SUMMIT
STUDY GUIDES

NCE

Full-Length Practice Exam

Exam 8

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 8

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. Ari, a school counselor, tells 15-year-old Jordan at the start of counseling that he will always let Jordan know before contacting Jordan's parents. Months later, Ari must call the parents and makes sure to tell Jordan first, as promised. Which ethical principle is Ari MOST clearly upholding?

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

2. Mr. Kim, a school counselor, is part of a team evaluating Noah, a 10-year-old whose teachers report he reads far below grade level. The team needs to document Noah's current reading decoding, fluency, and comprehension skills against national age norms. Which instrument is most appropriate for this purpose?

A. Wechsler Individual Achievement Test, Fourth Edition (WIAT-4)
B. Conners Fourth Edition (Conners 4)
C. Bender Visual-Motor Gestalt Test, Second Edition
D. Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V)

3. Rachel, 22, describes a 2.5-year pattern of "ups" with mildly elevated mood and extra energy, alternating with "downs" of low mood and fatigue. Neither has ever met full criteria for a hypomanic or major depressive episode, the symptoms are present more than half the time, and she has never gone more than about 6 weeks without them. Which diagnosis is most appropriate?

A. Cyclothymic disorder
B. Persistent depressive disorder
C. Other specified bipolar and related disorder, short-duration hypomania
D. Bipolar II disorder

4. Nina, a counselor whose mother died two months ago, is working with Ruth, 44, who is grieving her own mother. During sessions Nina becomes tearful, absorbed in her own memories, and loses track of what Ruth is saying. Which description best fits what is happening?

A. High-level accurate empathy, which Rogers considered the ideal
B. Congruence, since her outward tears match her inner feelings
C. Unconditional positive regard expressed through openly shared emotion and tears
D. Losing the "as if" quality of empathy and becoming overidentified

5. Hannah, 17, tells her counselor that she cuts her forearms when she feels overwhelmed because "it releases the pressure," and she denies wanting to die. What is the MOST appropriate response?

A. Treat the cutting as attention-seeking and avoid reinforcing it with focused discussion
B. Diagnose borderline personality disorder, since self-injury is a core criterion
C. Assess the function of the self-injury and conduct a suicide risk assessment
D. Notify her parents immediately and suspend counseling until a psychiatrist evaluates her

6. Ben, 30, describes a demanding father who constantly criticized him. Over several sessions his counselor notices he feels unusually impatient and critical toward Ben, much as Ben describes his father treating him. This reaction is best understood as:

A. Counselor resistance
B. Complementary countertransference
C. Parallel process
D. Concordant countertransference

7. A narrative counselor says to Tanya, 38, "How has the Anger been getting between you and your son lately?" This kind of question is an example of:

- **A.** externalizing the problem
- **B.** reframing the problem
- **C.** confronting a discrepancy
- **D.** normalizing the problem

8. Kai, 39, a counselor, started a new medication that causes marked drowsiness and slowed thinking during the first week. He has six clients scheduled tomorrow. What is the most appropriate action?

- **A.** Tell clients about the side effects and let each one decide
- **B.** Shorten every session to 30 minutes to limit fatigue
- **C.** See clients as usual and take more detailed notes to make up for it
- **D.** Reschedule or arrange coverage until he can attend fully

9. Priya, 18, completes the Self-Directed Search, and her summary scores for all six RIASEC types fall within a few points of one another. She tells her counselor, "Everything sounds kind of okay, but nothing really jumps out." Which Holland construct best describes this profile?

- **A.** Low congruence, because her profile does not match her current school
- **B.** High identity, because she has accepted a broad range of options
- **C.** Low differentiation, suggesting her interests are not yet well defined
- **D.** Low consistency, because her top two types are opposite on the hexagon

10. Helen, 68, reports increasing forgetfulness and difficulty managing her finances. She scores 29 out of 30 on the Mini-Mental State Examination (MMSE). Her family remains concerned. What is the most appropriate next step?

- **A.** Administer the BDI-II and attribute her complaints to likely depression
- **B.** Administer the MoCA, which is more sensitive to mild cognitive impairment
- **C.** Repeat the MMSE next week to confirm that the initial score was accurate
- **D.** Conclude that no cognitive impairment exists because her MMSE is above 24

11. Tanya, 28, has PTSD after an assault and a co-occurring alcohol use disorder. Her counselor wants a present-focused, manualized treatment that addresses both conditions at once, emphasizing safety and coping skills rather than a detailed trauma narrative. Which approach fits best?

- **A.** Eye movement desensitization and reprocessing
- **B.** Prolonged exposure therapy
- **C.** The Matrix Model
- **D.** Seeking Safety

12. At a family assistance center the day after a hotel fire, a counselor deployed with a disaster relief organization notices Elena, 60, sitting alone and staring at the floor. Consistent with Psychological First Aid, what should the counselor do FIRST?

- **A.** Introduce herself, explain her role, and ask whether Elena needs anything
- **B.** Give Elena a list of local outpatient trauma therapists for follow-up care
- **C.** Ask Elena to describe what happened during the fire so she can begin processing it
- **D.** Administer a brief PTSD screening measure to determine what referrals are needed

13. While gathering a biopsychosocial history, the counselor learns that Brandon, 28, was knocked unconscious in a car accident two years ago, and his partner says he has been "more irritable and forgetful ever since." What is the MOST appropriate next step?

- **A.** Explore the injury history further and consider referral for neuropsychological evaluation
- **B.** Diagnose a personality disorder based on the lasting change in his behavior
- **C.** Attribute the changes to adjustment after the accident and begin trauma-focused therapy
- **D.** Note the accident as background history and focus the intake on his current life stressors

14. A counselor educator finds a correlation of r = -.45 between weekly hours of exercise and depression scores among graduate students. Which interpretation is most accurate?

- **A.** Students who exercise more tend to report lower depression
- **B.** Exercise causes a moderate decrease in depressive symptoms
- **C.** The relationship is weak because the coefficient is negative
- **D.** About 45% of the variance in depression is explained by exercise

15. Ray, 44, has had frequent headaches for two years. His physician has found no medical cause. His Adlerian counselor asks, 'If you didn't have these headaches, what would you be doing differently?' What is the primary purpose of this question?

- **A.** To discover what the symptom may help Ray avoid, revealing its purposive function
- **B.** To determine whether Ray meets the diagnostic criteria for somatic symptom disorder
- **C.** To help Ray shift from an external toward a more internal locus of control
- **D.** To elicit exceptions to the problem, in keeping with a solution-focused approach

16. Eight months after her husband's sudden death, Martha, 72, still sets two places at the dinner table and tells her counselor she expects him to walk through the door. According to Worden, which task of mourning is she MOST clearly struggling with?

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

17. A substance use program wants to identify which intake variables (age, number of prior treatments, readiness score, and housing status) predict whether a client drops out of treatment (dropped out vs. completed). Which analysis is most appropriate?

- **A.** Spearman rank-order correlation
- **B.** Factorial ANOVA
- **C.** Multiple linear regression
- **D.** Logistic regression

18. Luis, 35, has major depressive disorder and alcohol use disorder. His previous providers referred him back and forth between a mental health clinic and a substance use program, and he dropped out of both. Which approach is best supported for clients like Luis?

- **A.** Treating the alcohol use first and deferring depression treatment until he has a year of sobriety
- **B.** Treating the depression first because the drinking is likely self-medication
- **C.** Integrated treatment that addresses both disorders by the same team at the same time
- **D.** Alternating months of mental health and substance use services

19. Ellis grouped irrational beliefs into three major "musts." Toward which three targets are these demands directed?

- **A.** The past, the present, and the future
- **B.** Thoughts, feelings, and behaviors
- **C.** Oneself, other people, and life conditions
- **D.** Parents, peers, teachers, and other authority figures

20. Who introduced the multitrait-multimethod matrix as a way to evaluate convergent and discriminant validity?

- **A.** Cronbach and Meehl
- **B.** Kuder and Richardson
- **C.** Campbell and Fiske
- **D.** Spearman and Brown

21. An existential counselor working with Marcus, 35, focuses on his relationship to his own thoughts, feelings, values, and sense of identity, rather than on his physical environment or relationships with others. In the existential modes of being-in-the-world described by Binswanger and May, this focus is on the

A. Mitwelt
B. Umwelt
C. Eigenwelt
D. Uberwelt

22. Aisha, 41, has a private practice, and her spouse died three weeks ago. She has become tearful during sessions with grieving clients and has twice lost track of what a client was saying. What is the most appropriate course of action?

A. Tell clients about her loss so they understand why she is tearful
B. Close her practice and send all clients written notice that services have permanently ended
C. Consult a colleague and consider temporarily reducing her caseload with referrals
D. Keep her full caseload, since staying busy will help her own grieving

23. Critics of nonsexual boundary crossings in counseling often cite the 'slippery slope' argument. This argument holds that:

A. Small, benign crossings can gradually progress toward harmful violations
B. Clients who request extra contact are likely to develop serious dependency
C. Counselors who refer often are more likely to lose clinical competence
D. Rigid boundaries damage rapport and should be relaxed with most clients

24. A primary advantage of a vocational card sort over a standardized interest inventory is that the card sort:

A. reveals the client's own reasons and meanings for preferences during the sorting
B. removes the influence of the counselor from the interpretation of results
C. yields higher test-retest reliability because of its structured format
D. provides normative comparisons with satisfied workers in many occupations

25. A counselor is developing a safety plan with Ava, 19, the day after she was discharged from an emergency department visit for suicidal ideation. Following the Stanley-Brown Safety Planning Intervention, which component should they complete FIRST?

A. Making her environment safe by limiting access to lethal means
B. Recognizing her personal warning signs of an approaching crisis
C. Naming people she can contact directly to ask for help during a crisis
D. Listing internal coping strategies she can use on her own

26. Dayo, 20, says, "In my family, we don't talk about feelings; we just pray and move on." Which counselor response is most culturally responsive?

A. "Many families from religious backgrounds tend to handle stress in that way."
B. "In here, it's safe to talk about all your feelings, even if your family doesn't."
C. "It sounds like your family avoids emotions, which can make problems even worse."
D. "Tell me more about how praying and moving on has worked for you and your family."

27. How does the ICD-11 classify burnout?

A. As a specifier applied to depressive disorders in helping professionals
B. As a subtype of adjustment disorder with mixed anxiety and depressed mood in workers
C. As an occupational phenomenon resulting from unmanaged workplace stress
D. As a mental disorder within the trauma- and stressor-related disorders

28. On Carkhuff's five-level scale for rating empathic responses, a response that is essentially interchangeable with the client's expressed feeling and meaning, adding nothing and subtracting nothing, is rated at level

A. 4
B. 3
C. 2
D. 1

29. The day after entering a progress note in the electronic record, a counselor realizes she documented the wrong date for a client's reported relapse. What is the appropriate way to correct the record?

A. Leave the note unchanged and mention the correct date verbally at the next session
B. Add a dated amendment that identifies and corrects the error while preserving the original entry
C. Delete the original note and write a new, accurate note dated for the session
D. Ask the agency's IT staff to edit the original timestamp so the note reflects the correct relapse date in the system

30. Grace, 29, a Korean American woman born and raised in Ohio, tells her counselor that a new coworker asked, "Where are you really from?" and then complimented her on how good her English is. According to Sue and colleagues' taxonomy of racial microaggressions, these comments are best classified as a:

A. Microassault
B. Microinsult
C. Microinvalidation
D. Stereotype threat

31. Paul, 66, has just been told at the hospital that his wife died unexpectedly during surgery. He sits frozen, cannot decide whether to call his children, and says repeatedly, "I don't know what to do." According to James and Gilliland's view of directiveness in crisis work, what stance should the counselor take?

A. Remain nondirective so that he discovers his own solutions
B. Take a more directive role until he regains the ability to act
C. Use a collaborative stance and generate options together
D. Defer intervention until he is able to discuss his loss

32. In the Minnesota Theory of Work Adjustment, the term satisfactoriness refers to:

A. the worker's view of how well the job's reinforcers meet his or her needs and values
B. the employer's view of how well the worker's abilities meet the job's requirements
C. the worker's ability to tolerate a mismatch with the job before acting to change it
D. the degree of overlap between a person's Holland type and the work environment

33. Hannah, 14, tells her school counselor that she has been cutting her arms and sometimes wishes she were not alive, and she begs the counselor not to tell her parents. A structured risk assessment suggests low current risk, and Hannah denies any plan. According to the ASCA Ethical Standards for School Counselors, what should the counselor do?

A. Notify her parents only if Hannah refuses to accept a referral to outside counseling
B. Notify her parents or guardians, because risk assessments should not be used to avoid notification
C. Report the disclosure to child protective services rather than contacting her parents
D. Keep the information confidential, because the structured risk assessment indicates low current risk

34. Ethan, 7, tells his school counselor that he cannot be a nurse when he grows up because "nursing is a job for girls." According to Gottfredson's theory, Ethan's statement reflects which stage of development?

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

35. Alicia, 47, has severe depression. She spends most of the day in bed and says she cannot focus long enough to read. Following Beck's approach, which intervention is most appropriate to begin with?

- **A.** Imaginal exposure to memories of her past losses
- **B.** Activity monitoring and scheduling to increase rewarding activity
- **C.** The downward arrow technique to uncover and modify her core beliefs
- **D.** Long Socratic disputes of her pessimistic predictions

36. A supervisee shows her supervisor graphs of weekly ORS scores for a client who has not improved after 10 sessions. Within a feedback-informed supervision model, the supervisor should FIRST:

- **A.** explore with the supervisee what the client's SRS ratings and feedback suggest about the alliance
- **B.** reassign the client to a more experienced counselor who may be better able to engage this client
- **C.** tell the supervisee to raise her session fee to increase client motivation
- **D.** instruct the supervisee to stop using the ORS with this client

37. A treatment showed large effects in a tightly controlled trial with carefully screened participants, but a community clinic serving clients with multiple diagnoses obtains much smaller gains. This difference best illustrates the distinction between:

- **A.** Reliability and validity
- **B.** Efficacy and effectiveness
- **C.** Statistical significance and clinical significance
- **D.** Internal consistency and test-retest reliability

38. Acceptance and commitment therapy is grounded in which behavioral account of human language and cognition?

- **A.** Information processing theory
- **B.** Relational frame theory
- **C.** Social learning theory
- **D.** Cognitive appraisal theory

39. Tom, 44, has his first major depressive episode, which began 6 weeks ago. Since then he has also felt keyed up and tense, unusually restless, and fearful that something awful will happen. He had no significant anxiety before this episode. How should these anxiety symptoms be documented?

- **A.** Major depressive disorder, with atypical features
- **B.** Major depressive disorder and generalized anxiety disorder
- **C.** Major depressive disorder, with mixed features
- **D.** Major depressive disorder, with anxious distress

40. A counselor is planning a 10-week group for adolescents learning DBT-informed emotion regulation skills, with each session building on the previous one. Which group format is MOST appropriate?

- **A.** A closed group, because open groups cannot address emotion regulation content
- **B.** A closed group, because the skills build on one another in sequence
- **C.** An open group, because new members can learn earlier skills from the veterans
- **D.** An open group, because adolescents attend unpredictably and need flexible entry

41. A counselor response is best classified as an interpretation rather than a reflection when it:

- **A.** restates the feeling the client expressed using slightly different words
- **B.** asks the client to explain an ambiguous or vague statement more fully
- **C.** condenses several of the client's statements into a brief summary
- **D.** offers a new frame of reference that goes beyond what the client has said

42. According to the ACA Code of Ethics, when should counselors inform clients about the limitations of confidentiality?

- **A.** Only when a situation that requires disclosure actually arises
- **B.** At the end of the first session, once rapport has been built
- **C.** Only when the client asks a direct question about confidentiality
- **D.** At the initiation of counseling and throughout the process

43. Denise, 45, was evicted two weeks ago and is sleeping in her car. She reports depression and says she wants to start working on memories of childhood abuse right away. What should be the counselor's first treatment priority?

- **A.** Refer her for a vocational evaluation so that she can increase her income
- **B.** Begin trauma processing right away, since that is the goal she has stated
- **C.** Help her secure housing and basic needs while building stabilization skills
- **D.** Focus first on reducing depressive symptoms through cognitive restructuring

44. Andre counsels clients at a community mental health center that limits clients to 12 sessions. A client nearing the limit asks to continue with Andre in his evening private practice. When may Andre accept this referral?

- **A.** Only if the client initiates the request in writing and signs a release of agency records
- **B.** Never, because self-referral from an employing agency is prohibited in all circumstances
- **C.** Only after a 90-day waiting period has elapsed following discharge from the agency
- **D.** Only if agency policy allows self-referral and the client is told of other options

45. Which term refers to a counselor's emotional reactions to a client that stem from the counselor's own unresolved conflicts and past relationships?

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

46. The National Counselor Examination (NCE) is developed and administered by which organization, which also awards the National Certified Counselor (NCC) credential?

- **A.** American Counseling Association (ACA)
- **B.** Council for Accreditation of Counseling and Related Educational Programs (CACREP)
- **C.** National Board for Certified Counselors (NBCC)
- **D.** American Association of State Counseling Boards (AASCB)

47. Ray, 58, was unexpectedly laid off after 30 years with one employer. His counselor, using Schlossberg's transition model, notes Ray's generally optimistic outlook and strong sense of personal resilience. Under which of Schlossberg's 4 S's do these characteristics fall?

- **A.** Situation
- **B.** Support
- **C.** Self
- **D.** Strategies

48. At intake, Tom, 52, scores 17 on the PHQ-9 and rates the item about thoughts that he would be better off dead or of hurting himself as occurring on several days over the past two weeks. What should the counselor do FIRST?

- **A.** Begin behavioral activation to address his depressive symptoms directly
- **B.** Record moderately severe depression and repeat the PHQ-9 in two weeks
- **C.** Conduct a thorough suicide risk assessment during the current session
- **D.** Refer him for a medication evaluation before continuing with counseling

49. A client's score on a depression measure drops from 30 at intake to 22 at session 10. The measure has a standard deviation of 7 and a test-retest reliability of .84. Using the Jacobson and Truax reliable change index, which conclusion is correct?

A. The index is about 2.86, so the change is clearly reliable
B. The index is about 1.43, so the change falls within measurement error
C. The index is about 1.14, so the change is not reliable
D. The index is about 2.02, so the change exceeds chance at the .05 level

50. A trial demonstrates that a manualized treatment works when delivered by specially trained doctoral clinicians, with carefully screened clients and close fidelity monitoring in a university clinic. This type of study is best described as

A. an efficacy study
B. a process evaluation
C. an effectiveness study
D. a needs assessment

51. A test manual reports a reliability coefficient of .85. How should this be interpreted?

A. The test correlates .85 with an external criterion
B. About 15% of test-takers received inaccurate scores
C. About 72% of score variance is true-score variance
D. About 85% of observed-score variance is true-score variance

52. Maria, 34, is being treated in outpatient counseling for generalized anxiety disorder. She and her counselor agree that one goal is to reduce physical tension. Which objective is written in the most SMART form?

A. Maria will reduce her overall anxiety and feel calmer while she is at work
B. Maria will log 10 minutes of daily diaphragmatic breathing for 4 weeks
C. Maria will attend weekly counseling to keep working on anxiety management
D. Maria will understand how her worried thoughts lead to tension in her body

53. In emotionally focused couple therapy (EFT), which change events define Stage 2, restructuring interactions?

A. Consolidating new solutions to old problems
B. Identifying the negative cycle and reframing it
C. Replacing the Four Horsemen with their antidotes
D. Withdrawer re-engagement and blamer softening

54. Darnell, 34, completed the WAIS and earned a Full Scale IQ of 115. He asks his counselor how his score compares with other adults his age. Approximately what percentile rank corresponds to this score?

A. 98th percentile
B. 84th percentile
C. 75th percentile
D. 65th percentile

55. A crisis counselor using Kanel's ABC model of crisis intervention has established rapport with Jordan, 22, who was assaulted the previous night. The counselor is now identifying the precipitating event, Jordan's perception of it, his emotional distress, and how his functioning has changed. Which part of the model is the counselor carrying out?

A. Follow-up
B. Boiling down the problem
C. Achieving contact
D. Coping

56. Sofia, 23, is learning coping self-statements in stress inoculation training before a class presentation. Partway through her talk, she feels panic rising and tells herself, "When fear comes, just pause. Keep my focus on the present." Which category of coping self-statement is she using?

A. Reinforcing self-statements after coping
B. Conceptualizing the stressor
C. Preparing for the stressor
D. Coping with the feeling of being overwhelmed

57. Safe messaging guidelines for media coverage of suicide recommend which practice?

A. Describing the method so the public understands the risk
B. Showing photographs of grieving family members at the funeral
C. Presenting the death as the result of a single recent event
D. Including information about warning signs and where to get help

58. A counselor compares a new group intervention with treatment as usual, using 12 clients per group, and finds no statistically significant difference even though the treatment group's mean improved noticeably more. What is the most likely methodological concern?

A. Experimenter expectancy in the treatment group
B. Ceiling effects on the outcome measure
C. Inflated alpha raising the risk of a Type I error
D. Low power raising the risk of a Type II error

59. Aaliyah, 32, completed a court-mandated anger management program. Her probation officer requests a summary of her progress. Aaliyah signed a release at intake limiting disclosure to attendance and completion status. The counselor should:

A. send the full progress notes because the counseling was court-ordered
B. refuse to disclose any information until a subpoena is received
C. disclose only attendance and completion, consistent with the release
D. disclose whatever the officer requests and inform Aaliyah afterward

60. After years of advocacy by ACA, AMHCA, and other counseling organizations, licensed mental health counselors became eligible to enroll as Medicare providers beginning January 1, 2024. This change resulted from which federal action?

A. The Mental Health Parity and Addiction Equity Act of 2008
B. The 21st Century Cures Act of 2016
C. The Consolidated Appropriations Act, 2023
D. The Patient Protection and Affordable Care Act of 2010

61. Hailey, 19, has restricted her food intake for a year, has an intense fear of gaining weight, and sees herself as overweight. She denies binge eating or purging in the past three months. Her BMI is 15.5, and her menstrual cycles remain regular. Which DSM-5-TR diagnosis is most accurate?

A. Anorexia nervosa, restricting type, severe
B. Anorexia nervosa, restricting type, moderate
C. No anorexia nervosa diagnosis, because she has not lost her menses
D. Other specified feeding or eating disorder, atypical anorexia nervosa

62. Which self-report instrument contains 20 items that correspond directly to the DSM-5 symptom criteria for posttraumatic stress disorder?

A. PTSD Checklist for DSM-5 (PCL-5)
B. Generalized Anxiety Disorder-7 (GAD-7)
C. Beck Anxiety Inventory (BAI)
D. Beck Depression Inventory-II (BDI-II)

63. Gail, 47, insists her weekend drinking is not a concern. Her counselor responds, "So there's really no reason at all to think about changing your drinking." Gail replies, "Well, I wouldn't say no reason. My kids have mentioned it." Which technique did the counselor use?

- **A.** Reframing
- **B.** Paradoxical intention
- **C.** Coming alongside
- **D.** Amplified reflection

64. Hannah, 22, tells her counselor she talks to an AI companion chatbot most nights when she feels anxious and asks whether that is "okay." What is the counselor's most appropriate response?

- **A.** Reduce session frequency, since Hannah has found adequate between-session support
- **B.** Advise Hannah to stop, because relying on AI companions is incompatible with the work she is doing in counseling
- **C.** Explore how she uses it and discuss its benefits, limits, privacy risks, and crisis resources
- **D.** Ask Hannah to send transcripts of all chats so the counselor can monitor them

65. Kevin, 22, keeps putting off his financial aid paperwork. He tells his REBT counselor, "I can't stand doing boring forms. It's too hard and it shouldn't be this tedious." Which REBT concept best fits Kevin's beliefs?

- **A.** Low frustration tolerance
- **B.** Self-downing (ego disturbance)
- **C.** Learned helplessness
- **D.** Awfulizing about other people

66. Dana, 41, wants help with longstanding conflict in her family, but her husband and parents refuse to attend sessions. A counselor using Bowen family systems theory would most likely

- **A.** use empty-chair work so Dana can enact a confrontation with her parents in session
- **B.** postpone treatment until at least the marital dyad agrees to attend sessions together
- **C.** work with Dana individually, coaching her to define a self within her family of origin
- **D.** refer Dana to individual psychodynamic therapy, since family therapy requires the whole system

67. Linh, 17, a Vietnamese American student, tells her school counselor she wishes she had "lighter skin and blue eyes," prefers White friends, and is embarrassed by her parents' accents. She asks to see a White counselor because she believes they are "more qualified." According to the Racial/Cultural Identity Development (R/CID) model, Linh is most likely in which stage?

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

68. Marcus, 34, was started on an SSRI for a major depressive episode. Three weeks later he developed euphoria, grandiosity, a markedly decreased need for sleep, pressured speech, and reckless spending. The SSRI was stopped, but the full syndrome continued for another 10 days and disrupted his job. He has no prior history of mood elevation. According to DSM-5-TR, which diagnosis is most appropriate?

- **A.** Major depressive disorder with mixed features
- **B.** Bipolar I disorder
- **C.** Substance/medication-induced bipolar and related disorder
- **D.** Bipolar II disorder

69. Lena, 34, was laid off two months ago. On the Self-Directed Search all six of her scores are low and nearly equal. During the interpretation she mentions that she has been sleeping poorly and no longer enjoys hobbies she used to love. What should the counselor do FIRST?

A. Give the Strong Interest Inventory, whose larger item pool tends to produce more differentiated results

B. Switch to a vocational card sort to help her separate her interests through discussion

C. Assess her mood further, since a low, flat profile can reflect depression

D. Interpret the profile as multipotentiality and encourage her to explore several broad fields before narrowing down

70. Darius, 34, has bipolar I disorder. He has slept about 2 hours a night for four nights, is spending his savings, believes he has been chosen to lead a new religion, and has poor judgment about his safety. He denies suicidal thoughts. Which level of care is most appropriate?

A. Weekly outpatient counseling with medication review

B. An intensive outpatient program several days weekly

C. Inpatient psychiatric hospitalization for stabilization

D. A partial hospitalization program during the daytime

71. A counselor is beginning couples counseling with Dana and Lee, who also expect to have occasional individual sessions. Before treatment begins, what is the most important confidentiality step under the ACA Code of Ethics?

A. Inform both partners that nothing said in either partner's individual sessions will ever be shared with the other partner

B. Avoid discussing secrets in advance so the partners do not become guarded early in counseling

C. Ask each partner to sign a separate release so their individual records can be merged later

D. Define who the client is and reach a documented agreement on how individual disclosures will be handled

72. Research by Hook and colleagues using the Cultural Humility Scale found that clients' ratings of their counselors' cultural humility were:

A. Related only to counselors' self-rated multicultural competence

B. Positively related to the working alliance and improvement in therapy

C. Unrelated to outcomes once counselor-client ethnic match was controlled

D. Negatively related to outcomes because humility lowers perceived expertise

73. Two counselors co-leading an adolescent group notice that they increasingly interrupt each other's interventions and compete for members' attention. Members have started commenting on the tension. What should the co-leaders do first?

A. Divide each session's time so that each leader has an uninterrupted segment to run their own interventions

B. Ask the members to vote on which leader's approach they prefer

C. Ignore the tension in group so members are not distracted from their goals

D. Meet privately, and seek supervision if needed, to explore and resolve their relationship issues

74. Priya, 41, is on track to become a partner at her law firm but feels torn. She says she is no longer sure whether her work, her role as a parent, or her community leadership matters most to her. Which instrument most directly measures the relative importance of these life roles?

A. Career Development Inventory

B. Minnesota Importance Questionnaire

C. Salience Inventory

D. Adult Career Concerns Inventory

75. Counselor Erin's client, Mr. Delgado, is being unfairly evicted, and Erin wants to speak about his specific case at a city council meeting to push for stronger tenant protections. According to the ACA Code of Ethics, what must Erin do before speaking about his case?

A. Notify her licensing board that she will publicly discuss a client's situation
B. Obtain a written release from the landlord named in Mr. Delgado's dispute
C. Remove his name from her remarks, which eliminates any need for permission
D. Obtain Mr. Delgado's consent before advocating for him as an identifiable client

76. A counselor observing a Strange Situation procedure watches 14-month-old Maya become extremely distressed when her mother leaves. When her mother returns, Maya reaches to be picked up but then kicks, pushes away, and continues crying for several minutes without settling. Which attachment classification best fits Maya's reunion behavior?

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

77. Which set lists the three life tasks that Adler originally identified?

A. Work, friendship, and love
B. Self, spirituality, and parenting
C. Safety, belonging, and esteem
D. Love, work, and play

78. Paul, 61, says his family worries about his gambling, but he insists, "I don't have a problem. I come out ahead most months." He has no intention of changing. Which counselor approach best matches his stage of change?

A. Raise awareness through nonjudgmental feedback and exploration
B. Assist him in setting a quit date and telling his family about it
C. Teach stimulus control strategies such as avoiding the casino
D. Help him identify triggers and develop a relapse prevention plan

79. Ethan, 8, has refused to sleep in his own bedroom since a house fire, although the room has been fully repaired and is safe. His TF-CBT counselor wants to address this specific avoidance. Which component is most directly suited to this goal?

A. Affective expression and modulation
B. In vivo mastery of trauma reminders
C. Conjoint child-parent sessions
D. Enhancing future safety and development

80. An agency director compares two substance use programs by calculating the cost per client who remains abstinent at six months, without assigning a dollar value to abstinence. Which type of analysis is this?

A. Return-on-investment analysis
B. Cost-utility analysis
C. Cost-benefit analysis
D. Cost-effectiveness analysis

81. Jamal, 17, wants to know how his likes and dislikes compare with those of people who are employed and satisfied in a wide range of occupations. Which instrument is designed specifically to provide that comparison?

A. Strong Interest Inventory
B. Wechsler Adult Intelligence Scale
C. Armed Services Vocational Aptitude Battery
D. Self-Directed Search

82. Bea, 28, a newly licensed counselor, asks her supervisor whether the ACA Code requires her to be in personal counseling while practicing. What is the most accurate answer?

A. It is not mandated, but she must seek help if problems reach impairment
B. It must be disclosed to every client in the informed consent documents she provides
C. It is required every year for license renewal in every state
D. It is prohibited with any counselor practicing in the same town

83. Over several sessions, Rachel, 33, has voiced a number of reasons to reduce her cannabis use, along with some reservations. Her counselor senses she may be ready to move toward planning. Which approach is most consistent with motivational interviewing at this point?

A. Present a list of recommended treatment options and ask her to choose one by next week
B. Ask her to rate her confidence on a 0 to 10 scale before discussing anything further
C. Review the negative consequences of continued cannabis use one more time to solidify her motivation
D. Offer a recapitulation summary of her change talk, then ask a key question about next steps

84. Under DSM-5-TR, at least how much time must have passed since the death of a loved one before an adult can be diagnosed with prolonged grief disorder?

A. 2 months
B. 6 months
C. 24 months
D. 12 months

85. Destiny, 16, earns top grades in math but tells her school counselor, "People like me don't become engineers. I probably couldn't handle it anyway." From the perspective of social cognitive career theory (SCCT), the counselor should FIRST focus on:

A. raising her congruence by matching her Holland code with a compatible engineering environment
B. building her self-efficacy through mastery and vicarious learning experiences
C. helping her move from Ginzberg's tentative period into the realistic period of career choice
D. addressing need frustration from early parent-child relationships, as described by Anne Roe

86. In the ninth session of an interpersonal counseling group, members spontaneously give one another honest feedback, raise reactions they are having toward each other in the moment, and take risks without much prompting. The leader finds herself intervening less. According to Corey, the group is most likely in which stage?

A. Initial stage
B. Transition stage
C. Final stage
D. Working stage

87. Andre, 29, in DBT, completes a diary card showing he cut himself once last week. He has also arrived late to two sessions, and he says he wants to spend today's session talking about losing his job. According to the DBT treatment target hierarchy, what should the counselor address first?

A. His self-harm, using a chain analysis of the episode
B. His late arrivals, because they interfere with the therapy itself
C. His sense of hopelessness, using cognitive restructuring
D. His job loss, because it is the issue he brought to session

88. Luis wants to use his health insurance to pay for counseling. According to the ACA Code of Ethics, what is required before the counselor submits a diagnosis to his insurer?

A. A court order whenever a mental health diagnosis is involved
B. Luis's authorization to release information to the insurer
C. Nothing, because insurers are bound by their own privacy rules
D. Approval from Luis's primary care physician for the claim

89. During interviews with adult children caring for parents with dementia, a researcher notices that the last several interviews have produced no new codes or themes. In qualitative research, this point is called:

- **A.** prolonged engagement
- **B.** data saturation
- **C.** interrater reliability
- **D.** theoretical sensitivity

90. Dr. Lee, 52, was recently diagnosed with pancreatic cancer. In session he describes survival statistics, tumor staging, and recent clinical trials in great technical detail. Each time the counselor asks how he is feeling, he returns to citing research findings. Which defense mechanism is most evident?

- **A.** Repression
- **B.** Intellectualization
- **C.** Rationalization
- **D.** Denial

91. A qualitative researcher writes detailed accounts of the rural setting, participants' cultural context, and the circumstances of each interview so that readers can judge whether the findings might apply to their own settings. This strategy primarily addresses which criterion?

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

92. From a person-centered perspective, the core conditions promote client change chiefly by

- **A.** freeing the client's inherent actualizing tendency to operate
- **B.** teaching the client to dispute self-defeating core beliefs
- **C.** reinforcing adaptive behaviors when the client displays them
- **D.** making unconscious conflicts conscious through interpretation

93. In couples counseling, Mia consistently says "we feel" and "we want," and when asked what she personally prefers, she cannot separate her wishes from her husband's. In Gestalt terms, this pattern is

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

94. A counselor in private practice will be relocating to another country in 3 months. Which action best fulfills her ethical obligations to current clients?

- **A.** Inform clients promptly, address the transition in session, and help each arrange referrals
- **B.** Transfer all records to a colleague, who will then contact each client after the move
- **C.** Tell clients at their final session so the remaining therapeutic work is not disrupted
- **D.** Mail clients a list of local counselors after the practice has closed and records are stored

95. Brianna, 20, receives Strong Interest Inventory results showing very high Artistic scores. She tells her counselor, "This proves I have the talent to become a professional painter." What is the counselor's best response?

- **A.** Recommend the Self-Directed Search to verify that she has artistic talent
- **B.** Recommend the MBTI to determine whether her personality type is artistic
- **C.** Confirm her conclusion, since high interest scores reliably predict artistic success
- **D.** Clarify that the results reflect interests, not abilities, and explore her skills

96. Rosa, 42, was referred by her physician for heavy drinking. In the first session she says, "My doctor thinks I drink too much." Using the OARS skills of motivational interviewing, which counselor response is an open question?

A. "How many drinks do you usually have on a weekday?"
B. "Have you ever tried to cut back on your drinking?"
C. "What concerns, if any, do you have about your drinking?"
D. "Do you agree with your doctor that you are drinking too much?"

97. Sam, 10, has had frequent eye blinking, shoulder shrugging, and repetitive throat clearing for the past 8 months. There is no substance use or medical condition that explains the tics. Which diagnosis is most appropriate?

A. Persistent (chronic) motor or vocal tic disorder
B. Provisional tic disorder
C. Stereotypic movement disorder
D. Tourette's disorder

98. Jamal, 20, is a Black college student who has recently rejected dominant-culture values, endorses his own group's views uncritically, and expresses anger at White institutions. According to the Racial/Cultural Identity Development model, which type of counselor is Jamal most likely to prefer?

A. A counselor from his own racial or cultural group
B. A counselor of any race who uses a nondirective approach
C. A counselor of any race who shares his overall worldview
D. A counselor from the dominant group viewed as an expert

99. A school counselor is teaching Zoe, 7, to raise her hand before speaking in class. Zoe currently raises her hand only occasionally. Which reinforcement plan is most effective?

A. Use a variable-interval schedule throughout so Zoe cannot predict when praise will come
B. Begin with continuous reinforcement, then gradually thin to an intermittent schedule
C. Reinforce only after Zoe raises her hand five times so that she learns persistence
D. Begin with intermittent reinforcement so the new behavior resists extinction from the start

100. In Freud's theory, a boy's Oedipus complex is typically resolved through

A. identification with the same-sex parent
B. sublimation of impulses into schoolwork during latency
C. repression of unresolved oral dependency needs
D. reaction formation toward the opposite-sex parent

101. Which object relations theorist introduced the concepts of the 'good-enough mother,' the transitional object, and the holding environment?

A. Donald Winnicott
B. Melanie Klein
C. Heinz Kohut
D. Margaret Mahler

102. Keisha, 27, completed daily mood ratings over two menstrual cycles at her counselor's request. In the final week before menses during most cycles over the past year, she has marked mood swings, irritability, anxiety, bloating, and disrupted sleep that interfere with her work; the symptoms improve within a few days after menses begins and are minimal the week after. Which diagnosis is most appropriate?

A. Premenstrual dysphoric disorder
B. Major depressive disorder, recurrent
C. Cyclothymic disorder
D. Bipolar II disorder with rapid cycling

103. Maya, 16, is actively exploring different career paths, trying out volunteer roles, and questioning the religious beliefs she was raised with, but she has not yet committed to any direction. She describes this as exciting but sometimes stressful. According to Marcia, Maya is in which identity status?

A. Identity diffusion
B. Moratorium
C. Foreclosure
D. Identity achievement

104. Jay Haley used the term "perverse triangle" to describe

A. a client's attempt to draw the therapist into the family's struggles
B. contradictory messages at different levels that the receiver cannot escape
C. a cross-generational coalition, such as parent and child against the other parent
D. two parents uniting to avoid conflict by focusing on a child's problem

105. Ruth, an anxious mother of three, focuses intense worry and attention on her middle child, Ben, 10, monitoring his every mood. Over time Ben becomes the most emotionally reactive and least differentiated of the siblings, while his brothers do comparatively well. Bowen would most likely describe this as the

A. multigenerational transmission process
B. societal emotional process
C. family projection process
D. emotional cutoff

106. Under DSM-5-TR, the catatonia specifier (and catatonia associated with another mental disorder) applies when the clinical picture is dominated by at least how many of the 12 listed psychomotor features, such as stupor, mutism, negativism, and echolalia?

A. Three
B. Two
C. Five
D. Four

107. In an outpatient process group, Dev, 29, angrily tells Sara, 31, "You always play the victim." Sara begins to cry. What is the best response by the group leader?

A. Ask Sara to explore why she tends to take the victim role in her relationships
B. Move the group to a new topic to protect Sara from any further distress today
C. Let the exchange continue uninterrupted, since conflict is necessary for group cohesion
D. Block the attack and help Dev share how Sara's specific behavior in group affects him

108. Rosa, 31, has had repeated sudden episodes of racing heart and dizziness, each time thinking, "I'm having a heart attack." Medical causes have been ruled out. According to the cognitive model of panic (Clark), what is the central process maintaining her panic attacks?

A. Excessive worry spread across many life areas
B. Intrusive images tied to a past traumatic event
C. Catastrophic misreading of normal bodily sensations
D. Conditioned fear of a specific outside object

109. The mother of Liam, a 13-year-old, asks his school counselor to see the brief notes the counselor jotted after their sessions. The counselor keeps the notes in a locked drawer, uses them only as memory aids, and has never shown them to anyone. Under FERPA, how are these notes classified?

A. As education records that the mother has a right to inspect within 45 days
B. As sole possession records, which are excluded from the definition of education records
C. As directory information that may be released unless the family has opted out
D. As treatment records, which become education records once the student turns 18

110. Bella, 12, tells her counselor that her mother regularly locks her outside overnight as punishment. The counselor plans to report to child protective services. Bella's mother is waiting in the lobby. Should the counselor tell the mother about the report before making it?

- **A.** No; she should report and let the agency guide when the mother is told, since alerting her could endanger Bella
- **B.** Yes; the ACA Code requires counselors to be transparent with parents of minor clients before contacting outside agencies
- **C.** Yes; parents have the legal right to be told about any disclosure of their minor child's confidential information
- **D.** No; the counselor should tell the father instead, because he is not the parent who is suspected of the abuse

111. Anika, 35, has been seen by telehealth for a year by a counselor licensed in Oregon. Anika announces she is moving to Texas next month. Which action is MOST appropriate?

- **A.** End services on the day Anika moves and provide a crisis hotline number
- **B.** Verify whether she can legally practice in Texas and, if not, plan a transition to a provider there
- **C.** Continue sessions but document them as consultation rather than counseling
- **D.** Continue telehealth sessions as usual, since the counselor holds an active license in the state of Oregon

112. A counselor is leading a closed, 10-week psychoeducational group for adolescents coping with parental divorce. Which practice BEST supports the group's termination stage?

- **A.** Extending the group indefinitely because adolescents struggle with endings
- **B.** Reminding members of the ending weeks in advance and structuring time to review learning and say goodbye
- **C.** Introducing a new member in the final session to model change
- **D.** Avoiding any mention of the ending so that members do not disengage from the group before the final week

113. Anne Roe developed an occupational classification system that organized the world of work along two dimensions. How was this system structured?

- **A.** Six personality-based types arranged around a hexagonal model
- **B.** Five life stages crossed with six major life roles
- **C.** Eight occupational groups crossed with six levels of responsibility and skill
- **D.** Four periods of choice crossed with three realistic substages

114. Sam, 45, has been ordered by a court to attend a substance use group. At intake he says he does not want to be there. What is the counselor's ethical obligation regarding informed consent?

- **A.** Skip informed consent because a court order replaces the need for client consent
- **B.** Explain the group, his right to refuse, and the consequences of refusing
- **C.** Inform Sam that mandated members forfeit the right to refuse group activities
- **D.** Postpone consent until Sam has attended enough sessions to judge the group

115. Within the transtheoretical model, relapse is best understood as

- **A.** evidence that the person was never truly ready to move beyond contemplation
- **B.** a common event after which people often recycle through earlier stages
- **C.** a separate stage of change that follows maintenance for most clients
- **D.** a signal that a stage-matched approach has failed and should be abandoned

116. Alex, 16, tells the school counselor that their parents reacted with anger when Alex came out as gay, and a friend has reported that Alex posted online about "not being around much longer." What should the counselor do FIRST?

- **A.** Call Alex's parents to inform them of the post before speaking further with Alex
- **B.** Directly assess Alex's suicidal thoughts, plan, intent, and access to means
- **C.** Refer Alex to an LGBTQ+ youth support group in the community
- **D.** Explore Alex's sexual identity development and the coming-out process

117. Ellis encouraged unconditional self-acceptance rather than building self-esteem. What was his main reason?

- **A.** Self-esteem links a person's worth to performance and approval
- **B.** Self-acceptance first requires removing all of a client's negative emotion
- **C.** Self-esteem is a psychodynamic idea that clashes with CBT
- **D.** Self-esteem cannot be measured reliably with standard tests

118. Research using measures of color-blind racial attitudes (e.g., Neville and colleagues) has generally found that counselors with higher color-blind attitudes show:

- **A.** Fewer racial microaggressions in session
- **B.** Stronger working alliances with clients of color
- **C.** Greater objectivity when making diagnostic decisions
- **D.** Lower multicultural counseling competence and empathy

119. Luis, 33, who has a moderate intellectual developmental disorder, lives in a group home. Over two months he has stopped joining activities, sleeps much more, and cries frequently. Staff tell the counselor, "That's just part of his disability." The staff members' reasoning BEST illustrates which concern?

- **A.** Diagnostic overshadowing
- **B.** Spread effect
- **C.** Secondary gain
- **D.** Learned helplessness

120. Marcus, 31, a veteran, has PTSD after combat exposure. He is medically stable, has no substance use disorder, and wants a structured, short-term trauma treatment. Which intervention is best supported for his treatment plan?

- **A.** Cognitive processing therapy
- **B.** Nondirective supportive counseling alone
- **C.** Relaxation training as the sole intervention
- **D.** Critical incident stress debriefing

121. Maria, 34, a working mother, feels guilty that she is not a "perfect" parent and employee. Her feminist counselor helps her identify the messages she received about what women should be, examine their costs and benefits, and decide which ones she wants to keep. This intervention is called:

- **A.** social-role intervention
- **B.** gender-role analysis
- **C.** cognitive restructuring
- **D.** power analysis

122. Darnell, 45, reports eating unusually large amounts of food within 2 hours about twice a week for the past 5 months. During these episodes he eats rapidly until uncomfortably full, eats alone because he is embarrassed, and feels disgusted afterward. He denies vomiting, laxative use, fasting, or excessive exercise. His BMI is 31. Which diagnosis best fits?

A. Bulimia nervosa, mild
B. Anorexia nervosa, binge-eating/purging type
C. Night eating syndrome (other specified feeding or eating disorder)
D. Binge-eating disorder

123. How does DSM-5-TR modify the criteria for persistent depressive disorder when diagnosing a child or adolescent?

A. Irritable mood counts only when anhedonia has also been present for 1 year
B. Mood must be depressed, but the duration is reduced to at least 6 months
C. Irritable mood may replace depressed mood, but the duration stays at 2 years
D. Mood may be irritable rather than depressed, and the duration is at least 1 year

124. Renee, 50, spends much of each session describing how unfairly her former boss treated her before firing her two years ago. Consistent with reality therapy, the counselor would most likely:

A. interpret her anger toward the boss as transference from her father
B. assign a daily log of her negative thoughts about the former boss
C. briefly acknowledge her frustration and redirect to what she can do now to meet her needs
D. encourage a full emotional retelling of the firing so that she can achieve catharsis and release

125. After a counselor reports suspected abuse of a 9-year-old client, a child protective services caseworker asks for information from the child's counseling record related to the allegation. The child's parents refuse to authorize the release. Under HIPAA, what may the counselor do?

A. Disclose the relevant information, since HIPAA permits disclosures to agencies authorized to receive abuse reports
B. Disclose the complete record, since the minimum necessary standard does not apply to abuse investigations
C. Refuse to disclose anything, since HIPAA requires a parental authorization for every disclosure about a minor
D. Disclose only after the caseworker obtains a subpoena, since HIPAA requires legal process in this situation

126. A community college counselor is meeting with Tasha, 26, a single mother with limited time who prefers to work independently between sessions. The counselor wants a Holland-based interest measure that Tasha can take, score, and begin interpreting on her own, then bring back to discuss. Which instrument best fits this need?

A. Kuder Career Search
B. Campbell Interest and Skill Survey
C. Self-Directed Search
D. Strong Interest Inventory

127. In Freud's structural model of personality, which component operates on the reality principle and mediates between instinctual demands and the constraints of the external world?

A. Id
B. Superego
C. Ego ideal
D. Ego

128. Marcus, 5, has frequent tantrums and refuses to follow directions. The counselor watches from behind a one-way mirror and coaches his mother through an earpiece. In the first phase, she is taught to praise, reflect, imitate, and describe Marcus's play while avoiding commands; in the second phase, she learns to give clear commands and use time-out consistently. Which treatment is this?

A. Theraplay
B. Multisystemic therapy
C. Parent-child interaction therapy
D. Filial therapy

129. Mei, a 19-year-old college student in a counseling-center support group, has spoken only briefly in four sessions, though she listens attentively. She shared at screening that in her family it is disrespectful to speak before elders. What should the leader do FIRST?

A. Label Mei's silence as resistance and ask the group to give her feedback
B. Use a go-round each week that requires every member to answer in turn
C. Tell Mei that the group cannot help her unless she speaks each session
D. Ask Mei how she experiences the group and what feels right to her

130. During a counseling group, several members tell Marcus that he often smiles while describing painful events, which makes it hard for them to know how he feels. Marcus is surprised and says he never noticed this. In terms of the Johari window, which area of Marcus's self is reduced by this feedback?

A. Blind area
B. Hidden area
C. Open area
D. Unknown area

131. Mabel, 81, is a mentally competent client who lives with her adult son. During a session the counselor notices fingertip-shaped bruises on her arms, and Mabel says her son "handles all my money now" and gets angry when she asks about it. She asks the counselor not to tell anyone. In a state that mandates counselor reporting of suspected elder abuse, what should the counselor do?

A. Honor her request because she is a competent adult
B. Document the observations and revisit them if new bruises appear
C. Report the suspected abuse to adult protective services
D. Meet with the son to clarify the situation before taking action

132. Midway through a timed aptitude test, a fire alarm forces Carlos and his counselor to leave the building for 20 minutes before resuming. The counselor decides to score the test. What should the counselor do when reporting the results?

A. Discard the results without mentioning the interrupted administration
B. Report the results as valid, since most of the test was completed normally
C. Note the disruption and its possible effect on validity in the report
D. Adjust the raw score upward to compensate for the lost testing time

133. Henry, 80, wants to "make peace with my life." His counselor guides him through a structured, chronological review of his life, helping him evaluate past choices and work through unresolved conflicts and regrets in order to reach a sense of integrity. This intervention is best described as:

A. Simple reminiscence therapy
B. Validation therapy
C. Reality orientation therapy
D. Life review therapy

134. Robert Butler's life review differs from simple reminiscence primarily in that life review

- **A.** evaluates and integrates past experiences, including unresolved conflicts
- **B.** requires a cognitive-behavioral framework to be effective
- **C.** is designed mainly for people with advanced dementia
- **D.** is restricted to pleasant memories in order to boost the older adult's mood and morale

135. Carol Gilligan's primary criticism of Kohlberg's theory of moral development was that

- **A.** it was built on studies of males and undervalued care-based reasoning
- **B.** it focused on moral behavior rather than on moral reasoning
- **C.** its stages were not invariant in sequence across different cultures
- **D.** its dilemmas were too abstract to use with children under age 10

136. Zoe, 13, has a Black father and a White mother. After being pressured by classmates to "pick a side," she began identifying only with her Black peers. She now feels guilty and disloyal toward her mother's family and confused about rejecting part of her heritage. According to Poston's biracial identity development model, Zoe is most likely in which stage?

- **A.** Appreciation
- **B.** Choice of Group Categorization
- **C.** Enmeshment/Denial
- **D.** Personal Identity

137. Mrs. Alvarez reads her 15-year-old daughter's journal, answers questions directed to her daughter, and often sleeps in her daughter's bed when upset. In structural family therapy terms, this relationship is best described as having

- **A.** a diffuse boundary, indicating enmeshment
- **B.** a clear boundary, indicating healthy closeness
- **C.** a detouring coalition against the father
- **D.** a rigid boundary, indicating disengagement

138. A couple requests counseling for frequent arguments. During the individual portion of the intake, Rachel says her husband has shoved her twice in the past month and that she is afraid of how he will react to what she says in joint sessions. What should the counselor do?

- **A.** Begin emotionally focused couple therapy to calm the conflict cycle
- **B.** Raise her disclosure in the next joint session to promote openness
- **C.** Hold off on conjoint sessions and address Rachel's safety individually
- **D.** Teach the couple Gottman's conflict management skills together

139. A counselor working with Ray, 58, who is ambivalent about managing his diabetes, carefully lists every health risk and reason he should change his diet. As the session goes on, Ray argues more and more strongly that his eating is fine. What is the best explanation from a motivational interviewing perspective?

- **A.** Ray is in the precontemplation stage and is not yet able to consider making any change to his eating
- **B.** Ray is using reaction formation to defend against anxiety about his diagnosis
- **C.** The counselor has not yet given enough factual information about diabetes complications
- **D.** The counselor took the pro-change side of his ambivalence, prompting Ray to voice the other side

140. Maya, 7 months old, watches her father cover her favorite rattle with a blanket and immediately loses interest, making no attempt to search for it. Her mother asks a family counselor whether this is a problem. According to Piaget, the best explanation for Maya's behavior is that she has not yet developed

- **A.** class inclusion
- **B.** object permanence
- **C.** conservation of mass
- **D.** reversibility of operations

141. Nadia, 30, asks for a copy of her counseling records. Her counselor worries that reading notes about Nadia's personality patterns could upset her. According to the ACA Code of Ethics, how should the counselor respond?

A. Offer a summary only, because clients may not view their full records
B. Refuse access, since records belong to the counselor who created them
C. Provide access only after Nadia has completed her course of counseling
D. Provide reasonable access, limiting it only with compelling evidence of harm

142. Leo, 7, wets the bed about three nights a week and has done so for the past four months. His pediatrician has ruled out medical causes, and he has never had a sustained dry period. His parents want a behavioral approach. Which intervention has the strongest evidence?

A. Restricting all fluids after 4 p.m. as the sole intervention
B. Waking him at the same time each night to use the toilet
C. A urine alarm that wakes him when wetting begins
D. A sticker chart rewarding dry nights as the sole intervention

143. Which entry would belong in the Intervention section of a BIRP progress note?

A. "Client identified two pieces of evidence against the belief and appeared visibly relieved."
B. "Client will complete a daily thought record; next session is scheduled for one week."
C. "Counselor used Socratic questioning to examine the client's belief that she is 'a failure.'"
D. "Client arrived 15 minutes late, appeared disheveled, and avoided eye contact throughout the session."

144. A counselor wants to use social media both for personal life and to share professional information about her practice. According to the ACA Code of Ethics, what should she do?

A. Use a single profile but set personal posts to be visible to friends only
B. Create separate professional and personal profiles to distinguish the two
C. Avoid any professional social media presence, which the Code prohibits
D. Use only her personal profile but avoid accepting clients as connections

145. In the week after a contentious election, Brenda, 51, spends session time praising a candidate her counselor strongly opposes. The counselor notices he is becoming less attentive and more argumentative in his paraphrases. What is the most appropriate step?

A. Recognize the reaction, refocus on Brenda's concerns, and process it in consultation
B. Redirect Brenda whenever politics comes up, since it distracts from her goals
C. Share his own political views so the relationship remains genuine and congruent
D. Set a ground rule that politics will not be discussed in any future sessions

146. Jamal, 30, was raised in a strict religious household. He reports intense guilt and anxiety after even briefly having sexual thoughts, saying, 'I feel like I've already done something terrible.' In Freudian terms, Jamal is primarily experiencing which type of anxiety?

A. Neurotic anxiety
B. Separation anxiety
C. Moral anxiety
D. Reality anxiety

147. Keisha, 15, tells her school counselor that her 17-year-old brother has been sexually touching their 8-year-old sister when the parents are at work. Keisha has not seen this happen herself; her sister told her about it. What should the counselor do?

A. Refer the family to counseling, because the alleged perpetrator is also a minor
B. Notify the parents first, because the abuse occurred at home and not at school
C. Report the suspected abuse of the younger sister to child protective services
D. Wait to report until the counselor can interview the 8-year-old sister directly

148. Employees enrolled in a wellness study are divided into a group that receives a coaching program and a group that is only interviewed and observed weekly by the research team. Both groups report similar, significant improvements in job satisfaction. Which phenomenon most likely explains the comparison group's improvement?

A. Selection-maturation interaction
B. Rosenthal effect
C. Regression toward the mean
D. Hawthorne effect

149. Sofia, 11, has begun dismissing occupations such as janitor and cashier, saying they are "jobs people look down on," and she now considers only jobs she believes are respected and well paid. Within Gottfredson's theory, which developmental stage does this most clearly illustrate?

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

150. Which statement best captures the central proposition of Super's developmental theory of career choice?

A. Occupational choice is a matching of measured traits to job requirements
B. Occupational choice is a process of developing and implementing a self-concept
C. Occupational choice reflects needs shaped by early parent-child relations
D. Occupational choice results from learned beliefs and task approach skills

151. Kayla, 10, was sexually abused by a neighbor. Her mother is supportive and wants to be involved in treatment. Which evidence-based approach is designed for this situation and includes parallel caregiver sessions and the gradual development of a trauma narrative?

A. Trauma-focused cognitive behavioral therapy
B. Child-centered play therapy
C. Cognitive processing therapy
D. Prolonged exposure therapy

152. Kenji, 24, a Japanese exchange student, avoids classes and social events because he is intensely afraid that his gaze and body odor are offensive and make other people uncomfortable. Which DSM-5-TR cultural concept of distress MOST closely matches his concern?

A. Dhat syndrome
B. Taijin kyofusho
C. Kufungisisa
D. Shenjing shuairuo

153. In structural family therapy, the counselor's adoption of the family's style, tempo, and affect (for example, speaking slowly and quietly with a reserved family) in order to join with them is called

A. mirroring
B. mimesis
C. tracking
D. maintenance

154. Mrs. Byrne tells her son, "Come give me a hug," but stiffens and turns away when he approaches. She then criticizes him for being cold and distant, and he cannot comment on the contradiction or leave the relationship. This pattern is best described as

A. marital schism
B. pseudomutuality
C. a double bind
D. mystification

155. Teresa, 44, cares for her mother, who has advanced dementia. She says, "I love her, but some days I just want to walk out the door and not come back. Then I feel awful for even thinking it." Which response is the best reflection of feeling?

A. You've been thinking seriously about stepping away from your role as her caregiver.
B. Have you looked into respite care so you can get some time to yourself?
C. You feel worn down and resentful at times, and then guilty for feeling that way.
D. Caring for a parent with dementia is one of the hardest roles there is.

156. The parents of Mia, 2, harshly punish her toileting accidents and insist on dressing and feeding her rather than letting her try. According to Erikson, these practices most directly threaten Mia's development of

A. trust
B. initiative
C. industry
D. autonomy

157. In the second session, a counselor tells Ellen, 38, "I think your anger at your boss is really anger at your father." Ellen frowns and says, "That's ridiculous. My boss is just a jerk." What is the most accurate understanding of this exchange?

A. Her reaction signals an alliance rupture serious enough that a referral to another counselor should now be discussed
B. Her denial confirms the interpretation is accurate, so the counselor should restate it more firmly
C. The counselor should avoid the topic of her father for the rest of the treatment
D. The interpretation was likely premature, so the counselor should explore her reaction without defensiveness

158. A judge orders counselor Ines to produce her complete file on a client in a civil case. The client has not consented and objects to the release. Consistent with ACA Code of Ethics B.2.d, what should Ines do?

A. Release the full file, because a court order overrides the counselor's ethical duties
B. Remove her psychotherapy notes from the file before producing the remaining records
C. Refuse to comply with the order, since the client has objected to the release
D. Seek the client's consent or work to limit the disclosure as narrowly as possible

159. Over several sessions, a person-centered counselor notices she feels persistently bored and distant while her client, Owen, 50, recounts detailed stories in a detached tone. Consistent with Rogers' view of congruence, the counselor's best course is to

A. keep the reaction entirely to herself so that Owen continues to feel unconditionally accepted by her
B. interpret Owen's storytelling to him as a defense against his feelings
C. refer Owen to a colleague because her boredom shows that she lacks empathy
D. share her persistent reaction, owning it as her own, when it seems relevant to the relationship

160. Sofia, 22, has a body mass index of 16.4 kg/m2. For the past 6 months she has binged and then induced vomiting about twice a week. She expresses intense fear of weight gain and sees herself as overweight. Which diagnosis is most appropriate?

- **A.** Binge-eating disorder
- **B.** Other specified feeding or eating disorder
- **C.** Anorexia nervosa, binge-eating/purging type
- **D.** Bulimia nervosa, moderate

161. Ida, 88, reports less interest in material possessions and superficial social contacts, a growing sense of connection with past and future generations, less fear of death, and greater comfort with solitude. She is not depressed and describes feeling at peace. Which theory most specifically describes this pattern as a normative developmental shift?

- **A.** Carstensen's socioemotional selectivity theory
- **B.** Atchley's continuity theory
- **C.** Tornstam's gerotranscendence
- **D.** Cumming and Henry's disengagement theory

162. In Ivey's model of attending behavior, verbal tracking refers to the counselor's ability to:

- **A.** notice shifts in the client's tone, volume, and speech rate
- **B.** stay with the client's topic without abruptly changing the subject
- **C.** repeat the client's key words aloud to encourage further client talk
- **D.** summarize the client's story at natural transition points

163. Harlow's research with infant rhesus monkeys, who clung to a cloth surrogate mother even when a wire surrogate provided food, most directly challenged the view that:

- **A.** Early social deprivation has lasting effects on later social and emotional behavior
- **B.** Attachment results primarily from the caregiver's role in reducing hunger
- **C.** Attachment develops during a sensitive period early in life
- **D.** Infants use attachment figures as a secure base for exploration

164. During a first session with Ruth, 48, who is blind, a counselor begins speaking more loudly and slowly and explains simple concepts in excessive detail, although Ruth has a master's degree and no hearing or cognitive difficulties. The counselor's behavior BEST illustrates which phenomenon described in rehabilitation counseling literature?

- **A.** Diagnostic overshadowing
- **B.** Fundamental attribution error
- **C.** Halo effect
- **D.** Spread effect

165. Throughout sessions with Harold, a 50-year-old client who tells long, detailed stories, his person-centered counselor feels persistent boredom that is starting to affect her attention. Consistent with Rogers's view of congruence, she should:

- **A.** Interpret Harold's storytelling as a defense against intimacy with her
- **B.** Hide the boredom, because positive regard requires only positive feelings
- **C.** Own the feeling and, if it persists, share it as her own experience
- **D.** Use paradoxical intention by asking Harold to make the stories longer

166. After being bitten by a neighbor's German shepherd, Sam, 6, now becomes frightened when he sees any dog, including small puppies. Which concept best explains this?

- **A.** Higher-order conditioning
- **B.** Spontaneous recovery
- **C.** Stimulus discrimination
- **D.** Stimulus generalization

167. Nadia, 31, is being discharged from an inpatient unit after a suicide attempt. Which discharge-plan element is most important for reducing her risk during the transition to outpatient care?

- **A.** An outpatient appointment scheduled within 7 days of discharge and a written safety plan
- **B.** A signed no-suicide contract and instructions to call 911 if suicidal thoughts return
- **C.** A list of outpatient providers that she can contact once she feels ready to begin therapy
- **D.** A follow-up appointment in 4 to 6 weeks, once her new medication has had time to work

168. When a counselor refers a client to a psychologist for psychological testing, the referral should most importantly include:

- **A.** a request for a full battery covering intelligence, personality, and achievement
- **B.** the counselor's preferred diagnosis, so the psychologist can confirm it quickly
- **C.** a copy of the client's entire record, including the counselor's psychotherapy notes
- **D.** a specific referral question describing the decision the testing should inform

169. Jenna, 20, severely restricts her food intake, expresses intense fear of gaining weight, and describes herself as fat despite being underweight. Her body mass index is 15.5 kg/m2, and she has had no binge-eating or purging behavior in the past 3 months. Which diagnosis and severity are correct?

- **A.** Anorexia nervosa, restricting type, moderate
- **B.** Anorexia nervosa, binge-eating/purging type, severe
- **C.** Anorexia nervosa, restricting type, extreme
- **D.** Anorexia nervosa, restricting type, severe

170. What does a subpoena duces tecum require?

- **A.** Producing specified documents or records, such as client files
- **B.** Releasing all privileged records once a judge has found the privilege waived
- **C.** Appearing to give testimony, without bringing any documents or records along
- **D.** Reporting a client's statements to law enforcement within a set number of days

171. Sofia, 26, wants to ask her roommate to pay his share of the rent on time but fears an argument. Her DBT counselor teaches her to Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, and Negotiate. This skill comes from which module?

- **A.** Interpersonal effectiveness
- **B.** Distress tolerance
- **C.** Walking the middle path
- **D.** Emotion regulation

172. Diego, 17, has externalized his problem as "the Fear," which keeps him from speaking in class. He mentions that last week he asked his teacher a question despite the Fear. His narrative counselor becomes very curious about this event. In narrative therapy, this event is called a(n):

- **A.** dominant story
- **B.** exception
- **C.** unique outcome
- **D.** paradoxical intention

173. During a lockdown drill, Maya, 16, collapses, and emergency medical staff ask the school counselor about any medical conditions noted in Maya's school file. Her parents cannot be reached. Under FERPA, may the counselor share this information?

- **A.** Only if Maya herself verbally consents, since she is over 14
- **B.** Yes, because FERPA permits disclosure to appropriate parties in a health or safety emergency
- **C.** Only after the school's attorney confirms the disclosure in writing
- **D.** No, because FERPA requires written parental consent for every disclosure of education records

174. In a support group for caregivers, Harriet, 63, describes her problems in detail each week, then rejects every suggestion with "That won't work for me." Yalom would MOST likely describe Harriet as which type of member?

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

175. Ava, 24, is the second of two children; her brother was born 10 years before her. From an Adlerian perspective, what is most important for the counselor to consider about Ava's birth order?

A. She will reliably show youngest-child traits because ordinal position determines personality
B. Birth order no longer matters in Adlerian theory once siblings are more than three years apart
C. Her psychological position may resemble that of an only child rather than a typical youngest
D. She will tend to show second-child traits, competing to overtake her older brother

176. In Beck's cognitive model, which level of cognition is made up of rules, attitudes, and conditional assumptions, such as "If I don't do everything perfectly, I'm a failure"?

A. Intermediate beliefs
B. Cognitive distortions
C. Core beliefs
D. Automatic thoughts

177. Tuckman's original 1965 model of small-group development described four stages. Which stage was added in his 1977 revision with Jensen?

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

178. Renata, 32, has dissociative identity disorder, a history of severe childhood abuse, and current self-harm and unstable housing. She asks to begin detailed work on her trauma memories right away. Which treatment plan is most consistent with expert guidelines?

A. Focus on integrating identities in the first session to reduce fragmentation
B. Use hypnosis to recover additional memories of the abuse
C. Establish safety and stabilization first within a phase-oriented model
D. Begin intensive memory processing immediately because she is requesting it

179. Diane, 36, comes for counseling for anxiety. She reports a racing heart, tremor, heat intolerance, unexplained weight loss, and feeling "keyed up" for the past 2 months. She has not seen a physician in several years. What should the counselor do FIRST?

A. Administer the GAD-7 to establish a baseline level of anxiety severity before starting treatment
B. Refer her for a medical evaluation to rule out a physical cause such as a thyroid condition
C. Begin progressive muscle relaxation training to reduce her physiological arousal
D. Diagnose generalized anxiety disorder and develop a cognitive behavioral treatment plan

180. Darnell, 34, a Black engineer, tells his counselor, "I'm an American first. Being Black just isn't a big part of how I think about myself." He expresses no negative views about Black people and is not hostile toward any racial group. According to the revised Cross model of Nigrescence, which identity attitude does Darnell's statement best reflect?

A. Pre-Encounter Assimilation
B. Pre-Encounter Self-Hatred
C. Internalization Multiculturalist Inclusive
D. Pre-Encounter Miseducation

181. Jasmine, 38, joins her regularly scheduled video session from a vacation rental in another city instead of her home. She has a history of passive suicidal ideation. What should the counselor do at the start of the session?

A. Ask Jasmine to sign a no-harm contract before proceeding with the session
B. Confirm Jasmine's current physical address and emergency resources available where she is
C. Reschedule the session, because telehealth may not be provided outside the client's home
D. Proceed as usual, since the emergency plan on file lists her home address

182. After a session with Mei, 29, a narrative counselor mails her a letter summarizing the steps she has taken against "Self-Doubt" and asking a few questions about her emerging story. This practice is best described as:

A. assigning bibliotherapy to build insight into the problem
B. sharing process notes so she can review the counselor's thinking
C. using therapeutic documents to strengthen the alternative story
D. providing a written treatment plan for informed consent

183. In classical test theory, a person's observed score is defined as:

A. True score multiplied by reliability
B. True score plus error
C. The mean plus the *z*-score multiplied by the SD
D. True score minus the standard error of measurement

184. During the assessment phase of EMDR, the clinician asks the client to rate how true a desired positive belief feels on a scale from 1 to 7. This rating is called the

A. Clinician-Administered PTSD Scale (CAPS-5)
B. PTSD Checklist for DSM-5 (PCL-5)
C. Subjective Units of Disturbance (SUD) scale
D. Validity of Cognition (VoC) scale

185. Since their youngest child left for college, Anne, 52, and Tom, 54, report frequent arguments and say they "don't know what to talk about anymore." Based on the family life cycle model, a key developmental task for this couple is

A. developing their own and the couple's functioning in the face of physiological decline
B. adjusting the marital system to make space for child-rearing responsibilities
C. realigning relationships with extended family to include each other's partners
D. renegotiating their marriage as a dyad without children at home

186. In a co-led therapy group, several members consistently praise one co-leader as caring and insightful while describing the other as cold and unhelpful, and they direct their disclosures only to the favored leader. Which group phenomenon does this pattern best represent?

A. Splitting
B. Universalizing
C. Scapegoating
D. Pairing

187. Which statement best describes a key difference in style between Ellis's REBT and Beck's cognitive therapy?

A. REBT views distortions as accurate; Beck views them as irrational
B. Beck rejects homework, while REBT relies heavily on homework
C. REBT targets only childhood beliefs; Beck targets only present behavior
D. REBT disputes beliefs more directly; Beck relies on guided discovery

188. Andre, a 35-year-old Black man referred by his employer, tells his White counselor he does not trust the agency or institutions in general, given his experiences with police and discrimination at work. The counselor starts to consider paranoid personality disorder. What should the counselor do first?

A. Assess for cultural mistrust and examine her own possible bias first
B. Order an MMPI-3 to confirm the paranoid traits before treatment planning
C. Diagnose paranoid personality disorder if his distrust meets the criteria
D. Prioritize ruling out a psychotic disorder because of the suspiciousness

189. Brian, 35, is in outpatient counseling for major depressive disorder. His plan includes the objective of reducing depressive symptoms to the mild range within 12 weeks. Which method best tracks progress on this objective?

A. Give the MMPI-3 every week to track changes in his depression scale scores
B. Ask Brian at the final session whether he feels counseling helped him
C. Give the PHQ-9 at regular intervals and compare scores to his intake baseline
D. Rely on the counselor's overall impression of his mood at each session

190. In a randomized trial, 60% of clients receiving a new treatment for depression responded, compared with 40% of clients receiving usual care. What is the number needed to treat for one additional client to respond?

A. 2
B. 20
C. 5
D. 40

191. The totalistic view of countertransference defines it as:

A. A counselor's deliberate role-play of important people in the client's life
B. All of the counselor's reactions to the client, treated as clinical data
C. Only the counselor's unconscious reactions to the client's transference
D. The client's displacement of past feelings onto the counselor

192. While making dinner, Kim looks out the window and says, "Oh, look at that cardinal on the feeder!" Her husband, Lee, keeps scrolling on his phone without looking up or answering. They are not arguing, and Lee is not angry. In Gottman's terms, Lee's response is best described as:

A. Stonewalling during conflict
B. Turning away from a bid for connection
C. Turning against a bid for connection
D. Contempt toward his partner

193. After their divorce, Marcus requests a copy of the records from couples counseling he attended with his former wife, Elena. The records contain information Elena disclosed about herself. Elena has not authorized release. What does the ACA Code of Ethics direct the counselor to do?

A. Provide Marcus only those portions of the record that relate directly to him, withholding Elena's confidential information
B. Release the full couples record to Marcus, because he was present as a client in every session documented in the file
C. Release the record only after receiving a court order, since joint records cannot be released by request
D. Refuse to release any portion of the record unless Elena provides written authorization

194. The DSM-5-TR Cultural Formulation Interview (CFI) is primarily designed to:

A. Decide whether a counselor of the same ethnicity is needed
B. Diagnose culture-bound syndromes using standard criteria
C. Elicit the client's view of the problem, its causes, and help-seeking
D. Assign a numerical score reflecting the client's level of acculturation

195. Amir, 47, has alcohol use disorder and takes no opioids. He wants a medication that reduces craving and the rewarding effects of drinking but will not make him ill if he does drink. Which medication best matches his request?

A. Methadone
B. Naloxone
C. Disulfiram
D. Naltrexone

196. Counselor Lena's client Grant, 31, says he "sometimes imagines" hurting his neighbor, but he denies intent or a plan, has no history of violence, and engages in safety planning. Lena is unsure whether her state's duty-to-protect threshold has been met. Which course of action is most consistent with sound ethical and risk-management practice?

A. Consult with a supervisor or colleague and document her reasoning
B. Warn the neighbor to eliminate any possibility of legal liability
C. Disregard the statement, since Grant denied any intent or plan
D. Terminate Grant and refer him to a forensic mental health specialist

197. Jenna, 22, has restricted her eating for eight months, intensely fears gaining weight, and judges her worth by her body size. She has lost 25 pounds, but her current BMI is 22. The counselor wants a DSM-5-TR diagnosis that also communicates why full criteria for a specific disorder are not met. Which diagnosis is most appropriate?

A. Other specified feeding or eating disorder (atypical anorexia nervosa)
B. Unspecified feeding or eating disorder
C. Anorexia nervosa, restricting type, mild, based on her current BMI of 22
D. Avoidant/restrictive food intake disorder

198. A counselor opens a practice in a town of 2,000 people and expects to see clients at the grocery store, school events, and church. What is the best way to manage these unavoidable contacts?

A. Address public encounters in informed consent and let clients choose whether to greet her
B. Greet every client warmly in public so that no client feels slighted or ignored by her
C. Decline to accept clients who attend the same church or community events that she attends
D. Avoid public places frequented by clients so that incidental contacts are kept to a minimum

199. In Erikson's theory, successful resolution of the crisis of generativity versus stagnation produces which basic strength (virtue)?

A. Fidelity
B. Care
C. Wisdom
D. Love

200. Two members of an interpersonal therapy group, Elena and Sam, have begun meeting for coffee after sessions. In group, they now support each other's views, exchange knowing looks, and refer to conversations others were not part of. Consistent with Yalom, what is the leader's best approach?

A. Meet privately with each member to find out what they discuss outside the group
B. Require them to stop meeting outside of group as a condition of continued membership
C. Treat the friendship as a sign of cohesion and avoid drawing attention to it
D. Encourage them to bring what happens between them outside the group back into the sessions