

## *Behavioral Health*

*NBCC-NCE*

*National Board for Certified Counselors: National Counselor Examination*

**Questions And Answers PDF Format:**

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# Latest Version: 6.0

## Question: 1

One major change in the DSM-5 is the reliance on:

- A. ICD-10 descriptors
- B. a multiaxial system
- C. dimensional assessments
- D. therapy and counseling treatments

**Answer: C**

Explanation:

Correct answer: dimensional assessments

Several changes were made to the newest version of the DSM, the DSM-5. One of these changes is the reliance on dimensional assessments rather than descriptions of disorders that are based on categories. Clients' experiences are now assessed for severity, frequency, and duration rather than whether or not a particular symptom is present. The DSM-5 eliminated the multiaxial system and does not include extensive descriptions of different therapy modalities. ICD-10 classification codes are included in the DSM-5, but clinicians using the DSM-5 do not rely on them.

## Question: 2

Which of the following is true about trauma and disaster counseling?

- A. Its effectiveness cannot be measured using standard instruments
- B. Its effectiveness is more a matter of conjecture than data
- C. Beginners are often as effective as experts
- D. Unique skills and training are required

**Answer: D**

Explanation:

Correct answer: Unique skills and training are required

Trauma and disaster counseling is a highly specialized and rapidly growing field. It has been proven effective as per a variety of standard and non-standard instruments, which suggest that trauma and disaster counseling are the preferred mode of treatment for certain cases. However, unique skills and training are required, and it is not a field in which beginners are as effective as experts.

## Question: 3

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Who developed the concept of the life-career rainbow?

- A. John Krumboltz
- B. John Crites
- C. John Holland
- D. Donald Super

**Answer: D**

Explanation:

Correct answer: Donald Super

Early in his career, Super's explanation of career development consisted of vocational development stages and vocational development tasks. In the middle part of his career, however, Super acknowledged that career development involves not only the career but variables within the individual. His life-career rainbow acknowledges the eight life roles that many people hold (homemaker, spouse, parent, worker, citizen, leisurite, student, and child) and helps people think about the work/life balance in their lives.

#### Question: 4

Some counselors use the process of circular questioning, which is when different family members are asked the same questions about the same relationships. This approach is used most often in conjunction with which family therapy approach?

- A. Milan systemic family therapy
- B. Narrative family therapy
- C. Strategic family therapy
- D. Structural family therapy

**Answer: A**

Explanation:

Correct answer: Milan systemic family therapy

Milan systemic family therapy refers to an approach that views the family as a system that aims to maintain balance. Systemic family therapists often use a variety of techniques, including circular questioning, which is the process of asking different family members the same questions about relationships. The family counselor can then use the ways that members differ in how they interpret events and interactions to suggest new ways of thinking about things, thereby hopefully changing family rules and relationships.

#### Question: 5

What is typically regarded as the optimum size for an adult group with no co-leader?

- A. Eight
- B. Four
- C. Six
- D. Ten

**Answer: A**

Explanation:

Correct answer: Eight

When forming groups, counselors should be careful to consider the number of group members to invite. For adult groups with only one leader (rather than co-leaders), the optimum size is eight. This gives group members the opportunity to build relationships with all other group members without feeling overwhelmed by the number of people.

### Question: 6

Which of the following helps to maintain homeostasis within a family system?

- A. Interdependence
- B. Positive feedback loops
- C. Equifinality
- D. Negative feedback loops

**Answer: D**

Explanation:

Correct answer: Negative feedback loops

Cybernetics is the study of methods of feedback control, both negative and positive. Negative feedback loops are patterns of interaction that maintain stability and homeostasis within the family system. Positive feedback loops are patterns of interaction that can facilitate change. Equifinality refers to different individuals reaching the same goal through different methods or routes. Interdependence simply refers to the fact that family members rely on and are influenced by each other.

### Question: 7

Why does experiential therapy use confrontation with clients?

- A. To help clients stay with their feelings
- B. To address negative personality traits
- C. To call attention to falsehood
- D. To heighten personal awareness

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**Answer: A**

Explanation:

Correct answer: To help clients stay with their feelings

Experiential therapy attempts to keep the client "in the moment" with their feelings in order to relive a past experience vividly in the therapeutic environment. Confrontation may be used to help clients stay with their feelings and not drift into intellectualization or over-cognition.

Confrontation in experiential therapy would not be used to call attention to falsehood per se, nor would it be to heighten personal awareness or address negative personality traits.

### Question: 8

The Drama Triangle, developed by Stephen Karpman, is helpful when understanding destructive interactions that occur between individuals in conflict. What three roles are included in the Drama Triangle?

- A. Victim, persecutor, and rescuer
- B. Talker, listener, and ignorer
- C. Ego, superego, and id
- D. Helper, enabler, and perpetrator

**Answer: A**

Explanation:

Correct answer: Victim, persecutor, and rescuer

Karpman's ideas about why drama-intense relationships continue can be helpful for counselors working with clients. The Drama Triangle forms when three individuals take on the roles of victim, persecutor, and rescuer. Karpman's theory suggests that conflict arises when one person takes on the role of victim or persecutor, and others step in to fill other roles due to each person's unmet psychological needs.

### Question: 9

There are broad categories of individuals who have unique or special needs, such as religious or racial classifications, women, gays and lesbians, poor people, and children. This is known as:

- A. cultural encapsulation
- B. disproportionality
- C. cultural pluralism
- D. prejudice

**Answer: C**

Explanation:

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Correct answer: cultural pluralism

Cultural pluralism refers to the large categories of people who may have special needs or concerns, such as women, gays and lesbians, children, racial groups, single-parent families, and many others. Counselors should remain sensitive to the unique needs of each of these groups when seeing clients for individual, family, or group counseling.

### Question: 10

Which level of consciousness includes everything the mind is not currently aware of but can call upon if needed?

- A. Conscious
- B. Unconscious
- C. Protoconscious
- D. Preconscious

**Answer: D**

Explanation:

Correct answer: Preconscious

The mind is sometimes conceptualized as having three levels, defined by what kind of information is contained and how accessible it is. The preconscious mind contains everything the mind is not currently aware of but can call upon if needed, such as a cookie recipe or a conversation one had yesterday.

The conscious mind contains all the information of which the mind is currently aware. The unconscious mind contains everything the mind has that is neither part of current awareness nor consciously accessible. Protoconscious is a fabricated term.

### Question: 11

In terms of family dynamics, what is the point of feedback loops?

- A. To help the family self-correct
- B. To establish permeable boundaries
- C. To isolate members who are not in favor
- D. To keep the family informed

**Answer: A**

Explanation:

Correct answer: To help the family self-correct

A family can be seen as a system that is constantly in motion and either in a state of homeostasis (relative stability) or change. As a system, the family has a function and an identity that rise above the identity of any individual member. Feedback loops are ways in which the family communicates with itself and self-corrects, generally in the interest of preserving homeostasis.

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Feedback loops are not primarily about information, boundaries, or whether an individual member is in favor.

### Question: 12

A counselor who provides regular sessions via web counseling has noticed lately that one of her clients rarely engages in eye contact and seems to be hiding personal information from her. How should the counselor address this issue?

- A. The counselor should assume the signals she is getting from the client are a result of the communication barrier and proceed with counseling as normal
- B. The counselor should suggest that the client seek services elsewhere, as it seems she is having difficulty building trust with her current counselor
- C. The counselor should request that the client come in to meet with her in person
- D. The counselor should explore possible reasons the client may feel uncomfortable receiving cybercounseling rather than meeting with the counselor in person

**Answer: D**

Explanation:

Correct answer: The counselor should explore possible reasons the client may feel uncomfortable receiving cybercounseling rather than meeting with the counselor in person

Cybercounseling includes web counseling, e-counseling, and telephone counseling and can consist of live or video chat as well as email. This option may be appealing to those who have physical disabilities, transportation issues, or agoraphobia. There are many ethical issues to consider, however, including security of communications, the possibility of impostors, records maintenance, and crisis contacts. Some clients have difficulty building trust and remaining transparent with cybercounseling, so if counselors feel this is a barrier it should be explored in counseling sessions. In the situation in question, the counselor should directly bring up her concerns with the client, as it may be productive content to discuss during the session.

### Question: 13

Measures of intelligence and aptitude are usually:

- A. power-based
- B. speed-based
- C. reliable but not valid
- D. criterion-referenced

**Answer: B**

Explanation:

Correct answer: speed-based

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Tests and assessments are administered according to a variety of factors. Power-based tests, such as the National Counselor Examination, have no (or generous) time limits. Speed-based tests, such as intelligence and aptitude tests, are timed, and scores are based on accuracy and speed. These are not necessarily reliable or valid, either or both, such an assessment would be highly variable. They are also not usually criterion-referenced, meaning that they test specific knowledge.

### Question: 14

Which of the following would be an example of a projective test?

- A. California Psychological Inventory
- B. Wechsler Adult Intelligence Scale
- C. Rorschach
- D. MMPI

**Answer: C**

Explanation:

Correct answer: Rorschach

In a projective psychological test, a client is expected to produce some creative input of their own, which is then judged and assessed by the clinician administering the test. For example, the Rorschach test involves a client creatively interpreting the meaning of inkblots; these responses are then assessed by the test administrator.

The MMPI and the California Psychological Inventory are both personality tests. The Wechsler Adult Intelligence Scale seeks to calculate a person's intelligence.

### Question: 15

Which of the following would be consistent with an eclectic style of counseling?

- A. Focusing on the relationships between thoughts and emotions
- B. Taking elements from various schools
- C. Training skills to enhance psychosocial success
- D. Concentrating on the end result of the counseling process

**Answer: B**

Explanation:

Correct answer: Taking elements from various schools

Eclectic counseling draws from various schools and integrates them into a personal style unique to that practitioner.

Concentrating on the end result of the process, focusing on the relationships between thoughts and emotions, and skill training are all examples of techniques that might belong to specific schools of counseling or psychotherapy.



## Question: 16

A counselor is performing an assessment on a 22-year-old male client who reports that he has begun hearing voices and feeling as if everyone is out to get him. He says he has difficulty sleeping at night because of these fears and sometimes the voices tell him to do harmful things, such as hurt his children. The counselor performs a risk assessment on the client and does not think that he is at immediate risk for hurting himself or others. What should the counselor do next?

- A. Refer the client to a psychiatrist for continued evaluation of psychotic symptoms
- B. Offer to provide supportive, insight-oriented therapy to the client
- C. Begin educating the client about psychotic symptoms and arrange for him to attend a psychoeducational group
- D. Invite the client's family members in for family counseling

**Answer: A**

Explanation:

Correct answer: Refer the client to a psychiatrist for continued evaluation of psychotic symptoms

If psychotic symptoms are evident or suspected in a client, the counselor should refer the client to a psychiatrist for a full psychiatric evaluation. Psychosis can arise for a variety of reasons, and clients should be referred to a professional who can determine whether they have a psychotic disorder and if so, can prescribe medication.

## Question: 17

Which of the following is true about suicide in adolescence?

- A. Females complete suicide more often than males
- B. Females and males complete suicide at about the same rate
- C. Males complete suicide more often than females
- D. Suicide in adolescence is relatively rare

**Answer: C**

Explanation:

Correct answer: Males complete suicide more often than females

The phenomenon of suicide expresses itself differentially in males and females in adolescence, with males completing suicide more often. This is thought to be due mainly to the choice of more deadly means, which seems to be true of males across age groups.

Suicide is unfortunately not rare in adolescents; it is often the second or third leading killer of adolescents in a given year.

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### Question: 18

It is common for individuals living near each other, such as those residing in the same neighborhood or area of a city, to form romantic relationships with each other. This phenomenon is known as:

- A. prevalence
- B. etiology
- C. propinquity
- D. comorbidity

**Answer: C**

Explanation:

Correct answer: propinquity

Propinquity is often one of the main factors leading to romantic attraction between individuals. It refers to the proximity between people who live or work near each other. The propinquity effect, therefore, is the tendency for people to form relationships with others they encounter often.

### Question: 19

Which of the following mental health professionals developed a system of measurement to study the concept of empathy in counselor responses?

- A. Freud
- B. Carkhuff
- C. Rogers
- D. Linehan

**Answer: B**

Explanation:

Correct answer: Carkhuff

Robert Carkhuff is known for his contributions in the counseling field to the topics of empathy, genuineness, concreteness, and respect. Carkhuff developed a five-point scale for rating counselors' responses depending on how empathetic the responses are, with Level 1 responses not attending to the client's affect at all, and Level 5 responses adding significantly to the client's affect and meaning.

### Question: 20

Which of the following is the right course of action for co-occurring disorders in treatment planning?

- A. Schedule a separate intake for those concerns

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- B. Integrate treatment in that episode of care
  - C. Deal with the issues sequentially
  - D. Triage the more acute concern and treat it first

<b>Answer: B</b>
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Explanation:

Correct answer: Integrate treatment in that episode of care

In terms of treatment planning, at the current time, a high number of individuals present with co-occurring disorders. Many of them will present with a substance use issue as the co-occurring diagnosis, making decisions about treatment planning and level of care more complex.

When presented with co-occurring disorders, a professional's best course of action is to integrate treatment with the proper professionals as opposed to waiting to treat what could be a major client concern.

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