knowing exactly what is expected of her. She dislikes ambiguous, unstructured tasks. Which Holland type is most clearly reflected in her description?

A. Enterprising
B. Realistic
C. Conventional
D. Investigative

22. The director of a university career center proposes giving the MCMI-IV to every student who requests career counseling, to identify personality traits relevant to major selection. What is the most important psychometric concern with this plan?

A. The MCMI-IV was normed on clinical samples and tends to overpathologize others
B. The MCMI-IV is restricted to adolescents and is not normed for college students
C. The MCMI-IV assesses only mood and anxiety symptoms rather than personality
D. The MCMI-IV has no validity indices to detect biased or careless responding

23. At the first session of a substance use recovery group, a member asks the counselor to promise that nothing said in group will ever be repeated outside it. Which response is most consistent with the ACA Code of Ethics?

A. Stress its importance but explain members' confidentiality cannot be guaranteed
B. Assure members that privilege laws protect everything said in group
C. Explain that only the counselor's notes are confidential in groups
D. Promise confidentiality, since members sign a group agreement

24. A counselor treating Priya, age 15, for self-injurious behavior wants to evaluate an intervention with a single-case design, but withdrawing an effective treatment would be unethical. Which design is most appropriate?

A. Alternating-treatments design with withdrawal
B. Multiple-baseline design
C. Pretest-posttest control group design
D. ABAB reversal design

25. Which observation during a home-based session with Mrs. Larkin, 82, and her adult son, who is her caregiver, should most raise the counselor's concern about elder abuse?

A. A recent single bruise on her shin, which she says came from bumping into a coffee table yesterday
B. Bruises at different stages of healing that she cannot explain, and her son insists on answering for her
C. A modest home with older furniture, which matches her son's description of her limited monthly income
D. Mild forgetfulness about recent conversations, which her son reports and she agrees with during the visit

26. Three weeks before a closed group ends, members begin arriving late, and Brenda, 38, says, "Honestly, this group hasn't helped me at all." Which explanation BEST fits this pattern?

A. Members may be distancing to cope with feelings about the approaching ending
B. Brenda is demonstrating the group process called the instillation of hope
C. The group has regressed to the forming stage and requires new ground rules
D. The leader has failed to screen members and should terminate the group early

27. Tomas, 38, reports 2 months of anxiety, irritability, a racing heart, unintended weight loss despite a good appetite, and feeling hot when others are comfortable. He has not seen a physician in several years. What should the counselor do FIRST?

A. Diagnose generalized anxiety disorder and begin cognitive-behavioral treatment
B. Teach progressive muscle relaxation to lower his physiological arousal right away
C. Refer Tomas for a medical evaluation to rule out a physical cause for his symptoms
D. Refer Tomas to a psychiatrist for an evaluation for anti-anxiety medication

28. Nora, 48, reports 3 months of low mood, fatigue, weight gain, slowed thinking, constipation, and always feeling cold. She has no history of mood problems and has not seen a physician in several years. What should the counselor do FIRST?

A. Refer her for a medical evaluation, including thyroid functioning, before finalizing a diagnosis
B. Diagnose persistent depressive disorder, given her slowed thinking and fatigue
C. Administer the Beck Depression Inventory-II to confirm the diagnosis
D. Diagnose major depressive disorder and begin cognitive behavioral therapy

29. Valeria, a Latina high school junior with strong math grades, performs well below her usual level on a practice exam after her teacher tells the class the test reveals "natural differences in math ability between groups." Which phenomenon most likely explains her performance?

A. Internalized oppression
B. Imposter phenomenon
C. Test construct bias
D. Stereotype threat

30. At the end of a 10-week group, a counselor ranks members from 1 (most active) to 10 (least active) based on participation. Which scale of measurement do these rankings represent?

A. Ratio
B. Nominal
C. Interval
D. Ordinal

31. After three sessions, a counselor recognizes that a client's complex dissociative symptoms are beyond her training. She recommends several qualified specialists, including telehealth options, but the client refuses to see anyone else and insists on continuing. According to the ACA Code of Ethics, what should the counselor do?

A. Continue indefinitely, because ending the relationship would constitute client abandonment
B. Continue after the client signs a waiver acknowledging the counselor's lack of training
C. Discontinue the relationship, since the client declined suitable referrals
D. Continue while telling the client at each session that the counselor lacks competence

32. During a group support session held after a school lockdown, Ethan, 10, stays afterward and tells the school counselor that his stepfather hits him with a belt and that he has bruises on his back. What should the counselor do?

A. Report the suspected abuse to child protective services
B. Contact the stepfather and invite him to a family session
C. Gather more evidence from Ethan before making any report
D. Ask Ethan's parents for consent before filing a report

33. In DSM-5-TR, gambling disorder is classified as:

A. An impulse-control disorder within Disruptive, Impulse-Control, and Conduct Disorders
B. A condition for further study in Section III alongside internet gaming disorder
C. A non-substance-related disorder within Substance-Related and Addictive Disorders
D. An obsessive-compulsive related disorder alongside hoarding and trichotillomania

34. The Haddad parents complain that their 15-year-old daughter now wants privacy, argues about rules, and spends most of her time with friends. At the same time, they are increasingly caring for Mr. Haddad's frail mother. According to Carter and McGoldrick, this family is in which life cycle stage?

A. Families with young children
B. Launching children and moving on
C. Families with adolescents
D. Families in later life

35. A hospital task group charged with redesigning discharge procedures is in its third meeting. Members argue over who should lead subcommittees, two nurses openly question the facilitator's agenda, and a pharmacist complains that the group's goals were never clear. Which stage of Tuckman's model best describes the group?

A. Adjourning
B. Storming
C. Norming
D. Forming

36. Ben, 23, has experienced irresistible attacks of sleep several times a day for the past 6 months. He also reports brief episodes, triggered when he laughs at jokes, in which his knees buckle and his jaw sags while he remains fully conscious. Which diagnosis is most consistent with these symptoms?

A. Hypersomnolence disorder
B. Functional neurological symptom disorder
C. Obstructive sleep apnea hypopnea
D. Narcolepsy

37. Mei, 26, and her counselor agreed that their goal is reducing her social anxiety. Mei likes the counselor but keeps skipping the exposure exercises, saying, "I don't see how forcing myself into parties is supposed to help." Which element of Bordin's alliance is most strained?

A. The real relationship apart from any transference
B. Agreement on the goals that counseling will pursue
C. The emotional bond between the client and counselor
D. Agreement on the tasks used to reach the goals

38. Alex, 20, uses they/them pronouns and has reminded the counselor of this at intake. Midway through the third session, the counselor accidentally refers to Alex as "she." What is the MOST appropriate response?

A. Ask Alex to explain why pronouns matter so the counselor can learn
B. Say nothing so that the mistake does not draw more attention to Alex
C. Pause the session to explain at length that the slip was unintentional
D. Briefly apologize, correct the pronoun, and continue with the session

39. A counselor gives a career-knowledge quiz to an adult transition group. The quiz proves much too hard: most members score very low and only a few score high. How should this distribution be described?

A. Positively skewed, with the mean above the median
B. Negatively skewed, with the mean below the median
C. Leptokurtic, with the mean equal to the mode
D. Normal, with the mean, median, and mode equal

40. In Daniel Levinson's theory of adult development, the young adult's imagined vision of the kind of life he or she wants to lead, which guides early adult choices, is called

A. the possible self
B. the life structure
C. the personal fable
D. the Dream

41. The 1976 California Supreme Court ruling in Tarasoff v. Regents of the University of California is most closely associated with which principle?

- **A.** The protective privilege ends where the public peril begins
- **B.** Psychotherapist-patient privilege applies in federal courts
- **C.** Counselors must report all crimes that clients disclose
- **D.** Clients have a right to access their own mental health records

42. A counselor rates each client goal on a five-point scale ranging from 'much less than expected' to 'much more than expected' outcome. Which outcome method is the counselor using?

- **A.** Goal attainment scaling
- **B.** Problem-oriented SOAP documentation
- **C.** A summated Likert symptom checklist
- **D.** Subjective units of distress scaling

43. Priya, 41, has a supportive spouse and close friends, yet since her cancer diagnosis she feels that no one, however loving, can truly share what it is like to face her own possible death. In Yalom's framework, Priya is experiencing

- **A.** neurotic isolation
- **B.** existential isolation
- **C.** interpersonal isolation
- **D.** intrapersonal isolation

44. Ray, 35, lives in a rural county and cannot relocate because he cares for his aging mother. His counselor has used the Occupational Outlook Handbook to identify several occupations with strong national growth. What should the counselor do NEXT?

- **A.** Rely on the national projections, which are generally representative of rural markets
- **B.** Use Ray's Strong Occupational Scales to rank the occupations by expected demand
- **C.** Check state and local labor market information for openings and wages in Ray's area
- **D.** Look up each occupation's O*NET Job Zone to see whether openings exist near Ray

45. In Benne and Sheats's classification of group member roles, a member who keeps communication channels open by inviting quieter members to speak is performing which type of role?

- **A.** A self-centered role, specifically the recognition seeker
- **B.** A task role, specifically the initiator-contributor
- **C.** A task role, specifically the coordinator
- **D.** A maintenance role, specifically the gatekeeper

46. Kai, 7, tells his teacher he could never be a nurse because "that's a girl job," even though he likes helping hurt classmates. According to Gottfredson's theory of circumscription and compromise, Kai is in which stage?

- **A.** Orientation to the internal, unique self
- **B.** Orientation to size and power
- **C.** Orientation to sex roles
- **D.** Orientation to social valuation

47. In de Shazer and Berg's solution-focused model, the end-of-session message usually includes compliments, a bridging statement, and a suggested task. What is the purpose of the bridging statement?

- **A.** To summarize the problem history so that the client feels fully heard and understood
- **B.** To summarize which of the client's goals have already been met
- **C.** To transition the client into the next stage of change
- **D.** To link the compliments to the task by giving a rationale the client accepts

48. Three days after ending a two-week methamphetamine binge, Tyler, 27, sleeps most of the day, eats ravenously, reports vivid unpleasant dreams, and says he feels flat and hopeless. He had no mood symptoms before the binge. Which explanation best accounts for his presentation?

A. Stimulant withdrawal
B. Hypersomnolence disorder
C. Opioid withdrawal
D. Major depressive disorder with atypical features

49. Which instrument was designed specifically to rate the severity of suicidal ideation and the occurrence of suicidal behavior, and is widely used for screening in clinical and research settings?

A. Columbia Suicide Severity Rating Scale (C-SSRS)
B. Patient Health Questionnaire-9 (PHQ-9)
C. Beck Depression Inventory-II (BDI-II)
D. Minnesota Multiphasic Personality Inventory-3 (MMPI-3)

50. Jordan, 26, started a new position as an analyst three weeks ago. He mostly observes, follows team norms closely, defers to colleagues' preferences, and focuses on being accepted by the group. According to Tiedeman and O'Hara's decision-making model, Jordan is in which phase?

A. Clarification
B. Induction
C. Integration
D. Reformation

51. In an outpatient counseling group, Ruth repeatedly describes problems with her adult son and asks for advice, then rejects each suggestion with "Yes, but that won't work because..." Members have grown visibly frustrated. Which term, used by Yalom, best describes Ruth's pattern?

A. Self-righteous moralist
B. Help-rejecting complainer
C. Monopolist
D. Characterologically difficult member

52. At intake, Amara, 38, from Ghana, describes hearing her deceased grandmother's voice offering guidance, which she says is common and comforting in her family. She has no other psychotic symptoms and functions well at work and home. What is the most appropriate clinical judgment?

A. Consider the experience culturally normative and not indicative of a psychotic disorder
B. Diagnose prolonged grief disorder because she continues to hear the deceased person
C. Refer for a medication evaluation to rule out an emerging schizophrenia spectrum disorder
D. Record the experience as a hallucination warranting a provisional psychotic diagnosis

53. A researcher measures the construct of resilience using only one five-item self-report scale. A reviewer argues that this single measure may not adequately represent the full construct. This criticism concerns which type of validity threat?

A. Mono-method bias in construct validity
B. Interaction of testing and treatment
C. Instrumentation threat to internal validity
D. Selection threat to internal validity

54. Mr. Tanaka, 64, a Japanese American man, is discussing his son's decision to leave the family business. When the counselor says, "You're feeling deeply hurt and betrayed by him," Mr. Tanaka stiffens and changes the subject. What is the most appropriate adjustment?

A. Continue reflecting deeper feelings so that he can move past his emotional restraint
B. Stop reflecting feelings entirely and focus the remaining sessions on problem solving
C. Ask him directly how the counselor's reflection made him feel in that moment
D. Use more tentative, indirect reflections and attend to context before naming strong feelings

55. A high school student has died by suicide. The principal wants to hold an all-school memorial assembly and dedicate a permanent bench in the student's name near the front entrance. Based on established school postvention guidelines, what should the school counselor recommend?

A. Offer support in classrooms and small groups and avoid a permanent memorial
B. Endorse the assembly and bench as healthy ways for students to honor the death
C. Advise staff not to acknowledge the death so as to prevent suicide contagion
D. Share accurate details of the method so that students do not rely on rumors

56. Prolonged exposure (PE) therapy for PTSD, developed by Edna Foa, includes which core components?

A. Bilateral stimulation, installation, body scan, and reevaluation
B. Stuck-point logs, ABC worksheets, challenging questions, and themes
C. Mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness
D. Imaginal exposure, in vivo exposure, psychoeducation, and breathing retraining

57. Narrative therapy's attention to how dominant cultural discourses and power relations shape the stories people tell about themselves reflects the strong influence of:

A. Carl Rogers
B. Milton Erickson
C. Albert Ellis
D. Michel Foucault

58. Dr. Okafor supervises Kendra, 29, a postgraduate intern whose substance-related absences led to a written remediation plan, including a counseling referral, four months ago. Since then Kendra has missed more sessions, two clients have complained, and she has not followed the plan. What is the most appropriate next step for Dr. Okafor?

A. Continue supervising but stop documenting the problems to protect her privacy
B. Provide personal counseling to Kendra himself to address her substance use
C. Extend the remediation indefinitely, because dismissal would effectively end her career
D. Recommend Kendra's dismissal and document the remediation history

59. In a mixed-gender counseling group, the only Black member, Tyrone, 35, says other members dismiss his experiences of racism at work. Two white members respond, "We all have stress at work." According to ASGW Multicultural and Social Justice Competence Principles, what should the leader do?

A. Reassure Tyrone that the group treats all members the same regardless of their race
B. Redirect the discussion toward shared stressors so the group can stay cohesive
C. Name the dynamic and explore how culture and power show up in the group
D. Ask Tyrone to educate the members about racism so that they can understand him

60. A second-grade teacher consults a school counselor about Leo, 8, who constantly interrupts lessons, calls out jokes, and asks for help he doesn't need. The teacher feels mainly annoyed. When she corrects Leo, he stops briefly and then starts again a few minutes later. According to Dreikurs, Leo's misbehavior most likely serves which goal?

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

61. A researcher wants to maximize confidence that observed differences between a treatment group and a control group were caused by the intervention rather than by preexisting group differences. Which procedure most directly accomplishes this?

A. Using standardized outcome measures
B. Random selection from the population
C. Using a larger total sample size
D. Random assignment to conditions

62. Gottman found that most conflicts in couples are perpetual problems rooted in lasting personality or lifestyle differences. What is the recommended goal for these problems?

A. Postponing the issue until solvable problems are settled
B. Agreement about which partner's position is fairer
C. Ongoing dialogue about the issue instead of gridlock
D. Final resolution through structured negotiation

63. A counselor is starting text-based counseling with Omar, 30, who will communicate from various devices. The counselor is concerned that someone else could pose as Omar. What does the ACA Code of Ethics recommend?

A. Establish a code word or other nondescript identifier to verify his identity
B. Require Omar to share his device passwords with the counselor
C. Ask Omar to photograph his driver's license before every session
D. Conduct all sessions by audio only so the counselor can recognize his voice

64. Jasmine, 12, has ADHD and earns grade-level marks, but she struggles to finish tests on time and is easily distracted in class. Her team agrees she does not need specially designed instruction but would benefit from extended test time and preferential seating. Which plan is most appropriate?

A. A functional behavioral assessment with a behavior intervention plan
B. Tier 3 intensive instruction within Response to Intervention
C. An IEP under the Individuals with Disabilities Education Act
D. A 504 plan under Section 504 of the Rehabilitation Act

65. In O*NET, the Job Zone assigned to an occupation indicates the:

A. projected rate of employment growth for the occupation over the next decade
B. median wage range for the occupation compared with all other occupations
C. amount of education, experience, and training typically needed to do the work
D. Holland interest code most often held by satisfied workers in the occupation

66. During a session, Kendra, a counselor, notices her chest tighten as her client criticizes her, recognizes the feeling as defensiveness, and softens her next response right then. In Schön's terms, Kendra is engaging in:

A. Retroflection
B. Reflection-on-action
C. Parallel process
D. Reflection-in-action

67. Kara, 37, tells her solution-focused counselor, 'My goal is to stop feeling miserable all the time.' What should the counselor do next to shape a well-formed goal?

- **A.** Ask her to trace when her misery began in her early history
- **B.** Teach her to dispute irrational beliefs that create misery
- **C.** Accept the goal because it clearly states what she wants to end
- **D.** Ask what she will be doing differently when things are better

68. Lily, 6, was adopted at age 3 from an institution where she experienced severe social neglect. Her adoptive parents report that she readily walks up to and hugs unfamiliar adults, would willingly leave a store with a stranger, and rarely checks back with her parents in new settings. Which DSM-5-TR diagnosis best fits?

- **A.** Disinhibited social engagement disorder
- **B.** Attention-deficit/hyperactivity disorder, predominantly hyperactive-impulsive presentation
- **C.** Separation anxiety disorder
- **D.** Reactive attachment disorder

69. Jordan is a counselor at a federally assisted substance use disorder treatment program. He receives a subpoena signed by an attorney seeking a current client's treatment records for a civil lawsuit. The client has not consented. Under 42 CFR Part 2, what should Jordan do?

- **A.** Release the records, since a properly served subpoena is enough under Part 2 when the case is a civil matter
- **B.** Release only the diagnosis and dates of service, since Part 2 shields only the counselor's process notes
- **C.** Release the records once the attorney certifies in writing that they will be kept under seal at the trial
- **D.** Withhold the records, since Part 2 requires client consent or a court order meeting Part 2 criteria

70. Marta, a new counselor, realizes she spends much of each session rehearsing what she will say next while her client is talking. What would best strengthen her empathic attunement?

- **A.** Summarize after every few statements to prove that she is following
- **B.** Return attention to the client's words and cues, tolerating brief pauses
- **C.** Write out planned responses ahead of time so delivery sounds smoother
- **D.** Ask more closed questions to keep sessions efficient and on track

71. Linda, 56, has become increasingly disinhibited over 2 years. She makes crude comments to strangers, spends money impulsively, shows apathy and loss of empathy toward her family, and binges on sweets. Her memory and visuospatial skills are relatively intact on testing, and she has no history of mood episodes. Which diagnosis best fits?

- **A.** Bipolar I disorder, current or most recent episode manic, severe
- **B.** Major neurocognitive disorder with Lewy bodies
- **C.** Major neurocognitive disorder due to Alzheimer's disease
- **D.** Major frontotemporal neurocognitive disorder, behavioral variant

72. Who introduced the term "burnout" in the 1970s to describe the exhaustion seen among staff and volunteers at a free clinic?

- **A.** Christina Maslach
- **B.** Charles Figley
- **C.** Herbert Freudenberger
- **D.** Laurie Anne Pearlman

73. A college counseling center wants a brief screening measure that shows how clear a student's career goals and self-perceptions are, whether the student needs occupational information, and what barriers the student perceives. Which instrument BEST fits this purpose?

- **A.** Strong Interest Inventory
- **B.** Self-Directed Search
- **C.** My Vocational Situation
- **D.** Career Decision Self-Efficacy Scale

74. Helen Singer Kaplan's major revision of Masters and Johnson's model of the human sexual response was to

- **A.** eliminate the resolution phase as clinically irrelevant
- **B.** add a plateau phase between excitement and orgasm
- **C.** add a desire phase preceding excitement
- **D.** propose that sexual response is identical for men and women

75. Maria, 50, worries constantly about her health despite repeated normal medical tests. She has few physical symptoms but frequently checks her body and searches online for diseases. Which treatment approach is best supported for her presentation?

- **A.** Arranging additional medical tests to provide reassurance
- **B.** CBT targeting health-related beliefs, checking, and reassurance seeking
- **C.** Supportive counseling that validates her fear of having a serious illness
- **D.** Encouraging her to research diseases more thoroughly to reduce uncertainty

76. A psychiatrist who has just begun prescribing medication for a counselor's client calls to coordinate care and asks for the client's diagnosis and current treatment plan. The counselor works in a HIPAA-covered practice. Under the HIPAA Privacy Rule, which statement is accurate?

- **A.** Disclosure requires the client's written authorization because the information concerns mental health
- **B.** Disclosure is permitted only after the psychiatrist submits a subpoena or written records request
- **C.** Disclosure is permitted only if the psychiatrist practices within the same organization
- **D.** Disclosure is permitted for treatment without written authorization, though psychotherapy notes are excluded

77. In feedback-informed treatment, the Outcome Rating Scale is paired with the Session Rating Scale. The Session Rating Scale assesses

- **A.** the client's individual, interpersonal, social, and overall functioning
- **B.** the client's weekly symptoms of depression, anxiety, and stress
- **C.** the client's view of the relationship, goals and topics, approach, and session overall
- **D.** the counselor's adherence to the steps of a manualized treatment protocol

78. Hannah, 19, completes the Beck Depression Inventory-II at her first counseling session and obtains a total score of 31. How is this score classified?

- **A.** Mild
- **B.** Minimal
- **C.** Moderate
- **D.** Severe

79. Which member is the BEST candidate for a heterogeneous, long-term interpersonal process group, according to Yalom's selection criteria?

- **A.** A client with antisocial traits who hopes to persuade a court to lift a charge
- **B.** A client motivated to examine recurring conflicts in close relationships
- **C.** A client with an active manic episode who feels very eager to join the group
- **D.** A client who wants help only with a single phobia of elevators at work

80. Which of the following is one of SAMHSA's six key principles of a trauma-informed approach?

A. Mandatory disclosure of trauma history
B. Rapid symptom reduction
C. Trustworthiness and transparency
D. Standardized exposure-based treatment

81. A counselor needs a new car. His current client, Greg, owns one of several dealerships in town and offers him an 'employee discount.' What is the most appropriate response?

A. Accept the discount and document it in the record as a potentially beneficial interaction
B. Buy from Greg at full price without discussing it, since paying full value removes any conflict
C. Accept the discount, since the ACA Code explicitly permits purchasing products from clients
D. Buy elsewhere, since alternatives exist and a discount would create a sense of obligation

82. A researcher records the number of counseling sessions each client attended, which ranges from 0 to 30. On which scale of measurement is this variable?

A. Ratio
B. Interval
C. Nominal
D. Ordinal

83. A counselor will be traveling out of the country for three weeks. One of her clients, Dana, 22, disclosed passive suicidal ideation two weeks ago and is highly attached to the counselor. What is the most appropriate way to prepare?

A. Arrange a qualified covering clinician, tell Dana well in advance, and update her safety plan
B. Give Dana her personal cell phone number so she can reach her directly during the trip
C. Wait to discuss the trip until shortly before leaving so Dana's abandonment fears are not triggered
D. Provide Dana the crisis line number, which by itself satisfies the duty to arrange coverage

84. Ethan, 29, seeks counseling to improve communication with his same-sex partner. His counselor holds religious beliefs that conflict with same-sex relationships and is considering referring him elsewhere. What should the counselor do?

A. Refer him to another counselor, since a referral protects him from her potential bias
B. Refer him after one session, describing the reason for referral as a competence issue
C. Continue counseling him while seeking consultation to avoid imposing her values
D. Disclose her religious beliefs so that he can make an informed decision about staying

85. Kim, a practicum student in a counseling program, is about to begin seeing clients at a university counseling center. What must she do before providing services?

A. Inform clients of her student status only if they ask about her credentials
B. Describe herself as an associate counselor to support the clients' confidence
C. Have her site supervisor sign the informed consent document in her place
D. Tell clients of her student status and how it affects confidentiality

86. Sofia, abstinent from cocaine for four months, reports that she 'just happened' to take a shortcut home that passes her former dealer's apartment, and then decided to stop in 'just to say hello.' In Marlatt and Gordon's relapse prevention model, her choice of route best illustrates:

A. An apparently irrelevant decision
B. Urge surfing
C. Positive outcome expectancies
D. The abstinence violation effect

87. A school counselor records monthly discipline referrals at her school for two years before a new restorative-practices policy and for two years after, with no comparison school. Which design is she using?

- **A.** One-group pretest-posttest design
- **B.** Multiple baseline across settings
- **C.** Nonequivalent control group design
- **D.** Interrupted time-series design

88. Raj, 61, is retiring after 35 years as a civil engineer. He says, "Everyone keeps congratulating me, but honestly, I don't know who I am if I'm not designing bridges." Which counselor response is the best reflection of meaning?

- **A.** You feel uneasy and a little lost as your retirement date gets closer.
- **B.** People are congratulating you, but you are unsure whether you're ready to retire.
- **C.** Perhaps your anxiety about retiring echoes earlier losses in your life that you haven't yet fully grieved.
- **D.** Your work has been central to who you are, and retiring raises questions about your purpose now.

89. A counselor wants to text clients appointment changes and brief check-ins using a free consumer messaging app that is not encrypted and whose company will not sign a business associate agreement. The practice is HIPAA covered. What should the counselor do?

- **A.** Use the app only for clients over 18, since minors require greater protections
- **B.** Use the app but limit messages to first names and appointment times so no clinical information is ever transmitted
- **C.** Use the app after obtaining verbal permission from each client at intake
- **D.** Use a secure platform that meets encryption standards and whose vendor will sign a business associate agreement

90. Megan, 36, is married to a combat veteran with PTSD who often describes his war experiences in vivid detail. Megan was never deployed, but she reports nightmares about the events he described, hypervigilance in crowds, irritability, and emotional exhaustion. Her work hours and duties have not changed. Which concept best describes Megan's reaction?

- **A.** Countertransference
- **B.** Occupational burnout
- **C.** Secondary traumatic stress
- **D.** Generalized anxiety disorder

91. In a legal proceeding involving an adult client, who has the authority to waive privileged communication?

- **A.** The presiding judge, once the relevance of the testimony is shown
- **B.** The client, as the holder of the privilege
- **C.** The client's attorney, acting without the client's consent
- **D.** The counselor, if testifying would serve the client's best interest

92. The U.S. Department of Labor developed O*NET as the primary replacement for which resource?

- **A.** Standard Occupational Classification system
- **B.** Dictionary of Occupational Titles
- **C.** Occupational Outlook Handbook
- **D.** ASVAB Career Exploration Program

93. When a clinician has a strong presumption that full criteria for a disorder will ultimately be met but does not yet have enough information to make a firm diagnosis, what does DSM-5-TR recommend?

- **A.** Recording the unspecified version of the disorder
- **B.** Recording the diagnosis followed by the word 'provisional'
- **C.** Recording 'diagnosis deferred' in place of a diagnosis
- **D.** Recording the other specified version of the disorder

94. In a session with the Marino family, 8-year-old Sofia repeatedly breaks in whenever her parents try to talk to each other. The structural counselor asks Sofia to sit beside her, away from her parents, and gently stops her each time she interrupts. This is an example of

A. family sculpting
B. boundary making
C. reframing
D. positive connotation

95. Kenji, 24, the son of immigrant parents, tells his REBT counselor, "I must honor my parents' wishes about my career." The counselor is tempted to dispute the "must" right away. What is the most appropriate first step?

A. Explore the cultural meaning and role of the belief before calling it irrational
B. Refer Kenji to a counselor who shares his cultural background
C. Dispute the belief firmly, since all musts are irrational in REBT
D. Avoid cognitive work and use only behavioral techniques

96. Raymond, 58, a firefighter, responded to a building collapse in which several colleagues died. He had a few intrusive memories at first but kept working normally. Eight months later, after a retirement ceremony for one of the victims, he meets full criteria for PTSD, with no depersonalization or derealization. Which DSM-5-TR diagnosis is most accurate?

A. PTSD, with delayed expression
B. Acute stress disorder
C. Adjustment disorder with mixed anxiety and depressed mood
D. PTSD, with dissociative symptoms

97. Ray, 46, was referred to counseling after his second DUI arrest. He says, "I drink a lot, but so does everyone I work with. Maybe I should cut back, but I don't see the point." Which counselor response is most consistent with an evidence-based approach for his current stage?

A. Giving him a detailed handout on the medical effects of heavy drinking
B. Assigning him to an abstinence-only relapse prevention group right away
C. Confronting Ray with the fact that he is an alcoholic in denial
D. Eliciting Ray's own reasons for change while reflecting his ambivalence

98. Paul, 32, is terrified of dogs. His counselor has built an anxiety hierarchy with him, ranging from looking at a photo of a puppy to petting a large dog. If the counselor is using Wolpe's systematic desensitization, which step must be completed before Paul works through the hierarchy?

A. Disputing his irrational belief that all dogs are dangerous
B. Training in deep muscle relaxation to pair with each hierarchy item
C. Inducing feared physical sensations such as a racing heart
D. Exposure to the highest-ranked item until his anxiety peaks and subsides

99. Sofia, a 4th grader referred for gifted screening, answers every item correctly on a grade-level math achievement test. The school counselor notes that the test cannot show how far her skills extend. Which measurement problem does this illustrate?

A. Ceiling effect
B. Practice effect
C. Floor effect
D. Regression toward the mean

100. Which instrument, developed by Jacquelyn Campbell, assesses the risk that a woman will be killed or nearly killed by an intimate partner?

- **A.** The Spousal Assault Risk Assessment
- **B.** The Conflict Tactics Scale
- **C.** The Danger Assessment
- **D.** The HCR-20 Version 3

101. Feminist counselors have criticized traditional diagnostic systems mainly because they:

- **A.** rely too heavily on biological explanations of women's behavior
- **B.** provide too little detail about symptoms for treatment planning
- **C.** focus too much on early childhood experience
- **D.** can pathologize understandable responses to oppression and gender bias

102. The strengths model of case management (Rapp) is distinguished from other case management models primarily by its emphasis on:

- **A.** reducing hospital readmissions mainly through close monitoring of medication adherence
- **B.** client-directed goals and the use of naturally occurring community resources
- **C.** coordinating services through referrals with relatively little direct client contact
- **D.** a multidisciplinary team that provides round-the-clock services with shared caseloads

103. Mei, 24, a Chinese American graduate student, says she makes major decisions with her parents and feels torn between their expectations and her career plans. Her counselor proposes the goal 'become independent from her family.' What is the best way to revise the goal?

- **A.** Avoid discussing culture in setting goals, to avoid stereotyping her family
- **B.** Set goals that fit her values, such as finding ways to discuss career choices with family
- **C.** Require her parents to attend every session so that they share in the goals
- **D.** Keep the independence goal, since separation from family is a normal adult task

104. Kayla's objective reads: 'When feeling urges to self-harm, Kayla will use one coping skill from her list on at least 4 of 5 occasions over two weeks.' In Mager's model of objectives, the phrase 'on at least 4 of 5 occasions' is the:

- **A.** Criterion
- **B.** Condition
- **C.** Performance
- **D.** Baseline

105. Dr. Simmons, 67, is a solo practitioner. Her attorney is helping her with estate planning. Which step most directly fulfills her ethical obligation under the ACA Code regarding her possible incapacitation or death?

- **A.** Prepare a plan that names a records custodian and how clients will be transferred
- **B.** Have each client sign a release authorizing her family to access records if she becomes incapacitated
- **C.** Purchase an extended malpractice policy that covers claims arising after her retirement or death
- **D.** Notify the state licensing board in writing that she intends to retire within the next several years

106. Simone, 26, a Black woman, begins counseling with a White male counselor for career stress. Early in the first session, the counselor says, "We come from different racial backgrounds, and I'm wondering how that might affect our work together. I'd welcome hearing about that whenever it feels relevant." This intervention is BEST described as which of the following?

- **A.** Broaching
- **B.** Self-disclosure
- **C.** Confrontation
- **D.** Immediacy

107. According to Yalom, which factor is MOST strongly associated with reducing early dropout from therapy groups?

- **A.** Assigning members to groups that are as large as possible
- **B.** Requiring a minimum fee deposit that is refunded at termination
- **C.** Encouraging members to socialize together outside of sessions
- **D.** Systematic preparation of members before the first session

108. Doug, 58, seeks counseling for low mood and irritability. His wife reports loud snoring and episodes in which he seems to stop breathing and then gasps. Doug describes morning headaches and falling asleep while watching TV in the afternoon. What is the most appropriate next step?

- **A.** Refer him for a medical sleep evaluation
- **B.** Teach sleep hygiene and monitor his mood for two weeks
- **C.** Begin CBT for insomnia focused on stimulus control
- **D.** Recommend an over-the-counter sleep aid to improve sleep quality

109. During an Adult Attachment Interview, Dana, 34, describes her childhood as "totally normal" and her parents as "great," but she cannot recall specific memories that illustrate these descriptions. She repeatedly says she does not remember much and that her upbringing "didn't really affect" her. Her discourse is most consistent with which AAI classification?

- **A.** Dismissing
- **B.** Autonomous (secure)
- **C.** Preoccupied
- **D.** Unresolved/disorganized

110. Which member behavior would Benne and Sheats classify as an individual (self-centered) role rather than a task or maintenance role?

- **A.** Repeatedly opposing group decisions without offering any alternative
- **B.** Asking others for facts relevant to the problem the group is solving
- **C.** Offering a compromise when two members disagree about an approach
- **D.** Summarizing the ideas members have offered so far in the discussion

111. Which couples approach adds acceptance-building techniques such as empathic joining and unified detachment to traditional behavioral change strategies?

- **A.** Imago relationship therapy
- **B.** Emotionally focused couple therapy
- **C.** Gottman Method couples therapy
- **D.** Integrative behavioral couple therapy

112. Under FERPA, what must a school do before releasing student directory information, such as names and grade levels, without written consent?

- **A.** Obtain approval from the school counselor, who acts as the custodian of student records
- **B.** Obtain written consent from each parent before any directory information is released
- **C.** Give annual public notice of what it designates as directory information and allow parents time to opt out
- **D.** Release directory information only to law enforcement or other government agencies that submit a written request for it

113. Rosa, 34, tells her new counselor, Jamal, that her previous counselor had a sexual relationship with her while she was in treatment two years ago. Rosa says she is not sure she wants anyone else to know. Jamal practices in a state with no mandatory reporting requirement for this situation. What should Jamal do?

- **A.** Contact the previous counselor directly to attempt an informal resolution of the violation
- **B.** Inform Rosa that ethical standards require her to file a complaint against the counselor
- **C.** Report the previous counselor to the licensing board, since the harm to Rosa was substantial
- **D.** Explore Rosa's options, including a complaint, and respect her choice

114. Priya, 20, and her counselor have agreed on a goal of reducing conflict with her roommate. In the current session, the counselor uses reframing, brainstorming, and a brief role-play to help Priya generate new ways of seeing and handling the conflict. In Ivey's five-stage model, which stage is this?

- **A.** Goals
- **B.** Action
- **C.** Restory
- **D.** Story and strengths

115. Gerald, 61, who is depressed after a disabling injury, tells his counselor, "My wife has to do everything for me now. Honestly, my family would be better off without me." According to Joiner's interpersonal theory of suicide, this statement MOST directly reflects which construct?

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

116. Household incomes reported by clients at a community counseling center are heavily skewed by a few very high earners. Which measure of central tendency best represents the typical client?

- **A.** Median
- **B.** Mode
- **C.** Standard deviation
- **D.** Mean

117. Priya, 47, seeks counseling the month her youngest child leaves for college. She says she always knew the transition was coming, but she now feels lost about her daily routine and her role in the family and is uncertain who she is "if not a full-time mom." Which type of crisis does her situation best represent?

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

118. Nina, 15, constantly disrupts family dinners. Her Adlerian counselor tentatively asks, 'Could it be that you want to keep everyone busy with you?' Nina breaks into a sheepish, involuntary grin. What did Dreikurs call this response?

- **A.** A recognition reflex
- **B.** An abreaction
- **C.** A resistance response
- **D.** A transference reaction

119. A counselor wants to evaluate a social skills intervention for Aiden, age 12, but believes that once Aiden learns the skills they will not reverse, and withdrawing the intervention would be inappropriate. She collects baseline data at home, at school, and at his after-school program, then introduces the intervention in each setting at staggered times. Which design is this?

- **A.** ABAB withdrawal design
- **B.** Changing criterion design
- **C.** Alternating treatments design
- **D.** Multiple baseline across settings

120. Guadalupe, 50, who immigrated from Central America, describes episodes of "nervios" with trembling, crying, and headaches after family conflicts. The counselor wants to understand how she herself explains and experiences her distress. Which tool is MOST appropriate?

A. The MMPI-3 with Spanish-language norms
B. The DSM-5-TR Cultural Formulation Interview
C. A three-generation genogram
D. The Structured Clinical Interview for DSM-5 (SCID-5)

121. Keisha, 27, practiced paced breathing with her counselor during session and reported that her anxiety dropped from 7 to 4 on a 10-point scale. Her counselor writes progress notes in the BIRP format. In which section does Keisha's reported drop in anxiety belong?

A. Intervention
B. Plan
C. Response
D. Behavior

122. Meichenbaum's stress inoculation training draws on Lazarus and Folkman's transactional model of stress. According to that model, stress occurs mainly when:

A. The body's general adaptation syndrome stays activated too long
B. Unconscious drives clash with the ego's defense mechanisms
C. A person appraises demands as exceeding their coping resources
D. A person has had many major life events in the past year

123. Hannah, 21, says, "I'm just not a numbers person, so anything with statistics is out for me," even though she earned a B+ in her statistics course. In Krumboltz's social learning theory, her statement is best identified as which of the following?

A. An associative learning experience
B. A worldview generalization
C. A self-observation generalization
D. A task approach skill

124. According to Ivey, questions beginning with which word are generally considered the most open, giving the client maximum room to respond?

A. How
B. Could
C. What
D. Why

125. Piaget viewed young children's talking aloud to themselves while working as egocentric speech that fades with cognitive maturity. Vygotsky, by contrast, viewed this private speech as

A. an attention-seeking social behavior best redirected toward peers
B. a self-regulatory tool that is gradually internalized as inner speech
C. a remnant of preoperational thought that ends once concrete operations begin
D. a sign that the child is working outside the zone of proximal development

126. Mason, 9, was an only child until his baby sister was born six months ago. Since then he has become demanding, has started whining for help with tasks he once did alone, and frequently complains that 'nobody cares about me anymore.' Which Adlerian concept best describes Mason's experience?

A. Masculine protest
B. Inferiority complex
C. Dethronement
D. Pampering

127. Darnell, 47, has been describing a complicated dispute with his business partner. Before moving on, the counselor wants Darnell to know he has been heard accurately and to help clarify the details of the dispute. Which microskill best fits this purpose?

A. Paraphrasing
B. Reflection of meaning
C. Directives
D. Interpretation

128. In motivational interviewing, which client statement is an example of mobilizing change talk rather than preparatory change talk?

A. "I could probably cut down if I stopped going to the bar after work."
B. "I'm going to call the clinic tomorrow to schedule the intake."
C. "My health is the biggest reason I need to make a change."
D. "I really wish I could stop using before my daughter's wedding."

129. Corinne, 38, sues a driver for emotional damages after a car accident, claiming the crash caused her PTSD. The defense subpoenas records from her counselor. In most states, why might privilege no longer protect these records?

A. Treatment records after an accident are medical evidence
B. Corinne placed her mental condition at issue in the suit
C. Privilege lapses whenever a client files any civil lawsuit
D. Privilege does not extend to trauma-related diagnoses

130. In his later bioecological model, Bronfenbrenner described 'proximal processes' as the primary engines of development. Proximal processes are best defined as

A. historical events that shape the development of an entire birth cohort
B. indirect influences from settings the developing person never enters
C. enduring reciprocal interactions with people, objects, and symbols in the immediate environment
D. maturational changes that unfold on a biological timetable regardless of context

131. Which element is LEAST essential in a discharge summary for a client completing outpatient counseling?

A. Aftercare recommendations and referrals
B. Presenting problems and diagnosis at intake
C. Progress toward goals, with outcome measure results
D. A verbatim transcript of the final session

132. During a heated discussion in couples counseling, Andre stops responding, stares at the floor, and turns his body away from his wife. A pulse oximeter shows his heart rate has jumped above 100 beats per minute. Consistent with the Gottman Method, what should the counselor do NEXT?

A. Explore how Andre's withdrawal reflects his early attachment history
B. Have Andre's wife repeat her concern more gently while he listens
C. Call a break of at least 20 minutes for self-soothing before resuming
D. Encourage Andre to stay in the discussion so avoidance is not reinforced

133. A university counseling center keeps records of students it treats, used only for their treatment and shared only with treating professionals. How are these records classified under federal privacy law?

A. As sole possession records, which belong personally to the counselor who created them
B. As FERPA treatment records, excluded from education records and also excluded from HIPAA's definition of PHI
C. As education records under FERPA, which parents of any student may inspect on request
D. As protected health information under HIPAA, because the records are created and maintained by licensed clinicians on campus

134. Dr. Osei compares three treatment conditions for adolescents with depression, measuring depressive symptoms, anxiety, and self-esteem at posttest. Because the three outcomes are correlated, she wants to analyze them simultaneously. Which analysis fits?

- **A.** Factorial analysis of variance
- **B.** Multivariate analysis of variance
- **C.** Analysis of covariance
- **D.** Multiple linear regression

135. A clinic gives Form A of an anxiety measure to clients at intake and Form B, a parallel version, to the same clients three weeks later. Which sources of error does the resulting correlation take into account?

- **A.** Error from both content differences and changes over time
- **B.** Only error from disagreement between the two scorers
- **C.** Only error from differences in item content between the two forms
- **D.** Only error from changes in clients over the three-week interval

136. Solution-focused therapists, following Steve de Shazer, view client resistance primarily as:

- **A.** an irrational belief about change that the counselor should actively dispute
- **B.** evidence that the client is a visitor who should be referred to another provider
- **C.** a sign that the counselor has not yet found the client's unique way of cooperating
- **D.** an unconscious defense that protects the client from repressed painful material

137. Mei, 5, started kindergarten three weeks ago. She speaks freely at home with her family but has not said a word at school, although she participates nonverbally. Her family speaks English at home. The teacher asks whether Mei has selective mutism. Which response is most accurate?

- **A.** Social anxiety disorder should be diagnosed instead, because the two cannot co-occur
- **B.** She meets criteria, because she speaks at home but consistently fails to speak at school
- **C.** It is too soon, because the 1-month duration cannot be limited to the first month of school
- **D.** Selective mutism requires at least 6 months of consistent failure to speak in school

138. A counselor is reviewing a draft treatment plan for a client with panic disorder. Which entry is an intervention rather than an objective?

- **A.** Client will identify three situational triggers for panic attacks by session 4
- **B.** Client will use paced breathing during at least three rising-anxiety episodes weekly
- **C.** Counselor will teach progressive muscle relaxation during weekly sessions
- **D.** Client will report one or fewer panic attacks weekly for four consecutive weeks

139. In a family where the father has alcohol use disorder, 14-year-old Jamal frequently fights at school and was recently suspended. His teacher notes that family attention centers on Jamal's behavior rather than his father's drinking. Using Wegscheider-Cruse's family roles, Jamal most likely occupies which role?

- **A.** Lost child
- **B.** Scapegoat
- **C.** Hero
- **D.** Mascot

140. At the end of a three-year grant, a foundation board asks whether a youth mentoring program reduced school dropout enough to justify renewing its funding. Which type of evaluation addresses this question?

- **A.** Needs assessment
- **B.** Summative evaluation
- **C.** Process evaluation
- **D.** Formative evaluation

141. Helen, 50, always puts others' needs first and is exhausted. After exploring her pattern, her Adlerian counselor says, "I suppose it's rewarding to be seen as the one who never says no, even if it means you never rest." Which technique is the counselor using?

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

142. Caleb, 22, rules out business, health care, and law, explaining that he "probably couldn't handle" them, although his grades and work history suggest he has the needed skills. A counselor using SCCT would most likely take which step next?

A. Teach planned happenstance skills so he can benefit from chance events
B. Explore which of his life roles is most salient during this life stage
C. Revisit the options he eliminated and examine the accuracy of his efficacy beliefs
D. Accept his self-assessment and focus on the remaining occupations he likes

143. Luis, a counselor who personally opposes abortion, is working with Carla, 24, who has an unplanned pregnancy and wants to explore all of her options before deciding. What should Luis do?

A. Help Carla explore every option evenly and consult to keep his values in check
B. Refer Carla to another counselor because his views conflict with one option
C. Disclose his position at the outset so Carla can choose whether to continue
D. Emphasize parenting and adoption resources while still naming abortion

144. What is the minimum chronological or developmental age required for a DSM-5-TR diagnosis of encopresis?

A. 6 years
B. 5 years
C. 3 years
D. 4 years

145. Rogers' fundamental assumption about human motivation is best described as the

A. striving for superiority
B. need for social interest
C. will to meaning
D. actualizing tendency

146. Kenji, 45, a Japanese American client with depression, wants to consult his wife and elder brother before agreeing to a treatment plan that includes a medication referral. His counselor privately views this as a sign of dependency. What is the most appropriate response?

A. Proceed with the medication referral while he discusses the plan with his family
B. Explore his dependency on family members as a possible target for treatment
C. Encourage him to decide alone, since informed consent is an individual right
D. Respect his collective decision-making and offer to include family members as he chooses

147. After the second session of a closed eight-week group, Andre, 27, tells the leader by voicemail that he is quitting. Following recommended practice, what should the leader do?

A. Replace Andre with a new member at the next session so the group size is maintained
B. Tell Andre that leaving a closed group before the end is not permitted under consent
C. Accept the voicemail as final and inform the group that Andre left for personal reasons
D. Encourage Andre to discuss his decision with the leader and, if willing, with the group

148. Rosa, a licensed counselor in a group practice, wants to study whether a journaling intervention reduces her own clients' anxiety and to publish the results. According to the ACA Code of Ethics, what must she ensure?

A. Clients' records can be used without consent once they are de-identified
B. Clients give informed consent and know declining will not affect their services
C. Consent is needed only if the study is funded by an outside organization
D. Participation is mandatory for clients who receive the journaling intervention

149. Ruth, 82, lives in an assisted living facility. She tells her counselor she keeps thinking about her past and wonders whether her life 'added up to anything.' Based on Erikson's theory, which intervention is most developmentally appropriate?

A. Systematic desensitization targeting her anxiety about death and dying
B. Assertiveness training to improve her communication with adult children
C. Structured life review to help her integrate and find meaning in past experiences
D. A vocational interest inventory to help her identify new productive roles

150. Geller and Greenberg describe therapeutic presence as primarily involving:

A. selecting interventions that match the client's stage of change each session
B. being fully grounded in the moment and receptive to the client's experience
C. projecting confidence and expertise so the client trusts the treatment plan
D. maintaining emotional neutrality so the counselor's reactions never intrude

151. At the first couples session, the counselor explains a written "no secrets" policy, and both partners sign it. Two weeks later, Carlos calls the counselor alone, discloses an ongoing affair, and asks that his wife not be told. What should the counselor do FIRST?

A. End couples counseling immediately and refer each partner for individual counseling
B. Contact his wife right away and disclose the affair as the policy states
C. Review the policy with Carlos and encourage him to disclose the affair himself
D. Keep the information confidential because he shared it in an individual call

152. A study finds that a mindfulness intervention reduces anxiety substantially for adults under 40 but only slightly for adults over 65. In this study, participant age functions as a

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

153. When documenting services for a third-party payer, medical necessity is best demonstrated by:

A. recording the client's verbatim statements about wanting to continue in counseling
B. listing the client's personal growth goals even when no diagnosable condition is present
C. linking a diagnosed condition and its functional impairments to the services being provided
D. noting the number of sessions attended along with the counselor's licensure and credentials

154. Mei, 30, a Korean American client, describes feeling frustrated with racism at work. Her counselor responds, "I don't really see color. To me, you're just a person like everyone else." Using Sue and colleagues' taxonomy, this statement is BEST described as which type of microaggression?

A. A microassault
B. A microinvalidation
C. An environmental microaggression
D. A microinsult

155. Kyle, 21, used LSD several times last year. Months after his last use, he continues to see trails following moving objects, halos around lights, and flashes of color, which distress him. He recognizes that these perceptions are not real, and he has not used any substance since. Which diagnosis best fits?

A. Hallucinogen persisting perception disorder
B. Schizophreniform disorder
C. Hallucinogen intoxication
D. Hallucinogen-induced psychotic disorder

156. A college counseling center creates a logic model for its new peer-support program. Which of the following would be classified as an output rather than an outcome?

A. Reduced loneliness scores among participants
B. Number of peer-support sessions delivered
C. Higher first-year retention rates
D. Improved help-seeking attitudes

157. Edna, 76, whose husband died 4 months ago, complains strongly about her memory. During cognitive testing she often answers 'I don't know' and gives up quickly. She also reports persistent sad mood, loss of interest, weight loss, and insomnia, and her family says the problems began fairly abruptly after the loss. Which diagnostic consideration is most important?

A. Major depressive disorder with cognitive effects
B. Delirium due to another medical condition
C. Major neurocognitive disorder due to Alzheimer's disease
D. Prolonged grief disorder with cognitive features

158. After Noah, 11, writes on his classroom desk, the teacher requires him to clean not only his own desk but every desk in the room. Which technique is this?

A. Restitutional overcorrection
B. Response cost
C. Negative reinforcement
D. Positive practice overcorrection

159. In Stufflebeam's CIPP model of program evaluation, which component involves assessing needs, problems, and opportunities within a defined environment to help set program goals?

A. Input evaluation
B. Context evaluation
C. Product evaluation
D. Process evaluation

160. Brian, a counselor who was the first in his family to earn a degree, notices that he keeps steering Tyler, 18, away from an electrician apprenticeship and toward a four-year university, even though Tyler says he loves hands-on work. What should Brian do FIRST?

A. Continue encouraging college, since a bachelor's degree generally leads to higher lifetime earnings
B. Refer Tyler to another counselor right away, since Brian's values create a conflict of interest
C. Recognize that he may be imposing his own values and seek consultation or supervision
D. Tell Tyler about his own educational background so that Tyler can judge Brian's advice

161. Priya, 23, is a socially anxious member of a college counseling group. She watches another member calmly tell the leader that she disagreed with how a prior session was handled, and the leader responds respectfully. The next week, Priya uses similar wording to voice her own disagreement with a peer. Which therapeutic factor is most clearly illustrated?

A. Corrective recapitulation of the primary family group
B. Imitative behavior
C. Universality
D. Catharsis

162. Victor, 40, washes his hands and cleans his home for 3 hours a day. He is completely convinced that if he does not, germs he carries will kill his family, and no evidence changes his mind. He has no hallucinations, and his beliefs center only on contamination and the rituals. Which diagnosis is most accurate?

A. Obsessive-compulsive disorder, with absent insight/delusional beliefs
B. Delusional disorder, somatic type
C. Obsessive-compulsive disorder, with poor insight
D. Schizophrenia

163. Marisol, 44, finalized her divorce three months ago. She says she no longer feels like a wife but does not yet know who she is becoming, and she feels confused and directionless. In Bridges' transition model, Marisol is most likely in which phase?

A. The neutral zone
B. Reorientation
C. Endings
D. New beginnings

164. A counselor in a pediatric primary care clinic meets the parents of an 18-month-old girl. They notice she does not point to show them things, rarely responds to her name, and does not bring toys to share. The pediatrician asks the counselor to recommend an initial screening tool. Which instrument is most appropriate?

A. Conners 4 parent rating scale
B. Autism Diagnostic Observation Schedule, Second Edition
C. Modified Checklist for Autism in Toddlers, Revised, with Follow-Up
D. Vanderbilt ADHD Diagnostic Rating Scale

165. Tyler, 24, came out a year ago. He now describes heterosexual people as "the enemy," has cut off most straight friends, devotes much of his time to LGBTQ+ activism, and expresses anger at heterosexual society. According to Cass's model, these features are MOST characteristic of which stage?

A. Identity tolerance
B. Identity synthesis
C. Identity pride
D. Identity acceptance

166. A researcher studying whether solution-focused counseling improves school engagement writes, "There will be no difference in engagement scores between the counseling and comparison groups." This statement is best described as the:

A. research question
B. null hypothesis
C. directional hypothesis
D. alternative hypothesis

167. After completing a questionnaire, a client remarks, "It's obvious this thing is asking about whether I'm depressed." Which psychometric concept does the client's comment reflect?

- **A.** Face validity
- **B.** Construct validity
- **C.** Criterion validity
- **D.** Content validity

168. Nadia, 37, is in a 16-session protocol for obsessive-compulsive disorder. At session 8 her Y-BOCS score is unchanged, and she admits she has not been doing exposure and response prevention homework because "it's too much." The counselor's BEST revision is to:

- **A.** continue the protocol unchanged and extend it to 24 sessions
- **B.** end treatment, since Nadia is not adhering to the protocol
- **C.** rebuild the exposure hierarchy with smaller steps and address barriers to homework
- **D.** switch to insight-oriented therapy to explore the developmental origins of her obsessions

169. At a hospital outpatient program, counselor Ruth will share client information with a treatment team made up of a psychiatrist, a nurse, and a case manager. According to the ACA Code of Ethics, what must Ruth do?

- **A.** Restrict sharing to the team members who hold a license
- **B.** Obtain a separate signed release for each member of the team
- **C.** Share only diagnoses and withhold session content from the team
- **D.** Inform clients about the team, its members, and what is shared

170. A counselor plans to recruit members for a new group from her current individual caseload. Which concern is MOST relevant ethically?

- **A.** Group work cannot be offered to anyone who is already in counseling
- **B.** Clients from her caseload are always excluded by screening standards
- **C.** Clients must be referred to an outside agency before joining a group
- **D.** Clients may feel pressured to join to please the counselor

171. Under the ACA Code of Ethics, which of the following is an appropriate reason for a counselor to terminate a counseling relationship?

- **A.** The client has expressed anger toward the counselor during a session
- **B.** The client is no longer likely to benefit from continued counseling
- **C.** The counselor wants to open the time slot for a higher-paying client
- **D.** The client has expressed a value that the counselor finds objectionable

172. A counselor going through a painful divorce is working with Paul, 42, who is also divorcing. The counselor feels a strong urge to tell Paul about her own divorce, partly because she would like to feel understood. What is the most appropriate course of action?

- **A.** Refer Paul to a colleague, since the shared life event creates a conflict of interest for the counselor
- **B.** Hold back the disclosure, since it would mainly meet her needs, and explore the urge in supervision
- **C.** Share the story, because disclosing a similar experience will reliably strengthen the alliance
- **D.** Share the story, but ask Paul to keep the details confidential outside of the session

173. A counselor recruits clients for a new anxiety program by selecting those with the highest scores on an anxiety screener. At follow-up, their scores have dropped substantially, but there is no control group. Which threat to internal validity is most likely inflating the apparent effect?

- **A.** Statistical regression toward the mean
- **B.** Diffusion of treatment
- **C.** Selection bias
- **D.** Instrumentation

174. Keisha, 27, has worked with her counselor for a year on recovering from an abusive relationship. She invites the counselor to her wedding, saying it would mean a great deal to her. What is the best course of action?

A. Attend, since a single public event cannot create a multiple relationship with a client
B. Decline automatically, because attending a client's ceremony is a prohibited dual relationship
C. Discuss the invitation's meaning with her, weigh risks and benefits, and document the decision
D. Attend only the ceremony and skip the reception, which keeps the boundary extension minimal

175. Dr. Haddad, 45, practiced as a physician for 15 years before resettling in the United States as a refugee. He now drives for a rideshare company and says he feels he has "lost who I am." Which approach is MOST appropriate?

A. Focus only on improving his English, since language is the main barrier to his reemployment
B. Encourage him to accept his current job, since foreign medical credentials are rarely recognized
C. Address both credential-recognition pathways and his loss of professional identity
D. Recommend a new career unrelated to medicine so that he can avoid the long relicensing process

176. According to Krumboltz's happenstance learning theory, the primary goal of career counseling is to help clients do which of the following?

A. Learn to take actions that lead to more satisfying career and personal lives
B. Develop and implement a self-concept across the stages of the life span
C. Make a single, well-reasoned occupational decision that they can sustain
D. Identify the occupational environment that best matches their personality

177. Dr. Haines, a counselor educator, wants a validated instrument based on the Indivisible Self model to measure holistic wellness in her graduate students. Which instrument should she choose?

A. Secondary Traumatic Stress Scale (STSS)
B. Maslach Burnout Inventory (MBI)
C. Five Factor Wellness Inventory (5F-Wel)
D. Professional Quality of Life Scale (ProQOL)

178. Walt, 59, a farmer in a rural county, has lost his insurance and asks his counselor whether he could pay for sessions with eggs and produce, which is a common way local professionals are paid. Which response best meets ACA requirements for bartering?

A. Agree, and set the value of the goods at whatever rate the counselor believes is reasonable
B. Agree, and offer the same bartering option to her other low-income clients going forward
C. Decline, because the ACA Code of Ethics prohibits bartering in exchange for counseling services
D. Agree only if the arrangement is fair and the terms are documented in a clear written contract

179. Isaac, 52, is moving to another state and asks his counselor to send his records to his new therapist. What is required before the counselor transfers the records?

A. Isaac's written permission authorizing the transfer
B. A records request from the new therapist on letterhead
C. A verbal request from Isaac that is documented in the chart
D. Approval from the counselor's state licensing board

180. Alicia, 29, has spent her twenties building a career and a relationship. She tells her counselor she feels growing pressure because 'if I'm going to change anything about my life, it has to be now, before it's too late.' In Levinson's model, Alicia is most likely in the

A. midlife transition
B. age 30 transition
C. early adult transition
D. settling down period

181. Which statement about burnout is most accurate?

- **A.** It develops gradually from chronic workplace stress and is not trauma-specific
- **B.** It begins suddenly after a counselor hears one client's traumatic story
- **C.** It mainly reflects changed core beliefs about safety and trust in others
- **D.** It is a DSM-5-TR diagnosis that requires symptoms lasting at least two weeks

182. A counselor using the Partners for Change Outcome Management System gives clients the Outcome Rating Scale at the start of each session. Which instrument is given at the END of each session in this system?

- **A.** The Working Alliance Inventory, which the counselor completes after the session
- **B.** The Session Rating Scale, which measures the client's view of the alliance
- **C.** The Outcome Questionnaire-45, which assesses symptom distress
- **D.** The Treatment Outcome Package, which assesses functioning across domains

183. Mrs. Nguyen, who speaks limited English, arrives for an intake at a community mental health center with her 12-year-old son, who offers to interpret. What is the counselor's best course of action?

- **A.** Ask a bilingual receptionist to interpret during the intake
- **B.** Have the son interpret for the intake and then find an interpreter
- **C.** Conduct the session in simple English and check for understanding
- **D.** Arrange for a trained professional interpreter for the session

184. In James Mann's time-limited psychotherapy, the 12-session limit is set at the outset PRIMARILY because:

- **A.** the fixed ending is used therapeutically to work through issues of separation and loss
- **B.** most symptoms remit within 12 sessions according to dose-effect research
- **C.** it prevents the formation of transference, which slows brief treatment
- **D.** managed care organizations typically authorize no more than 12 sessions

185. In a long-term interpersonal therapy group, Gary talks for most of each session, jumping in after every disclosure with his own stories. Other members appear frustrated but say nothing. Consistent with Yalom, what is the most effective leader intervention?

- **A.** Ask the group to explore how members have been responding to the pattern and what keeps them from addressing it
- **B.** Interrupt Gary each time he begins speaking so other members have room to talk
- **C.** Remain silent and allow the group's frustration to build until members confront him
- **D.** Meet with Gary privately and ask him to limit his comments to a set time in each session

186. Beisser's paradoxical theory of change, a cornerstone of Gestalt therapy, holds that

- **A.** change occurs when the counselor prescribes the symptom to break up resistance
- **B.** change occurs when a person becomes what they are, not when trying to be what they are not
- **C.** change occurs when clients deliberately intend, with humor, the very symptom they fear most
- **D.** change occurs when clients notice inconsistencies between beliefs and actions

187. Research linking the Adult Attachment Interview to the Strange Situation has found that parents classified as preoccupied are most likely to have infants classified as:

- **A.** Insecure-avoidant
- **B.** Insecure-resistant (ambivalent)
- **C.** Secure
- **D.** Disorganized/disoriented

188. In a pre-group screening interview, which of the following is MOST important for the counselor to accomplish beyond assessing the client's fit?

- **A.** Gather a complete developmental history for the counselor's research records
- **B.** Assign the prospective member a role to play during the first group session
- **C.** Allow the prospective member to evaluate the leader and decide whether to join
- **D.** Obtain the client's agreement to share the screening notes with other members

189. Within the first ten minutes of his first session, Omar, 35, begins describing conflict with his supervisor. The counselor quickly responds, "It sounds like you need to be more assertive. Let's practice some I-statements." Omar becomes quiet and gives short answers for the rest of the session. What best explains this outcome?

- **A.** Assertiveness training is generally contraindicated for conflicts with supervisors.
- **B.** The counselor moved to influencing before using listening skills to draw out Omar's story.
- **C.** The counselor should have confronted discrepancies in Omar's story before suggesting new skills.
- **D.** The counselor needed to obtain separate informed consent before any directive.

190. Ezra, 14 months old, repeatedly drops different objects from his high chair, varying the height and force each time and watching closely how each one falls. In Piaget's sensorimotor period, this behavior best reflects

- **A.** secondary circular reactions
- **B.** coordination of secondary schemes
- **C.** tertiary circular reactions
- **D.** primary circular reactions

191. Oscar, 63, discloses for the first time that he was responsible for a car accident decades ago, then falls silent with tears in his eyes. What should the counselor do?

- **A.** Ask an open question right away to keep him talking about it
- **B.** Allow the silence while remaining visibly present and attentive
- **C.** Reassure him that it was long ago and he should forgive himself
- **D.** Hand him tissues and shift gently to a less painful topic

192. Jordan, 19, has been seeing a person-centered counselor for depression. In session he says quietly that he has been thinking of ending his life and has looked up how many of his pills it would take. What should the counselor do NEXT?

- **A.** Continue reflecting his feelings only, since directive questions would undermine his self-direction
- **B.** Arrange immediate involuntary hospitalization before discussing anything further with him
- **C.** Refer Jordan to a crisis specialist because person-centered work is not suited to suicidality
- **D.** Conduct a direct suicide risk assessment while keeping an empathic, collaborative stance

193. A clinical supervisor reviewing case files notices that her supervisee, Jordan, consistently gives more severe diagnoses and poorer prognoses to clients receiving public assistance than to similar clients with private insurance. What is the supervisor's best initial intervention?

- **A.** Report Jordan to the licensing board for discriminatory practice
- **B.** Require Jordan to use only structured interviews without discussing it
- **C.** Reassign Jordan's low-income clients to other clinicians in the agency
- **D.** Share the pattern with Jordan and explore his assumptions about class

194. A structural family counselor tells Mr. and Mrs. Chen, "Please decide together, right now, what your son's curfew will be," and then watches as they try to negotiate while their son interrupts. This technique is called

A. unbalancing
B. enactment
C. tracking
D. reframing

195. In the transtheoretical model, the processes of change used most in the early stages differ from those used in later stages. Which statement is accurate?

A. Helping relationships are used only in precontemplation and contemplation
B. Self-reevaluation is used mainly in the maintenance and termination stages
C. Experiential processes predominate early, and behavioral processes predominate later
D. Behavioral processes predominate early, and experiential processes predominate later

196. During a child custody evaluation, Renata, 36, completes the MMPI-3. Her L-r and K-r scores are elevated, and all of her substantive scales fall well within normal limits. What is the most defensible interpretation?

A. Her protocol reflects random responding and should be readministered
B. She may be underreporting, so her scores may understate problems
C. She may be overreporting symptoms in an effort to appear more distressed
D. Her normal substantive scores confirm excellent psychological adjustment

197. Under the ACA Code of Ethics, what must a counselor do before administering an assessment instrument to a client?

A. Explain the nature and purpose of the assessment and how results will be used
B. Obtain the client's employer's written permission for any work-related testing
C. Give the client the test items to review so the client can decide whether to proceed
D. Provide the expected cutoff scores so the client can prepare for the instrument

198. Which statement about the Cultural Formulation Interview (CFI) in DSM-5-TR is accurate?

A. It is used only when a cultural concept of distress is suspected
B. It is a semistructured interview that can be used with any client
C. It is a scored rating scale with cutoffs for cultural impairment
D. It is designed only for recent immigrants and refugee clients

199. Marcus, 9, says Heinz should steal the drug 'because his wife takes care of him and cooks for him, so he should help her back.' Marcus's reasoning best reflects which Kohlberg stage?

A. Stage 2, individualism and instrumental exchange
B. Stage 3, good interpersonal relationships
C. Stage 1, obedience and punishment orientation
D. Stage 4, social system and conscience

200. A counselor determines that Sam, 24, needs specialized trauma treatment beyond her competence and offers him several appropriate referral options. Sam declines, saying he trusts only her and will not see anyone else. According to the ACA Code of Ethics, the counselor should:

A. continue treating Sam, since his refusal of referral takes precedence over competence
B. transfer Sam's file to a trauma specialist so that treatment can continue without delay
C. discontinue the counseling relationship after appropriate pre-termination steps
D. continue treating Sam, since a strong working alliance best predicts a good outcome