SUMMIT
STUDY GUIDES

NCE

Full-Length Practice Exam

Exam 7

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 7

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

1. Tom, 45, says he has felt "down and blah" most days for as long as he can remember. Over the past 3 years he has had low energy, poor self-esteem, and feelings of hopelessness, and he has never gone more than a few weeks feeling normal. He has never had a manic or hypomanic episode and has never met full criteria for a major depressive episode. Which diagnosis best fits?

A. Persistent depressive disorder
B. Cyclothymic disorder
C. Major depressive disorder, recurrent
D. Other specified depressive disorder

2. In counseling, confrontation is best defined as:

A. interpreting the unconscious motives and conflicts that the client is defending against during the session
B. challenging the client's account repeatedly until the client admits to having a problem
C. expressing disagreement with the client's values in order to model honest communication
D. pointing out discrepancies or mixed messages in the client's thoughts, feelings, or behaviors

3. Rosa, 58, immigrated from the Philippines and is more comfortable reading Tagalog than English. Her counselor wants to use a depression inventory and plans to translate the English version into Tagalog herself and score it with the published English-language norms. What is the most appropriate course of action?

A. Ask Rosa's teenage son to translate the items aloud during the session
B. Use a validated Tagalog version, or document the limitations
C. Administer the English version because Rosa can hold conversations in English
D. Proceed with her own translation, since the items are straightforward

4. A researcher studying help-seeking among adults who inject drugs and are unhoused cannot locate a sampling frame. After interviewing a few initial participants, she asks each one to refer acquaintances who share these experiences. This recruitment approach is best described as

A. theoretical sampling
B. snowball sampling
C. cluster sampling
D. convenience sampling

5. Jean-Paul, 45, resettled from the Democratic Republic of the Congo two months ago. He reports nightmares about violence he witnessed, but he is also at risk of losing his apartment and has not yet found work. His resettlement caseworker referred him to counseling. What should the counselor prioritize FIRST?

A. Begin prolonged exposure therapy to target his trauma-related nightmares
B. Administer the PCL-5 and finalize a PTSD diagnosis before any other work
C. Start a detailed trauma narrative so he can process what he witnessed
D. Build trust and address urgent housing needs with his caseworker

6. Leo, 11, eats only a few foods, such as plain pasta and crackers, because he finds the textures and smells of other foods intolerable. He has lost weight, has fallen off his growth curve, and his pediatrician has prescribed nutritional supplements. He expresses no concern about his body shape or weight. Which diagnosis best fits?

A. Other specified feeding or eating disorder (atypical anorexia)
B. Rumination disorder
C. Pica
D. Avoidant/restrictive food intake disorder

7. Why should a counselor include client strengths in a treatment plan?

- **A.** Strengths help the counselor confirm the diagnosis given at intake
- **B.** Strengths show insurers that the client no longer needs ongoing services
- **C.** Strengths replace the need to document problems and functional limits
- **D.** Strengths serve as resources the client can draw on to reach treatment goals

8. Tamika, 27, court-mandated for counseling after a DUI, crosses her arms and says, "You're just like the judge. You've already decided I'm an alcoholic." Consistent with motivational interviewing, what is the counselor's best response?

- **A.** "It sounds like you're worried I've already made up my mind about you."
- **B.** "Let's look at your blood alcohol level and what it says about your use."
- **C.** "Being mandated doesn't mean you can't get something useful out of this."
- **D.** "I haven't decided anything; I'm here to help you, not to judge you."

9. Under HIPAA, which of the following is excluded from the definition of psychotherapy notes and is therefore part of the client's general clinical record?

- **A.** The counselor's private hypotheses about the client's conflicts, kept in a separate file
- **B.** Detailed notes analyzing the content of a session, stored apart from the client's chart
- **C.** The counselor's reflections on her countertransference, stored apart from the chart
- **D.** A summary of the client's diagnosis, functional status, symptoms, and treatment progress

10. Rafael, 20, obtains a Holland code beginning with Artistic and Conventional, each scored well above his other four types. He describes wanting a career that is both highly creative and highly structured, and he feels pulled in two directions. In Holland's terms, his profile is best described as having which characteristic?

- **A.** Low differentiation
- **B.** Low consistency
- **C.** Low congruence
- **D.** Low vocational identity

11. Which schedule of reinforcement characteristically produces a high rate of responding followed by a brief pause immediately after each reinforcer is delivered?

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

12. A counselor writes this objective: 'Client will limit drinking to no more than two drinks per occasion, as recorded in a daily drinking log.' Which SMART element is most clearly missing?

- **A.** Specific
- **B.** Relevant
- **C.** Measurable
- **D.** Time-bound

13. Aiden, 16, cannot fall asleep before about 2 a.m. and has great difficulty waking for school. On weekends, when he can sleep until 10 a.m., he sleeps well and wakes feeling rested. Which diagnosis best fits?

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

14. Renee, 48, has had three major depressive episodes and is now in full remission after cognitive therapy. She is worried about relapse. Which approach was specifically developed to prevent depressive relapse in clients like her?

- **A.** Eye movement desensitization and reprocessing
- **B.** Mindfulness-based cognitive therapy
- **C.** Dialectical behavior therapy
- **D.** Interpersonal and social rhythm therapy

15. Rosa, 30, a Mexican American woman, spent several years in student activism rejecting anything she saw as Anglo. She now feels that her rigid stance has become limiting, questions whether all White people are the enemy, and feels torn between loyalty to her group and her own personal views. In the R/CID model, Rosa is most likely in which stage?

- **A.** Resistance and Immersion
- **B.** Integrative Awareness
- **C.** Dissonance
- **D.** Introspection

16. Dr. Alana Reyes, a community agency counselor, randomly assigns 60 adults with panic symptoms to either an 8-week CBT group or a waitlist. At week 8 she compares the two groups' scores on a continuous, approximately normally distributed panic-severity scale. Which statistical test is most appropriate?

- **A.** Independent-samples t-test
- **B.** Mann-Whitney U test
- **C.** Pearson product-moment correlation
- **D.** Chi-square test of independence

17. Hannah, 23, a graduate student raised in a devout family, tells her counselor she is critically examining the beliefs she accepted without question as a teenager and wants her faith to be something she has chosen for herself. According to Fowler's stages of faith, Hannah is MOST likely moving into which stage?

- **A.** Universalizing faith
- **B.** Individuative-reflective faith
- **C.** Conjunctive faith
- **D.** Synthetic-conventional faith

18. Erikson's epigenetic principle holds that

- **A.** development is driven by resolving libidinal conflicts tied to successive erogenous zones
- **B.** each crisis must be resolved fully and positively before the next stage can begin
- **C.** development consists of qualitatively different cognitive structures that emerge in an invariant order
- **D.** each crisis has a period of ascendancy, and later development builds on how earlier crises were resolved

19. Kara, 27, a supervisee, describes feeling helpless with a client who constantly asks her for answers. In supervision, Kara repeatedly asks her supervisor to just tell her what to do. The supervisor recognizes this as:

- **A.** parallel process, in which the counseling dynamic is replicated in supervision
- **B.** countertransference, in which the supervisor's history shapes her view of Kara
- **C.** projective identification, in which Kara induces her own feelings in the client
- **D.** transference, in which Kara relates to the supervisor as a past authority figure

20. As part of CBT for insomnia, a counselor gives Anita, 39, a set of stimulus control instructions. Which instruction belongs to stimulus control therapy?

- **A.** Limit time in bed to her current average total sleep time
- **B.** Get out of bed if not asleep within about 20 minutes and return only when sleepy
- **C.** Avoid caffeine after noon and alcohol within three hours of bedtime
- **D.** Practice progressive muscle relaxation for 20 minutes in bed before trying to sleep

21. Which statement about suicide in late life in the United States is most accurate?

- **A.** Older adults make more suicide attempts for each death by suicide than adolescents do
- **B.** Older adults who die by suicide have rarely seen a health care provider in the prior month
- **C.** Men aged 75 and older have among the highest suicide rates of any age and sex group
- **D.** Women aged 65 and older have the highest suicide rate of any age and sex group

22. Aiden, age 10, earns a deviation IQ of 130 (mean = 100, SD = 15). About what percentile rank does this score represent?

- **A.** 95th
- **B.** 84th
- **C.** 98th
- **D.** 99.9th

23. The primary structural difference between DAP and SOAP progress notes is that the DAP format:

- **A.** replaces the Plan section with a summary of the interventions delivered during session
- **B.** omits the counselor's clinical impressions in favor of a purely behavioral description
- **C.** combines the client's self-report and the counselor's observations into one Data section
- **D.** places standardized test scores in the Assessment section instead of with other data

24. Aisha, 28, is a practicing Muslim seeking counseling for anxiety. She says her faith is central to her life and asks whether it can be part of counseling. Her counselor is not Muslim. What is the counselor's MOST appropriate response?

- **A.** Keep religion out of sessions to preserve the counselor's neutrality
- **B.** Explore the role of her faith and draw on her religious coping resources
- **C.** Describe the counselor's own spiritual practices to build rapport
- **D.** Refer her to an imam, since the counselor does not share her religion

25. Ana, 52, says through tears, "Since my husband died, I don't know what to do with myself all day." Which counselor response is empathic rather than sympathetic?

- **A.** "Grief usually eases after the first year, so try to hang in there."
- **B.** "At least you had many good years together to hold onto and remember."
- **C.** "I'm so sorry for you; I honestly can't imagine how I'd cope losing my own spouse."
- **D.** "You feel lost, as if the center of your days has suddenly disappeared."

26. On Carkhuff's five-level scale of empathic understanding, a level 3 response is one that:

- **A.** adds deeper feelings that the client was not yet able to express aloud
- **B.** confronts discrepancies in what the client has said
- **C.** detracts noticeably from the client's surface feelings
- **D.** is interchangeable with the client's expressed feelings and meaning

27. Elaine, 60, survived a heart attack three months ago. She tells her counselor that facing her mortality has led her to repair relationships with her children and stop spending her time on things that don't matter to her. Yalom, drawing on Jaspers, would describe the heart attack as

- **A.** a boundary situation
- **B.** an existential vacuum
- **C.** a peak experience
- **D.** an impasse

28. Mia, 10, began TF-CBT after being sexually abused by a neighbor. In her second session, before any skills work, her mother asks the counselor to have Mia "tell the whole story right away so she can get it over with." What should the counselor do?

- **A.** Begin the trauma narrative now, because early exposure tends to speed symptom reduction
- **B.** Defer the trauma narrative indefinitely until Mia raises the abuse herself
- **C.** Have Mia tell the story to her mother in a conjoint session this week
- **D.** Explain that coping skills are built first, before the trauma narrative is developed

29. Eye movement desensitization and reprocessing (EMDR), developed by Francine Shapiro, is described as an eight-phase approach. Which phase comes first?

- **A.** History taking and treatment planning
- **B.** Preparation
- **C.** Assessment
- **D.** Desensitization

30. A rural counseling agency notices that clients insured through Medicaid wait three times longer for intake appointments than privately insured clients. The counselors revise scheduling so that all clients have equal access to openings. Which ethical principle does this change MOST directly reflect?

- **A.** Justice
- **B.** Nonmaleficence
- **C.** Autonomy
- **D.** Veracity

31. Under DSM-5-TR, autism spectrum disorder is defined by persistent deficits in which two areas?

- **A.** Social communication and interaction, plus inattention and impulsivity
- **B.** Social communication and interaction, plus restricted, repetitive behaviors
- **C.** Receptive language, plus restricted, repetitive patterns of behavior
- **D.** Expressive language, plus significant limitations in intellectual functioning

32. Lily, 8, watched her family's house burn down two months ago and now has nightmares, avoids the kitchen, and reenacts the fire in play. Her mother, who is highly anxious, sleeps in Lily's bed every night and checks the smoke detectors repeatedly. Which treatment approach is best supported for Lily?

- **A.** Trauma-focused CBT with parallel and conjoint caregiver sessions
- **B.** Prolonged exposure therapy as it is delivered to adult survivors
- **C.** A single family debriefing session that reviews the fire in detail
- **D.** Child-centered play therapy with the mother kept out of sessions

33. Jordan, 22, is working with a counselor who uses the Cognitive Information Processing (CIP) approach. Jordan has narrowed his options to three occupations and is now weighing the costs and benefits of each for himself, his partner, and his community. In the CASVE cycle, Jordan is in which phase?

- **A.** Synthesis
- **B.** Valuing
- **C.** Analysis
- **D.** Execution

34. Dr. Okafor, a university counseling center researcher, recruits 80 students with test anxiety. Using a random number generator, she assigns half to a six-week CBT group and half to a waitlist, and she administers an anxiety inventory to both groups before and after the six weeks. Which design is she using?

- **A.** Causal-comparative design
- **B.** Interrupted time-series design
- **C.** Pretest-posttest control group design
- **D.** Nonequivalent control group design

35. Lena, 41, whose husband died 6 weeks ago, reports 3 weeks of pervasive depressed mood, anhedonia, insomnia, psychomotor slowing, and persistent feelings of worthlessness unrelated to the loss. Her functioning is severely impaired. Under DSM-5-TR, what is the MOST appropriate diagnostic approach?

A. Diagnose major depressive disorder if full criteria are met, using judgment to distinguish it from grief
B. Diagnose prolonged grief disorder because the symptoms are severe and impairing
C. Classify the symptoms as normal bereavement because they began within 12 months of the death
D. Defer any diagnosis until at least 2 months have passed since the death, as required for bereaved clients

36. A school psychologist reports that Aiden, 8, reliably conserves number and mass but does not yet conserve weight, an ability she says usually emerges a year or two later. Which Piagetian concept best accounts for this uneven pattern within a single stage?

A. Disequilibrium
B. Horizontal decalage
C. Vertical decalage
D. Regression to preoperational thought

37. An agency compares outcomes of counselors trained in a new protocol against counselors who continue their usual practice. The comparison counselors learn they are the control group and, determined not to be outdone, put in noticeably extra effort with their clients. Which threat to internal validity does this describe?

A. Resentful demoralization
B. Diffusion of treatment
C. Compensatory equalization
D. Compensatory rivalry

38. As part of treatment for panic disorder, a counselor has Mia, 29, spin in a swivel chair, breathe through a thin straw, and run in place so she experiences dizziness, breathlessness, and a racing heart in session. What is this technique called?

A. Imaginal flooding
B. In vivo exposure
C. Applied relaxation
D. Interoceptive exposure

39. Dr. Haddad interviews resettled refugee women about their experiences accessing mental health care. After drafting her themes, she meets with each participant to review the interpretations and confirm they accurately reflect their experiences. Which trustworthiness criterion is she primarily strengthening?

A. Confirmability
B. Credibility
C. Dependability
D. Transferability

40. In Ivey's intentional interviewing model, a supportive confrontation is best described by which sequence?

A. Listen for mixed messages, point them out nonjudgmentally, and then evaluate how the client responds
B. Interpret the unconscious motive behind a defense, and then link it to a childhood experience
C. Dispute the client's irrational belief, and then assign homework that practices a rational alternative
D. Share a similar personal experience, and then ask how the client's situation compares to it

41. In the later sessions of cognitive processing therapy, the counselor works through five themes often disrupted by trauma. Which list correctly identifies them?

A. Safety, shame, anger, guilt, and grief
B. Control, avoidance, arousal, mood, and intrusion
C. Trust, attachment, identity, meaning, and hope
D. Safety, trust, power/control, esteem, and intimacy

42. School counselor Ms. Okafor analyzes enrollment data and finds that English language learners are almost never placed in advanced courses because of a placement policy that relies solely on an English-only test. She presents the data to administrators and works with them to revise the policy. Under the ACA Advocacy Competencies, this work BEST represents which domain?

- **A.** Student empowerment
- **B.** Community collaboration
- **C.** Systems advocacy
- **D.** Social/political advocacy

43. A counselor measures a client's daily alcohol use during a two-week baseline and then during six weeks of motivational interviewing, observing a clear decrease. She does not withdraw treatment or add other baselines. What most limits the causal conclusions she can draw?

- **A.** Coinciding events cannot be ruled out without replication
- **B.** The baseline phase was too short to compute a mean
- **C.** The dependent variable was measured too frequently
- **D.** Single-subject data cannot be graphed for visual analysis

44. Eli, 10, was bullied for years by his older brother. His parents now report that Eli has started bullying younger children at school, copying his brother's taunts, gestures, and tone of voice. Anna Freud's concept that best explains this pattern is which of the following?

- **A.** Projection
- **B.** Identification with the aggressor
- **C.** Reaction formation
- **D.** Displacement

45. In most states, how quickly must a mandated reporter report suspected child abuse once a reasonable suspicion has formed?

- **A.** Once the counselor has confirmed the suspicion through a follow-up conversation with the child's parents
- **B.** Within 30 days, so that the counselor can consult with a supervisor and the agency's legal advisor first
- **C.** Immediately, often by phone, sometimes with a written report due within 24 to 72 hours
- **D.** After the next counseling session, so that the counselor has time to gather more supporting information

46. During a Strange Situation assessment, 18-month-old Theo approaches his returning father with his head turned sharply away, stops midway, and freezes with a blank, dazed expression for several seconds before wandering to a corner. Theo's father has a history of unresolved trauma. Which classification best describes Theo's behavior?

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

47. In an agency study, clients in the new-treatment condition are all seen by licensed counselors with at least ten years of experience, while clients in the comparison condition are seen by first-semester practicum students. The treatment group improves more. Counselor experience is best described as a

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

48. Gloria, 52, who is Puerto Rican, is brought to a clinic by her daughter after an episode at her brother's funeral in which she screamed uncontrollably, cried, trembled, felt heat rising to her head, and briefly became aggressive. She says she felt out of control and later recalled little of the episode. Which DSM-5-TR cultural concept of distress BEST fits this presentation?

- **A.** Nervios
- **B.** Susto
- **C.** Ataque de nervios
- **D.** Khyâl cap

49. Tariq, 4, eagerly makes up games and starts projects around the house, but his parents often scold him for the messes he makes and tell him to stop asking so many questions. According to Erikson, Tariq is most at risk of developing a sense of

- **A.** mistrust
- **B.** shame and doubt
- **C.** guilt
- **D.** inferiority

50. When beginning a counseling group, what does the ACA Code of Ethics require counselors to communicate to members about confidentiality?

- **A.** That confidentiality need not be discussed verbally once all members have signed a written group contract
- **B.** Its importance and parameters for that group, including that it cannot be guaranteed
- **C.** That the counselor will report breaches by members to the licensing board
- **D.** That all members are legally bound to keep group disclosures private

51. Gabe, 20, says, "I studied all weekend and still failed the chemistry exam." Which counselor response is a reflection of feeling?

- **A.** "What kind of questions were on the chemistry exam?"
- **B.** "You're discouraged that all that effort didn't pay off."
- **C.** "It might help to try a different study strategy next time."
- **D.** "You studied the whole weekend but failed the exam anyway."

52. On a personality inventory that uses T-scores (mean = 50, SD = 10), a client named Rafael scores T = 30 on a scale measuring sociability. About what percentile is this?

- **A.** 30th
- **B.** 16th
- **C.** 7th
- **D.** 2nd

53. Dr. Hassan, a counselor educator, observes that a practicum student, Lena, repeatedly misses supervision, becomes defensive when given feedback, and has disclosed client information in class. According to the ACA Code of Ethics, what is Dr. Hassan's MOST appropriate course of action?

- **A.** Dismiss Lena from the program immediately to protect the clients she is currently serving
- **B.** Refer Lena to personal counseling and defer any evaluation until she completes treatment
- **C.** Address the concerns with Lena and implement a documented remediation plan
- **D.** Give Lena a passing grade but privately warn future supervisors about her performance

54. Which treatment-plan objective is written most appropriately?

- **A.** Client will reduce panic attacks from five per week to one or fewer, per her log, within 10 weeks
- **B.** Client will gain insight into the underlying causes of her panic attacks over the course of treatment
- **C.** Counselor will teach cognitive restructuring and interoceptive exposure to address the panic
- **D.** Client will feel less anxious and more confident in social and work situations by the end of counseling

55. Which statement best describes the role of techniques in existential counseling?

- **A.** It relies chiefly on interpreting the transference relationship to reveal unconscious motives
- **B.** It follows a standardized manual of sequenced techniques for each session
- **C.** It prohibits the use of any structured technique as inauthentic to clients
- **D.** It is mainly a philosophical stance and may draw on techniques from other approaches

56. A counseling student says to Carmen, 23, "How did you feel when he left? What did you do next? Did you tell anyone what happened?" Carmen looks confused and answers only the last question. What is the most significant problem with the student's response?

- **A.** All three questions are closed and invite only brief yes or no answers from the client in return.
- **B.** The questions shift the focus of the session away from the client herself.
- **C.** Stacking several questions at once can confuse the client and feel like an interrogation.
- **D.** Questions about feelings should never come before questions about behavior.

57. The ACA Code of Ethics (2014) recognizes historical and social prejudices in the misdiagnosis and pathologizing of certain individuals and groups. What does the Code direct counselors to do about this?

- **A.** Obtain a second opinion before diagnosing any client from a marginalized group
- **B.** Use only instruments specifically normed on the client's own cultural group
- **C.** Refrain from diagnosing clients from groups historically subject to misdiagnosis
- **D.** Strive to become aware of and address such biases in themselves or others

58. Which situation is a commonly recognized exception to privileged communication?

- **A.** A client describes past illegal drug use in a session
- **B.** A client discusses a past theft that was never prosecuted
- **C.** A client files a malpractice claim against the counselor
- **D.** A client discloses an affair during couples counseling

59. A counselor tells a recently retired client that he will likely age most successfully by staying busy, maintaining social roles, and replacing lost roles with new ones such as volunteering. This advice most closely reflects:

- **A.** Continuity theory
- **B.** Disengagement theory
- **C.** Activity theory
- **D.** Gerotranscendence theory

60. After a fatal workplace shooting, a company asks a counselor to run mandatory group sessions within 48 hours in which every employee recounts what they saw and felt in detail. Which response is MOST consistent with current evidence?

- **A.** Delay all contact with employees for at least 1 month to allow natural recovery to occur
- **B.** Recommend psychological first aid and voluntary support with later screening, not mandatory debriefing
- **C.** Conduct the mandatory sessions as requested, since early emotional ventilation is known to prevent later PTSD
- **D.** Begin prolonged exposure therapy for all employees in the first week after the incident

61. Jared, an LPC, says, "I read the ethics code once a year and make sure I'm not doing anything that could get me sanctioned. Beyond that, I don't think about it." Jared's approach BEST illustrates which level of ethical functioning?

- **A.** Aspirational ethics
- **B.** Positive ethics
- **C.** Mandatory ethics
- **D.** Virtue ethics

62. Sofia, age 12, is referred by her school for evaluation of persistent learning difficulties. The evaluator needs an individually administered intelligence test that is normed for Sofia's age. Which instrument is the most appropriate choice?

A. Bayley Scales of Infant and Toddler Development
B. Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V)
C. Wechsler Preschool and Primary Scale of Intelligence (WPPSI-IV)
D. Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)

63. Ji-woo, 24, a Korean American graduate student, is discussing a career change. Her counselor remarks that her parents must be pressuring her. Ji-woo goes quiet, then says, "Not everything is about my parents being Asian." What should the counselor do NEXT?

A. Explain that collectivist families often shape their children's careers
B. Move on to another topic to avoid deepening her discomfort further
C. Acknowledge the assumption, own it, and invite her to share her view
D. Self-disclose the counselor's own family pressures to find common ground

64. Rosa, 36, is completing 28 days of residential treatment for opioid use disorder and is stable on buprenorphine. Her cravings are manageable, she will live with a supportive sister, and her job is being held for her. What is the most appropriate continuing-care plan?

A. Step down to IOP or outpatient care while continuing buprenorphine
B. Discharge to mutual-help groups alone, since she is now medically stable
C. Remain in residential treatment until she completes a full 90 days of care
D. Taper buprenorphine before discharge to confirm she can remain abstinent

65. A middle school counselor plans an eight-session group for students referred by teachers for occasional angry outbursts. Each session includes a short lesson on a skill such as recognizing anger cues or using calming strategies, with practice activities and homework. None of the students has a diagnosed disorder. Which type of group is this?

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

66. At the first session of a closed group, which leader action is MOST important for establishing norms related to confidentiality?

A. Waiting to raise confidentiality until a member asks whether it is protected
B. Assuming members understood confidentiality from the screening interview
C. Discussing confidentiality with members and inviting them to help define it
D. Reading the agency's confidentiality policy aloud without opening discussion

67. On Holland's RIASEC hexagon, which pair of personality types is positioned directly opposite each other and is therefore considered the least similar?

A. Artistic and Conventional
B. Investigative and Artistic
C. Artistic and Social
D. Realistic and Enterprising

68. In Hayes's structural model of countertransference, the term for client material or events in counseling that activate the counselor's unresolved conflicts is:

A. Origins
B. Triggers
C. Manifestations
D. Effects

69. Priya, 15, has lost significant weight over six months, restricts food intake, and denies that her low weight is a problem. She is medically stable for outpatient care and lives with both parents. Which treatment has the strongest evidence for her?

A. Individual CBT with Priya alone, with parents excluded to protect her autonomy
B. Family-based treatment in which parents initially take charge of refeeding
C. Group therapy with other adolescents who have eating disorders
D. Interpersonal psychotherapy focused on peer conflicts

70. Dr. Haines has had a claims-made professional liability policy throughout her 20-year private practice. She plans to retire and cancel the policy. A former client could still file a claim about care provided before her retirement. What should Dr. Haines do to stay protected?

A. Buy tail coverage, because a claims-made policy covers only claims filed while it is in force
B. Rely on her state licensing board, because the board defends retired licensees against malpractice claims
C. Switch to an occurrence policy now, because it will cover past incidents that happened before the switch
D. Do nothing more, because a claims-made policy covers any incident that happened during the years it was in force

71. During a couples session, Lena and Raj begin shouting, and each turns to the Bowenian counselor asking, "Don't you agree with me?" Consistent with Bowen's approach, the counselor should

A. prescribe that the couple schedule their arguments for a set time every evening during the coming week
B. ask the couple to continue the argument while the counselor blocks interruptions and observes the sequence
C. share her own immediate emotional reaction to their fighting in order to model congruent communication
D. stay calm and neutral and ask each partner process questions addressed to the counselor rather than to each other

72. Which of the following does Yalom identify as a common reason members drop out of therapy groups early?

A. Differing markedly from the rest of the group in style or problems
B. Attending a group that meets for 90 minutes rather than 60 minutes
C. Having a co-leader team rather than a single leader running the group
D. Being assigned to a group whose members vary in age and background

73. Carmen, a career counselor, notes that women in her client's company are concentrated in low-wage, entry-level positions with almost no chance of moving up at all. This pattern is BEST described as the:

A. glass ceiling
B. glass cliff
C. glass escalator
D. sticky floor

74. Walt, 74, was recently diagnosed with mild neurocognitive disorder and comes to counseling with his adult daughter. The daughter offers to sign the informed consent paperwork "to make things easier." What is the most appropriate approach?

A. Explain consent in plain language, check Walt's understanding, and obtain his own consent
B. Rely on Walt's attendance as implied consent to avoid confusing him with paperwork
C. Have the daughter sign because a neurocognitive diagnosis means Walt cannot give consent
D. Require both Walt and his daughter to sign because the ACA Code mandates joint consent for older adults

75. Counseling intern Ji-woo wants to audio-record sessions with a client so that her site supervisor can review them. What must happen first?

A. The supervisor must approve the recording plan
B. The intern must agree to erase each file after review
C. The client must give informed consent to recording
D. The site must notify the state licensing board

76. In the evidence-based Collaborative Care Model for treating depression in primary care, which element is essential?

A. Weekly psychotherapy from a psychiatrist who takes over from the primary care provider
B. A care manager who tracks outcomes in a registry, with regular psychiatric consultant review
C. Transfer of the patient to a specialty mental health clinic for all psychiatric treatment
D. A therapist co-located in the clinic who keeps separate records and treatment plans

77. During values clarification, Owen, 37, tells his ACT counselor that his most important value is 'getting promoted to manager this year.' How should the counselor best respond from an ACT perspective?

A. Redirect him to mindfulness until his ambition-related anxiety decreases
B. Challenge it as an irrational demand that will produce distress if not achieved
C. Explain that values are chosen directions, and explore what the promotion would serve
D. Accept it as a value and help him build a committed action plan toward the promotion

78. A counselor is creating a treatment plan for Ben, 30, who has social anxiety disorder and avoids speaking in meetings, eating in public, and attending parties. Which plan is most consistent with evidence-based treatment?

A. Teach him to rely on safety behaviors such as rehearsing scripts and avoiding eye contact
B. Avoid feared situations until his anxiety decreases naturally
C. Combine cognitive restructuring with graded exposure and reduce safety behaviors
D. Use only relaxation training before social events

79. Nadia, 36, a police officer, says the commanding, emotionally guarded style she must use on patrol causes arguments when she brings it home to her children and partner. According to Greenhaus and Beutell, this is an example of which type of work-family conflict?

A. Time-based conflict
B. Role ambiguity
C. Behavior-based conflict
D. Strain-based conflict

80. Kayla, 31, has methamphetamine use disorder and has relapsed after two courses of talk therapy. Which intervention has the strongest research support for stimulant use disorders?

A. Disulfiram combined with weekly individual counseling
B. Methadone maintenance therapy
C. Contingency management rewarding verified abstinence
D. Gestalt empty-chair work on underlying conflicts

81. Priya, 41, asks to see her complete counseling record. Her counselor worries that reading the case conceptualization, which describes possible personality traits, may upset her. There is no indication that access would endanger anyone. What should the counselor do?

A. Release only the treatment plan, because conceptualization notes belong to the counselor, not the client
B. Deny the request and document the rationale, since the counselor judges the content clinically sensitive
C. Provide reasonable access, offering to review the record with her and help interpret its contents
D. Require Priya to obtain a court order before releasing any portion of her record

82. Anthony, 34, a combat veteran with PTSD, has the same distressing nightmare several times a week. His counselor asks him to write down the nightmare, change it in any way he wishes, and rehearse the new version for 10-20 minutes each day while awake. This intervention is best described as

A. imagery rehearsal therapy
B. stimulus control therapy
C. eye movement desensitization and reprocessing
D. cognitive processing therapy

83. Carla, 29, dresses provocatively for counseling sessions, speaks in a dramatic but vague and impressionistic way, becomes visibly uncomfortable when she is not the center of attention, and describes casual acquaintances as her closest friends. Which personality disorder best fits?

A. Dependent personality disorder
B. Histrionic personality disorder
C. Borderline personality disorder
D. Narcissistic personality disorder

84. An agency serving many Indigenous clients adopts an AI-based depression risk tool. The developer's documentation shows it was trained almost entirely on data from White, urban adults. What should counselors do before relying on it with their clients?

A. Use it only with clients who request it, so informed consent removes concerns about bias
B. Evaluate its validity for their client population and interpret results with caution
C. Use it but add five points to scores from Indigenous clients to offset the expected bias
D. Use it as designed, since AI tools are free of the cultural biases found in human raters

85. Elena, an LPC, is asked by her close friend and neighbor to counsel the friend's 15-year-old son, who has been withdrawn since his parents separated. What should Elena do?

A. Accept, because the son, not her friend, would be the client
B. Accept, but avoid discussing family matters involving her friend
C. Decline and provide referrals to other qualified counselors
D. Accept on a pro bono basis to avoid any financial dual relationship

86. According to Glasser's choice theory, which basic need is most closely associated with achievement, competence, recognition, and feeling worthwhile?

A. Power
B. Freedom
C. Fun
D. Love and belonging

87. In the rupture-repair literature, metacommunication refers to

A. commenting on nonverbal cues the client shows while describing problems
B. giving paradoxical directives that the client is expected to resist
C. stepping back with the client to discuss what is happening between them
D. consulting with a supervisor about the counselor's reactions to a client

88. Ana, 52, has just described the night her mother died. She falls silent, looks down, and her eyes fill with tears. What should the counselor do?

A. Ask an open question to help her continue telling the story
B. Allow the silence, remaining attentive and present while she processes
C. Reassure her that tears are a normal and healthy part of grief
D. Summarize the main points she has shared so far in the session

89. George, 66, retired three months ago after 40 years as a school principal. He says he feels useless, has no reason to get up in the morning, and misses "being someone people relied on." Which intervention is MOST appropriate?

A. Reassure him that most retirees adjust within a year and that his feelings will pass without action
B. Give him the Career Development Inventory to measure his readiness for retirement decisions
C. Explore new roles, such as volunteering or mentoring, that meet needs work once met
D. Encourage him to return to full-time administrative work, since he clearly is not ready to retire

90. A counselor in private practice discovers that a laptop holding unencrypted client records was stolen from her car. A risk assessment cannot show a low probability that the information was compromised. Under the HIPAA Breach Notification Rule, what must she do?

A. Notify affected clients without unreasonable delay, within 60 days of discovery, and report to HHS
B. Notify affected clients only if there is evidence the thief has actually opened or misused the records
C. Notify the police within 24 hours, which satisfies HIPAA because a police report serves as client notice
D. Do nothing more, because the laptop was protected by a login password and so the records were secured

91. The parents of Mateo, 4, who was recently diagnosed with ADHD by his pediatrician, ask a counselor what treatment should come first. His tantrums and impulsivity are disrupting preschool, but he is not in danger. Consistent with American Academy of Pediatrics guidelines, which recommendation is most appropriate?

A. Begin with methylphenidate, adding behavior therapy if needed
B. Begin with a clinic-based social skills group for preschoolers
C. Begin with evidence-based parent training in behavior management
D. Begin with weekly child-centered play therapy as the primary treatment

92. A supervisor met regularly with her supervisee, reviewed cases appropriately, and gave sound guidance. The supervisee nonetheless breached a client's confidentiality, and the client sued both of them. The legal doctrine that can hold the supervisor liable solely because of the supervisory relationship is:

A. Contributory negligence by the supervisor
B. Res ipsa loquitur applied to the supervisor
C. Vicarious liability (respondeat superior)
D. Direct liability for negligent supervision

93. Social cognitive career theory (SCCT), developed by Lent, Brown, and Hackett, identifies which three core person variables as central to career development?

A. Self-concept, life roles, and career maturity
B. Genetic endowment, learning experiences, and task approach skills
C. Self-efficacy, outcome expectations, and personal goals
D. Interests, aptitudes, and work values

94. Brianna, 31, wants EMDR for memories of childhood abuse. At intake she reports frequent dissociative episodes, recent self-harm, and no coping strategies for intense emotions. The counselor is trained in EMDR. What is the most appropriate course of action?

A. Use bilateral stimulation only during sessions in which she feels calm
B. Emphasize stabilization and affect-regulation skills before reprocessing
C. Rule out EMDR because it is contraindicated for childhood trauma
D. Begin desensitization of her most disturbing memory during the next session

95. Nine-year-old Jalen decides what the family eats, when everyone goes to bed, and whether his parents may go out; both parents give in to avoid his tantrums. From a structural perspective, the counselor's primary goal would be to

A. help each family member express feelings in a more congruent manner
B. increase each parent's differentiation from his or her own family of origin
C. assign a directive that makes the tantrums more costly than giving them up
D. strengthen the parental subsystem so the parents hold executive authority

96. Leon, 44, receives methadone treatment for opioid use disorder and mentions he also takes 'a few Xanax' at night to sleep. What should concern the counselor most?

A. Alprazolam will cause a disulfiram-like reaction when mixed with methadone
B. Alprazolam will block methadone at the receptor and trigger opioid withdrawal
C. Additive respiratory depression that sharply raises overdose risk
D. The combination will produce serotonin syndrome within a few hours of use

97. Dev, 19, is enrolled in a pharmacy program. He tells his college counselor he has always planned to become a pharmacist, as his parents wanted, and has never seriously considered any other career or set of values. In Marcia's extension of Erikson's theory, Dev's identity status is best described as

A. identity achievement
B. foreclosure
C. moratorium
D. identity diffusion

98. Which factor is generally considered the strongest single predictor of future violent behavior?

A. A diagnosis of a psychotic disorder
B. Male gender considered on its own
C. A history of childhood anxiety
D. A history of past violent behavior

99. According to George Vaillant's hierarchy of defense mechanisms, which set consists of mature defenses?

A. Denial, distortion, and delusional projection
B. Projection, acting out, and passive aggression
C. Repression, displacement, and intellectualization
D. Suppression, humor, altruism, and anticipation

100. A counselor is asked to assess Yusuf, 35, who arrived from Somalia eight months ago, for vocational planning. The only available interest inventory was normed mostly on U.S.-born, English-speaking adults. According to the ACA Code of Ethics, what is the most appropriate way to use the inventory?

A. Avoid the inventory entirely, since standardized tests are biased for him
B. Translate the items into Somali personally so the norms will still apply
C. Interpret results cautiously, noting norm group limits and using other data
D. Use the results as reported, because the inventory has strong reliability

101. Omar, 33, has learned in counseling that he withdraws into silence whenever his partner disagrees with him. He now reports noticing the moment he is about to shut down and thinking, 'There I go again,' which lets him choose to stay engaged. Which Adlerian technique is Omar using?

A. Catching oneself
B. Spitting in the soup
C. Acting as if
D. Thought stopping

102. Frank, 55, is referred for a depression screening. He reports daytime sleepiness and morning headaches, and his wife says he snores loudly and seems to stop breathing for periods during the night. His BMI is 34. Regarding his sleep complaints, what should the counselor do first?

A. Diagnose hypersomnolence disorder and begin sleep hygiene education
B. Refer him for a medical evaluation that includes a sleep study
C. Begin cognitive behavioral therapy for insomnia
D. Attribute the fatigue to depression and start behavioral activation

103. During intake, a practice's AI screening tool flags Gabriel, 19, as meeting criteria for bipolar I disorder based on his questionnaire answers. In the interview, Gabriel describes several days of reduced sleep during final exams, with no other manic symptoms. How should the counselor proceed?

A. Ask Gabriel to retake the screening until the results match the counselor's impression
B. Refer Gabriel to a psychiatrist for medication, since the tool identified a serious mental illness
C. Record the bipolar I diagnosis, since the algorithm was trained on a large clinical dataset
D. Rely on a full clinical assessment, treating the AI output as one data point the counselor must verify

104. Malik, 16, a Black student, says he was suspended because "the teacher has it out for me." His counselor responds, "How do you see the way Black students are disciplined at your school fitting into what happened?" According to Ivey's focusing dimensions, the counselor is focusing on:

A. the main theme or problem
B. mutuality between counselor and client
C. others, specifically the teacher
D. the cultural/environmental context

105. A parent believes a school counselor's entry in her child's education record is inaccurate and asks the school to amend it. The school reviews the request and refuses. Under FERPA, what right does the parent have next?

A. The right to have the disputed entry removed from the record immediately while the school's decision is appealed
B. No further right, because the school's decision on amendment is final
C. The right to sue the school counselor personally for damages under FERPA
D. The right to a hearing and, if the record is still not amended, to place a statement in the record

106. Counselor Ruth walks past a colleague's office and finds him slurring his words, smelling strongly of alcohol, and getting ready to bring a client back from the waiting room. What should Ruth do FIRST?

A. Intervene right away so the colleague does not see the client in this state
B. Schedule a private conversation later that day to raise her concerns informally
C. Report the colleague to the licensing board and let the session go ahead
D. Ask the waiting client to sign a release before discussing the situation

107. Gloria, 60, has taken alprazolam 6 mg daily for 8 years and tells her counselor she wants to stop 'cold turkey' this week. What should the counselor include in the treatment plan?

A. Enrollment in IOP with discontinuation of the medication on the first day
B. Referral to a mutual-help group as the main support for discontinuing
C. Support for stopping at once, with daily group sessions for encouragement
D. Coordination with a prescriber for a medically supervised, gradual taper

108. Tomas, 55, reports that last night, in a dimly lit hallway, he briefly mistook his coat hanging on a hook for an intruder, then realized what it was. Which perceptual term best fits this experience?

A. Visual hallucination
B. Illusion
C. Derealization
D. Idea of reference

109. Leo, 37, believes his supervisor plans to fire him. Instead of telling Leo that his belief is unlikely, his cognitive therapist asks a series of open questions that help Leo look at the facts and reach his own conclusions. This stance is best called:

- **A.** Interpretation of resistance
- **B.** Paradoxical intention
- **C.** Didactic persuasion
- **D.** Guided discovery

110. Which of the following is required for a DSM-5-TR diagnosis of bipolar I disorder?

- **A.** At least one lifetime manic episode
- **B.** Psychotic features during at least one mood episode
- **C.** At least one manic episode and one major depressive episode
- **D.** At least one hypomanic episode and one major depressive episode

111. Abena, 37, a member of a Pentecostal church, tells her new counselor that God sometimes speaks to her during prayer and that she has spoken in tongues during worship. She is seeking help for work stress and has no other unusual experiences. What should the counselor do NEXT?

- **A.** Refer her to a psychiatrist to evaluate the need for medication
- **B.** Gently redirect the conversation back to her work-related stress
- **C.** Explore how these experiences are viewed within her faith tradition
- **D.** Screen for a psychotic disorder because she reports hearing a voice

112. In Yalom's studies asking members of long-term outpatient therapy groups which factors helped them most, which set of factors was ranked among the most helpful?

- **A.** Interpersonal learning, catharsis, cohesiveness, and self-understanding
- **B.** Imparting information, altruism, and universality
- **C.** Instillation of hope, imitative behavior, and guidance
- **D.** Guidance, identification, and family reenactment

113. Gail, 45, says, "I know I need to lose weight for my knees, and I've been thinking about it for months, but every time I picture giving up my evening snacks, I just can't commit." Which intervention best fits her stage of change?

- **A.** Providing information about the health risks of obesity to raise awareness
- **B.** Exploring the pros and cons of change to help resolve her ambivalence
- **C.** Developing a structured meal plan and a weekly weigh-in schedule
- **D.** Reinforcing her progress with rewards for each pound she loses

114. An outpatient clinic selects for a new group program only those clients who scored in the top 5% on a depression inventory at intake. At retest eight weeks later, the group's mean score has dropped substantially. Even before attributing this change to the program, which alternative explanation should the evaluator consider first?

- **A.** Diffusion of treatment to other clients
- **B.** Compensatory rivalry among participants
- **C.** Reactive effects of experimental arrangements
- **D.** Statistical regression toward the mean

115. Sandra, 55, has avoided buses, shopping malls, standing in lines, and leaving home alone for the past 9 months. She fears that if she became dizzy and fell in these places, she could not get away or get help. She has never had a panic attack, and her doctor found no medical cause for her dizziness. Which diagnosis is most appropriate?

A. Panic disorder with agoraphobia
B. Agoraphobia
C. Social anxiety disorder
D. Specific phobia, situational type

116. A community mental health agency is considering services for older adults in its county but does not yet know what problems are most pressing or which services are lacking. Before designing any program, which evaluation activity should the agency conduct?

A. Process evaluation
B. Needs assessment
C. Formative evaluation
D. Outcome evaluation

117. Which statement about pica is consistent with DSM-5-TR?

A. It may be diagnosed at any age when nonnutritive items are mouthed
B. The eating of nonfood substances must persist for at least 6 months
C. It cannot be diagnosed when autism spectrum disorder or intellectual disability is present
D. The eating must be developmentally inappropriate, with a suggested minimum age of 2

118. Olivia, 11, has missed three weeks of school. Each morning she has stomachaches that go away once her mother lets her stay home, and a pediatrician has ruled out medical causes. She says she worries something bad will happen to her mother while she is at school. Which intervention is most appropriate?

A. Home-based instruction until her worry decreases enough for her to return to class
B. A psychoeducational evaluation to identify a learning disorder behind her avoidance
C. CBT with graduated exposure for a prompt return, coordinated with parents and school
D. Weekly supportive counseling with a return date set once her anxiety resolves

119. In a college counseling group, Aaron describes his fear that friends will drop him if he disagrees with them. A few minutes later, Lily mentions she never tells her roommates when she's upset. The leader says, "Aaron and Lily, it sounds like both of you worry about what happens to relationships when you show your real reactions." Which leader skill is this?

A. Summarizing
B. Clarifying
C. Linking
D. Reflecting feeling

120. Carlos, 20, completes the Self-Directed Search. His two highest scores are Artistic and Conventional, and the rest of his profile is well below them. In Holland's terms, this pattern is best described as low:

A. consistency
B. differentiation
C. congruence
D. vocational identity

121. Corinne, 45, a counselor in a community clinic, finds that 6 of her 40 clients score worse on the OQ-45 than at intake. What is the MOST appropriate professional response?

A. Disregard the results, since some deterioration is expected in any caseload
B. Stop using the OQ-45 because the results are discouraging to clients
C. Conclude that these six clients were poorly matched to her style and transfer them to other counselors
D. Review the cases in supervision and examine the alliance and fit of interventions for each

122. According to Corey, which task is most central for the leader during the initial stage of a counseling group?

- **A.** Working through conflict and challenges directed toward the leader
- **B.** Encouraging deep exploration of members' core issues through intensive work
- **C.** Helping members establish trust and clarify group norms and goals
- **D.** Helping members consolidate learning and plan for transfer to daily life

123. Which entry is most appropriate for the Assessment section of a SOAP progress note?

- **A.** "Client will practice the time-out procedure and bring her completed log next week."
- **B.** "Anger outbursts have decreased from daily to twice weekly, indicating progress toward Goal 1."
- **C.** "Client stated she argued with her older sister twice this week and 'felt like screaming at her.'"
- **D.** "Counselor reviewed the client's anger log and taught a structured time-out procedure."

124. In Miller and Rollnick's current formulation of motivational interviewing, which sequence lists the four processes in order?

- **A.** Focusing, engaging, planning, evoking
- **B.** Engaging, evoking, focusing, planning
- **C.** Assessing, engaging, evoking, contracting
- **D.** Engaging, focusing, evoking, planning

125. A counselor wants a client to describe the process of what happened and how she experienced it, rather than just the facts. According to Ivey, which question stem is most likely to elicit this?

- **A.** How
- **B.** Do
- **C.** Why
- **D.** What

126. A narrative counselor wants to begin externalizing with Owen, 45, who describes long periods of feeling hopeless and stuck. Which approach is most consistent with narrative practice?

- **A.** Ask Owen to rate the problem's severity on a standardized inventory
- **B.** Invite Owen to give the problem a name that fits his own experience
- **C.** Explain that his symptoms meet criteria for persistent depressive disorder
- **D.** Offer the counselor's preferred name for the problem to save time

127. A counselor working with Hmong refugee clients spends time learning about the community's beliefs about illness, the role of shamans, and family decision-making, and uses this understanding to shape interventions designed specifically for this group. This approach best illustrates which perspective?

- **A.** Emic
- **B.** Alloplastic
- **C.** Autoplastic
- **D.** Etic

128. Devon, 38, a wheelchair user, tells his counselor, "My legs aren't what disables me. The lack of ramps and accessible transit is what keeps me out of work." Devon's statement BEST reflects which model of disability?

- **A.** The functional limitations model
- **B.** The social model
- **C.** The moral model
- **D.** The medical model

129. Project MATCH, a large multisite trial of alcohol treatment, compared cognitive-behavioral coping skills therapy, motivational enhancement therapy, and twelve-step facilitation. Its principal finding was that:

- **A.** Cognitive-behavioral therapy was clearly superior to the other two treatments for all client types
- **B.** Matching clients by psychiatric severity greatly improved outcomes in all three treatments
- **C.** Motivational enhancement therapy was ineffective because it consisted of only four sessions
- **D.** The three treatments produced broadly similar outcomes, with few client-treatment matching effects

130. Research on counseling styles with clients who have alcohol problems, such as the study by Miller, Benefield, and Tonigan, found that:

- **A.** confrontational and client-centered styles produced equivalent outcomes after one year
- **B.** a directive-confrontational style produced more resistance and predicted poorer drinking outcomes
- **C.** confrontation was needed to break through denial and was the strongest predictor of sobriety
- **D.** confrontation was helpful mainly with court-mandated clients who were in strong denial about their drinking

131. Staff at a memory care unit consult a counselor about Agnes, 88, who has advanced dementia and repeatedly asks where her mother is (her mother died decades ago). Which staff response is consistent with Feil's validation approach?

- **A.** Use cognitive restructuring to correct her mistaken belief about her mother
- **B.** Remind her of the date and gently explain each time that her mother has died
- **C.** Invite her to talk about her mother and reflect the longing she seems to feel
- **D.** Prompt her to evaluate her life's accomplishments to resolve integrity versus despair

132. Omar, a supervisee, is counseling a client who repeatedly says, 'Nothing I try works; just tell me what to do.' In supervision, Omar has begun saying to his supervisor, 'I've tried everything with this client; just tell me what to do.' The supervisor's best conceptualization of this pattern is:

- **A.** Supervisee resistance
- **B.** Parallel process
- **C.** Projective identification
- **D.** Countertransference

133. The mother of Kai, 10, tells him he can play video games each evening as soon as he finishes his reading assignment. Kai rarely chooses to read but plays video games whenever possible. Which principle is she applying?

- **A.** Forward chaining
- **B.** Shaping
- **C.** Negative reinforcement
- **D.** The Premack principle

134. Joanne, 52, spends the first part of her session describing a string of failures since her layoff. Her counselor then asks, "Tell me about a time in your life when you handled something really difficult well." Within Ivey's microskills framework, the counselor is using:

- **A.** a positive asset search
- **B.** confrontation
- **C.** focusing on others
- **D.** reframing

135. Virginia Satir's approach to family therapy is often called the

- **A.** human validation process model
- **B.** symbolic-experiential model
- **C.** contextual therapy model
- **D.** emotionally focused model

136. Ethan, 27, has ADHD and a reading disorder and is applying for office jobs. He asks his counselor whether he must tell employers about his disabilities. Under the Americans with Disabilities Act, which statement is MOST accurate?

A. The ADA covers physical disabilities, so his conditions would not qualify for accommodations
B. He must disclose on the application so that the employer can plan accommodations in advance
C. Employers may ask about his disabilities during the first interview, before any job offer is made
D. Disclosure is voluntary, but it is generally needed to request accommodation

137. Wen, 24, was recently hospitalized for a second psychotic episode related to schizophrenia. His parents, with whom he lives, are frequently critical and emotionally overinvolved. Which psychosocial intervention has the strongest evidence for reducing his risk of relapse?

A. Psychoanalytic therapy aimed at uncovering the origins of his symptoms
B. Social skills group as the only psychosocial service provided
C. Family psychoeducation focused on reducing expressed emotion
D. Encouraging Wen to move out immediately to avoid family conflict

138. In a first session, Kim, an Asian American counselor, asks her Black client, "How is it for you to work with an Asian counselor?" She never brings up race again, even when the client later describes racial discrimination at work. In Day-Vines and colleagues' model, Kim's broaching style is best described as:

A. Avoidant
B. Infusing
C. Integrated/congruent
D. Isolating

139. Sophie, 24, has been seeing her counselor by video and announces she is moving to another state for a six-month job assignment. She wants to continue sessions. The counselor is licensed only in his current state. What should he do first?

A. End services at the move date and give Sophie a list of hotlines in her new state
B. Continue sessions, because the counseling relationship began while Sophie lived in his state
C. Determine the licensure requirements of the state where Sophie will be located before continuing
D. Continue sessions, because licensure is determined by the state where the counselor is located

140. The mother of Noah, 4, says that since his grandmother died he keeps asking when Grandma is coming back. She asks the counselor how to talk with him. What is the best guidance?

A. Keep Noah away from the funeral and family gatherings, because young children are harmed by them
B. Tell Noah that Grandma is sleeping peacefully, so the idea of death feels less frightening and permanent to a young child
C. Avoid discussing the death until about age 10, when children can understand that death is permanent
D. Use clear, concrete words such as "died," and explain that Grandma's body stopped working and she cannot come back

141. Grace, 33, a professional violinist, experiences intense fear of being judged as incompetent only when performing solos before an audience. She has begun turning down auditions, which threatens her career. She is comfortable in conversations, at parties, and when meeting new people. Which diagnosis is most appropriate?

A. Social anxiety disorder, performance only
B. Avoidant personality disorder
C. Specific phobia, situational type
D. Agoraphobia

142. Rosa, 29, who identifies as lesbian, asks at intake to be assigned to a counselor who shares her sexual orientation. The agency has an openly lesbian counselor with an opening. What is the best response from the intake counselor?

A. Decline to consider staff identities, since counselors' orientations are private
B. Assign her through standard rotation, since identity matching is not evidence-based
C. Explore her reasons first, explaining that every counselor here is trained to be affirming
D. Honor the request when feasible, respecting Rosa's preference as part of informed choice

143. A supervisor reviewing a counseling student's recording notices that almost every counselor statement is a closed question. Which outcome is most likely in this session?

A. The client gives brief answers, and the counselor ends up directing the content.
B. The client's story becomes disorganized because there is too little structure.
C. The client discloses more emotional material because the structure feels safe.
D. Rapport strengthens because the counselor appears thorough and well prepared.

144. Which measure of variability is based on only the two most extreme scores in a distribution?

A. Interquartile range
B. Range
C. Variance
D. Standard deviation

145. In acceptance and commitment therapy, psychological inflexibility is maintained largely by attempts to avoid, suppress, or escape unwanted internal experiences. What is this pattern called?

A. Cognitive distortion
B. Incongruence
C. Irrational beliefs
D. Experiential avoidance

146. Raymond, 26, with schizophrenia, says during intake that voices have been telling him to hurt his upstairs neighbor. When assessing violence risk, which information is MOST important to gather next?

A. How long ago the voices first appeared and how old he was when his symptoms began
B. What the commands say, whether he feels he must obey, and whether he has acted on them before
C. Whether the voices are male or female and whether he recognizes them
D. Whether his family has a history of schizophrenia or other psychotic disorders

147. Tyler, 8, wets the bed several nights a week. A medical evaluation found no physical cause, and his parents want a behavioral treatment. Which intervention has the strongest long-term success rate?

A. Restricting all fluids after lunch
B. Punishing wet nights with loss of privileges
C. Waking him once at midnight to use the bathroom
D. A bell-and-pad enuresis alarm used consistently for several weeks

148. Nora, 36, has been actively engaged in counseling. After her counselor strongly urged a homework assignment she seemed unsure about, Nora begins giving short answers and says, "Whatever you think is best." According to Safran and Muran, this is best described as:

A. a withdrawal rupture, best addressed by talking openly about what is happening between them
B. a confrontation rupture, best addressed by validating her anger toward the counselor
C. a withdrawal rupture, best addressed by quietly assigning easier homework next time
D. a confrontation rupture, best addressed by interpreting her transference toward her mother and other authority figures

149. Two intact classrooms receive different anger-management curricula. Because the classrooms differed in aggression scores before the program began, the researcher wants to compare post-program aggression while statistically adjusting for pretest scores. Which analysis is most appropriate?

A. Analysis of covariance
B. Kruskal-Wallis H test
C. Paired-samples t-test
D. Multivariate analysis of variance

150. To which disclosure does the HIPAA "minimum necessary" standard NOT apply?

A. A disclosure to an outside billing company acting as a business associate
B. A disclosure to an auditor reviewing the practice's quality-improvement data
C. A disclosure to another health care provider for the client's treatment
D. A disclosure to the client's insurer to obtain payment for services

151. Maya, 15, is in her second session of a school-based grief group. She quietly admits that she felt relieved, not just sad, when her grandfather died after a long illness, and says she assumed something was wrong with her. Several members nod and share that they felt the same way. Which of Yalom's therapeutic factors is most clearly operating?

A. Instillation of hope
B. Altruism
C. Catharsis
D. Universality

152. Walter, 58, a combat veteran, lives alone since his divorce. He tells his counselor, "My kids would be better off without me dragging them down," and adds that death "doesn't scare me after what I saw overseas." Which framework BEST explains the risk factors he describes?

A. Durkheim's theory of anomic suicide
B. Beck's cognitive triad of depression
C. Joiner's interpersonal-psychological theory of suicide
D. Shneidman's concept of psychache

153. Eighteen months after his mother's death, Daniel, 40, visits her grave weekly, talks to her about his day, and says this brings him comfort. He is working, sleeping well, and enjoying time with his family. What is the counselor's MOST appropriate view of this behavior?

A. As a likely adaptive continuing bond whose meaning can be explored with him
B. As a sign that he has not detached emotionally from her as grief work requires
C. As evidence of prolonged grief disorder because it extends beyond 12 months
D. As a possible perceptual disturbance that should be screened for psychotic features

154. In narrative therapy, the counselor first asks how the problem has affected the client's life and relationships, then asks how the client has affected the life of the problem. This two-part process is called:

A. definitional ceremony
B. relative influence questioning
C. scaffolding conversations
D. deconstructive listening

155. Jaffee v. Redmond (1996) is significant for counselors because in that case the U.S. Supreme Court

A. ruled that minors hold the privilege over their own therapy records
B. recognized a psychotherapist-patient privilege in federal courts
C. established a duty to protect identifiable victims of client violence
D. held that therapists must warn the families of suicidal clients

156. A school counselor reads that a scholastic aptitude test correlates .60 with first-year college GPA. A parent asks how much of the differences in students' GPA the test can account for. What is the most accurate answer?

A. About 40%
B. About 36%
C. About 64%
D. About 60%

157. Which set of conditions most commonly triggers a counselor's duty to warn or protect under state law?

A. A threat to damage another person's property, finances, or reputation
B. Any expression of anger toward another person that a client makes in session
C. A client's history of violence combined with a current mental disorder diagnosis
D. A serious threat of physical violence against a reasonably identifiable victim

158. Devon, 27, arrives for an intake appointment yawning repeatedly, with a runny nose, watery eyes, dilated pupils, goosebumps, muscle aches, and diarrhea. He says he used a substance daily until 2 days ago. These signs are most consistent with withdrawal from which class of substances?

A. Hallucinogens
B. Stimulants such as cocaine
C. Opioids
D. Cannabis

159. The parents of Luca, 24, worry because he refuses to leave home. The Milan team tells the family that Luca's staying is a loving sacrifice that keeps his parents company and protects them from facing an empty house, and that the parents' worry shows their devotion. In Milan terminology this intervention is called

A. an invariant prescription
B. an ordeal
C. positive connotation
D. neutrality

160. Janelle, a counselor, collects baseline data on a client's daily panic attacks before starting interoceptive exposure. Over the first week, the frequency is already declining steadily. What should she do before introducing the intervention?

A. Continue baseline until the data stabilize
B. Begin the intervention to maintain momentum
C. Switch to a between-groups comparison
D. Average the baseline data and proceed

161. A distribution with a tall, narrow peak in which most scores cluster tightly around the mean is described as:

A. Bimodal
B. Leptokurtic
C. Platykurtic
D. Mesokurtic

162. Rosa, 52, receives chemotherapy that reliably causes nausea. After several treatments, she begins to feel nauseated as soon as she sits down in the clinic waiting room, before any drugs are given. In classical conditioning terms, the waiting room is the:

A. Conditioned stimulus
B. Conditioned response
C. Unconditioned response
D. Unconditioned stimulus

163. Regarding the Beck Depression Inventory-II (BDI-II), which statement is accurate?

- **A.** It asks respondents to rate symptoms over the past week, including today
- **B.** It asks respondents to rate symptoms over the past two weeks, including today
- **C.** It asks respondents to rate how they feel at the present moment only
- **D.** It asks respondents to rate symptoms over the past month

164. For most sexual dysfunctions in DSM-5-TR (excluding substance/medication-induced sexual dysfunction), symptoms must persist for a minimum of approximately

- **A.** 12 months
- **B.** 1 month
- **C.** 6 months
- **D.** 3 months

165. Jamal, 17, is brought to counseling by his parents, who want help with his 'attitude.' Jamal says his only goal is to 'get my parents off my back.' Which approach to goal setting is most consistent with collaborative treatment planning?

- **A.** Frame a goal around his aim, such as fewer arguments leading to more freedom
- **B.** Adopt the parents' goal, since Jamal is a minor and his parents consented to treatment
- **C.** Postpone goal setting until Jamal accepts that his behavior is the actual problem
- **D.** Set private goals with Jamal and with his parents and keep each set from the other

166. Adler considered which quality to be the primary measure of psychological health?

- **A.** Social interest
- **B.** Self-actualization
- **C.** Ego strength
- **D.** Superiority striving

167. During a parenting support group, whenever a member begins to cry, Linda quickly says, "It'll be okay, you're a great mom," and the member stops talking. What is the leader's BEST response?

- **A.** Wait until the end of the session and then discuss rescuing as a general topic
- **B.** Ask Linda to explain to the group why tears make her so uncomfortable
- **C.** Gently block the reassurance and invite the crying member to keep sharing
- **D.** Praise Linda for her empathy so that others will model her supportive response

168. A counselor runs a six-week group for parents of children recently diagnosed with ADHD. Each session begins with a brief presentation on topics such as medication basics, school accommodations, and consistent reinforcement, followed by questions. Which of Yalom's therapeutic factors is the leader most directly using in the presentation segment?

- **A.** Imparting information
- **B.** Altruism
- **C.** Universality
- **D.** Interpersonal learning

169. Kevin, 26, has had three sudden episodes of pounding heart, sweating, chest tightness, and fear of dying over the past 2 months, each occurring "out of the blue." A medical workup was negative. For the past 6 weeks he has worried constantly about having another attack and has stopped going to the gym. Which diagnosis BEST fits?

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

170. According to person-centered theory, psychological maladjustment develops primarily when

- **A.** irrational beliefs about events produce disturbing emotional consequences
- **B.** unconscious drives conflict with internalized moral prohibitions
- **C.** early feelings of inferiority are compensated through mistaken goals
- **D.** introjected conditions of worth lead a person to deny or distort experience

171. Ray, 45, lost his adult son to cancer 14 months ago. He reports an intense, daily longing for his son, feels as if part of himself has died, avoids places they went together, feels emotionally numb, and has been unable to return to full-time work. His distress far exceeds what is expected in his family's religious community. Which diagnosis best fits?

- **A.** Prolonged grief disorder
- **B.** Posttraumatic stress disorder
- **C.** Persistent depressive disorder
- **D.** Adjustment disorder with depressed mood

172. Kayla, 24, stopped her daily cannabis use 4 days ago. She reports irritability, nervousness, difficulty sleeping with disturbing dreams, decreased appetite, and restlessness. She had no anxiety problems before she began using cannabis. Which diagnosis best fits?

- **A.** Cannabis withdrawal
- **B.** Adjustment disorder with anxiety
- **C.** Cannabis intoxication
- **D.** Generalized anxiety disorder

173. Lisa, 31, is grieving her father's recent death. Her counselor, who lost her own father last year, feels a strong pull to tell Lisa her whole story because it would feel like a relief. What should the counselor do first?

- **A.** Share her full experience to model emotional openness for Lisa
- **B.** Ask herself whose needs a disclosure would serve before sharing anything
- **C.** Disclose only if Lisa directly asks about her family
- **D.** Refuse ever to self-disclose, since doing so violates boundaries

174. Lena, 42, who is Deaf and communicates primarily in American Sign Language, requests counseling at a small private practice and asks for a qualified ASL interpreter. Under the Americans with Disabilities Act, the counselor should GENERALLY do which of the following?

- **A.** Ask Lena to bring a hearing family member who signs fluently to interpret sessions
- **B.** Conduct sessions through written notes, which satisfies effective-communication rules
- **C.** Provide a qualified interpreter at no cost to Lena, absent undue burden
- **D.** Arrange a qualified interpreter and add the interpreter's fee to Lena's session charges

175. A counselor failed to document a required follow-up after a client reported side effects of a new medication, which was a clear departure from agency protocol. The client later broke a wrist in a bicycle accident caused by a pothole and sued the counselor. Which element of malpractice is the counselor's defense most likely to challenge successfully?

- **A.** Proximate cause, because the lapse did not lead to the injury
- **B.** Duty, because the counselor was not the prescriber of the medication
- **C.** Breach, because agency protocols do not reflect the standard of care
- **D.** Damages, because a broken wrist is not a compensable type of injury

176. Dr. Kim's pilot study of 12 adolescents finds that a social-skills group produced no statistically significant improvement, although a later meta-analysis shows the group reliably produces moderate gains. Which error did the pilot study most likely commit, and why?

A. A Type II error, largely because alpha was set too liberally
B. A Type I error, largely because alpha was set too liberally
C. A Type I error, largely because the small sample gave low power
D. A Type II error, largely because the small sample gave low power

177. Ben, 9, engages in head-banging. His behavior plan gives him a sticker at the end of every 10-minute interval in which no head-banging occurs, regardless of what else he does. Which procedure is this?

A. Differential reinforcement of low rates
B. Differential reinforcement of other behavior
C. Differential reinforcement of incompatible behavior
D. Differential reinforcement of alternative behavior

178. The practice of temporarily setting aside one's own assumptions and judgments in order to understand a client's experience on its own terms is called:

A. Deflection
B. Reframing
C. Bracketing
D. Cultural encapsulation

179. Denise, 44, spends the first session describing how her teenage daughter's attitude is ruining the family and says the daughter is the one who needs to change. Denise is not yet willing to try anything different herself. Which end-of-session task would a solution-focused counselor most likely suggest?

A. Notice and keep track of times this week when things with her daughter go a little better
B. Ask her daughter to attend the next session so the two of them can work on the daughter's attitude
C. Try responding to her daughter in a completely new way each evening
D. Write a letter to the problem describing how it has affected the family

180. Kayla, a practicum student, wants to video record sessions with an adult client to review with her site supervisor. What must she do before recording?

A. Record only audio, because audio recordings do not require client permission for training purposes
B. Notify the client after the session, since supervision is a permitted use that does not require consent
C. Obtain the client's informed consent, explaining who will view the recording and how it will be stored and destroyed
D. Obtain approval from her site supervisor, who is clinically responsible for the case and can authorize recording on the client's behalf

181. Victor, 41, previously met criteria for severe alcohol use disorder. For the past eight months he has not met any criteria except that he still experiences strong cravings for alcohol. He lives at home without restrictions. Which DSM-5-TR specifier applies?

A. In early remission
B. In partial remission
C. On maintenance therapy
D. In sustained remission

182. A counselor educator builds a 40-item career-maturity scale and gives it once to 200 students. She scores the odd-numbered and even-numbered items separately and finds the two halves correlate at .70. Using the Spearman-Brown formula, what is the estimated reliability of the full 40-item test?

A. 0.91
B. 0.82
C. 0.49
D. .70

183. A white counselor-in-training begins to recognize her own privilege, feels guilt, and is confused about how to respond to racism, wavering between loyalty to her racial group and her humanistic values. In Helms's White Racial Identity model, she is most likely in which status?

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

184. Kevin, 48, was laid off three weeks ago. He has not told his children, stays in bed most mornings, and says he feels like a failure as a provider. Near the end of the session he remarks, "They'd probably be better off with my life insurance." What should the counselor do NEXT?

A. Ask Kevin directly about suicidal thoughts, intent, plan, and access to means
B. Normalize his reaction as part of the grief process that commonly follows job loss
C. Refer him to his former employer's outplacement service for structured job search help
D. Shift the focus to updating his résumé so that he regains a sense of control

185. A meta-analysis by Eubanks, Muran, and Safran (2018) examined alliance ruptures and their repair. Which finding best summarizes the results?

A. Rupture-repair episodes were positively related to client outcomes
B. Repair was tied to fewer dropouts but no change in outcomes
C. Repair predicted better outcomes only in brief behavioral therapy
D. Any rupture, repaired or not, predicted poorer final outcomes

186. Mr. Diaz, the noncustodial father of a 9-year-old student, asks to review his son's educational records, including counselor notes that have been placed in the cumulative file. The custodial mother objects, but no court order or legal document restricts Mr. Diaz's rights. Under FERPA, what should the school do?

A. Deny access, because the custodial parent controls the records
B. Grant access, because both parents keep FERPA rights absent a court order
C. Release the records only with the student's own written consent
D. Release the records only after the mother provides written consent

187. Counselor Dev is beginning work with Gloria, 58, whose primary language is Spanish and who reads English at a basic level. How should Dev handle informed consent?

A. Ask Gloria's adult daughter to take the form home and explain it to her mother there
B. Summarize only the limits of confidentiality, since that is the most essential element
C. Have Gloria sign the English form and then answer any questions she happens to raise
D. Provide consent information in Spanish or through a qualified interpreter and check understanding

188. A counselor reviewing records finds that Gerald, 45, was recently given an intelligence test whose norms were collected more than 20 years before the administration. Based on the Flynn effect, what is the most likely consequence of using these outdated norms?

A. Gerald's IQ is likely underestimated because of regression toward the mean
B. Gerald's IQ is likely overestimated relative to his current same-age peers
C. Gerald's IQ is likely underestimated relative to his current same-age peers
D. Gerald's IQ is unaffected, because adult IQ is stable over the lifespan

189. Carla, 28, has severe methamphetamine use disorder. Her partner sells methamphetamine from their home, and she has relapsed during two prior IOP episodes. She has no medical complications or withdrawal risk needing medical care. Which level of care is most appropriate?

A. Medically managed intensive inpatient care
B. Another IOP episode with frequent drug tests
C. Clinically managed residential treatment
D. Standard weekly outpatient counseling

190. Omar, 30, has a severe fear of elevators. With his consent, his counselor rides an elevator with him repeatedly for 90 minutes in a tall office building, without any prior graded steps or relaxation training, until his anxiety subsides. Which technique is this?

A. Implosive therapy
B. Systematic desensitization
C. Flooding
D. Graded in vivo exposure

191. Ana, 16, says, "If I get a B, my parents will be disappointed." Her counselor asks, "And if they were disappointed, what would that mean about you?" Ana replies, "That I let them down." The counselor asks again, "And what would that mean?" Ana says, "That I'm not good enough." What technique is the counselor using, and for what purpose?

A. Decatastrophizing, to lower the feared outcome's likelihood
B. Empirical disputing, to test the thought's evidence
C. Reattribution, to share responsibility for the outcome
D. The downward arrow, to uncover an underlying core belief

192. Since her mother's death 4 months ago, Helen, 47, has felt sadness, numbness, and occasional relief. She tells her counselor, "I'm doing grief wrong because I skipped the anger stage." Which response by the counselor is MOST helpful?

A. Explain that unresolved anger is likely being suppressed and should be explored first
B. Suggest that she has moved directly to acceptance, which is the final stage of the grief process
C. Reassure her that the anger stage usually emerges around the 6-month anniversary
D. Explain that grief has no fixed sequence and that people experience reactions in varied orders

193. Which practice is MOST consistent with ASGW recommendations for the processing phase of group work?

A. Screening prospective members through individual pre-group interviews
B. Evaluating outcomes and reviewing sessions in supervision
C. Presenting the group's ground rules and limits of confidentiality
D. Recruiting members and drafting the group proposal for agency approval

194. Under HIPAA, what must a counseling provider do with its Notice of Privacy Practices for a new client?

A. Provide it annually and refuse services if the client declines to sign the acknowledgment
B. Provide it within 30 days after treatment begins and obtain the client's notarized signature acknowledging receipt
C. Provide it by the first service delivery and make a good-faith effort to obtain written acknowledgment
D. Provide it only if the client asks how their information will be used

195. Elena, 50, is receiving counseling for bipolar I disorder and is prescribed lithium by a psychiatrist. She mentions she has been skipping doses because of hand tremors. With a release in place, the counselor's BEST action is to:

A. tell Elena that tremors are expected and she should keep taking the full dose
B. advise Elena to stop lithium until her tremors improve
C. add medication adherence as a goal in the treatment plan but avoid involving the psychiatrist directly
D. encourage Elena to raise the side effect with her psychiatrist and coordinate with the prescriber

196. Rosa, 39, has worked as a graphic designer for five years. She enjoys the job and says it fits her needs and values well, but her supervisor's annual review rates her work as below standard and notes missed deadlines. In the Minnesota Theory of Work Adjustment, Rosa shows which pattern?

A. High satisfaction with low satisfactoriness
B. High self-efficacy with low outcome expectations
C. Low satisfaction with high satisfactoriness
D. High congruence with low differentiation

197. At intake, a new client corrects the counselor: "I'm not hearing impaired. I'm Deaf, with a capital D." What is the MOST appropriate understanding of the client's statement?

A. The client is describing the medical severity of the hearing loss for the intake record
B. The client identifies with Deaf culture, so the counselor should use that term
C. The client prefers person-first language, so the counselor should say person with deafness
D. The client is showing denial of disability that may be a useful focus for counseling

198. As termination approaches, Bethany, 36, who has made strong progress on depression, suddenly reports a return of several symptoms she had not had in months. A psychodynamically informed counselor would MOST likely understand this as:

A. a clear sign that the planned termination must be postponed for at least three more months of treatment
B. evidence that the original diagnosis was incorrect
C. a reaction to the impending loss of the relationship that should be explored
D. malingering intended to obtain additional sessions

199. An occupational team is teaching Mia, 8, who has an intellectual developmental disorder, to tie her shoes. Staff complete every step for her except pulling the loops tight, which she does herself; once she masters that, she performs the last two steps, and so on. Which procedure is being used?

A. Total task presentation
B. Forward chaining
C. Shaping
D. Backward chaining

200. Ava, 10, lost her mother to cancer eight months ago. For several months she has had intense longing for her mother nearly every day, is preoccupied with memories of her, says "part of me died too," avoids places that remind her of her mother, and feels emotionally numb. Her grades have dropped sharply, and her family says her grief goes far beyond what is typical in their cultural and religious community. Which diagnosis best fits?

A. Prolonged grief disorder
B. Posttraumatic stress disorder
C. Uncomplicated bereavement
D. Adjustment disorder with depressed mood