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National Counselor Examination

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QUESTION 1

Under which of the following circumstances is it not okay to break patient confidentiality?

- A. A court subpoenas the client's chart.
- B. The client has threatened to hurt himself or someone else.
- C. The client's employer has requested the information.
- D. The client admits to abusing his children.

Correct Answer: C

The patient's employer has no right to request information he or she shared in a confidential session with a therapist, even if it is through the Employee Assistance Program. Therapists are required to break confidentiality when someone's safety is at risk. Courts can subpoena charts, which is why therapists should be careful about taking notes during sessions.

QUESTION 2

You are using the ABC model of cognitive therapy. Which model are you trying to promote in your clients after a negative event?

- A. Negative Event leads to irrational belief leads to positive thought
- B. Negative Event leads to rational belief leads to healthy negative thought
- C. Negative Event leads to irrational belief leads to unhealthy negative thought
- D. None of the above

Correct Answer: B

Albert Ellis developed the ABC model to help replace unhealthy, irrational beliefs with rational ones following a negative event.

QUESTION 3

What is one of the most important hallmarks of the Formal Operations stage of cognitive development?

- A. The ability to make rational judgments without concrete objects
- B. The ability to reason deductively
- C. The ability to plan for the future
- D. All of the above

Correct Answer: D

The Formal Operational stage is the last of Piaget's stages, beginning in early adolescence and lasting until adulthood, and is characterized by abstract concepts.

QUESTION 4

An operational definition:

- A. is deductive logic
- B. can be measured on a Likert Scale
- C. outlines a procedure
- D. describes the purpose of an experiment

Correct Answer: C

An operational definition is a detailed, clear, and concise definition of a measure used when data is being collected. If more than one researcher is setting out to measure the same conditions, they should be able to independently do so. In the case of measuring anxiety in college seniors, a researcher chooses to give the participants a 15 item questionnaire. The researcher's operational definition of anxiety for this study is the participant's score on the questionnaire.

QUESTION 5

Which person is associated with the beginning of the guidance movement?

- A. Adler
- B. Parsons
- C. Freud
- D. Ellis

Correct Answer: B

Frank Parsons is known as the founder of the guidance movement. His talent matching approach was later developed into the Trait and Factor Theory of Occupational Choice. Adler was the founder of individual psychology, Freud was the founder of psychoanalysis, and Ellis was the founder of rational emotive behavior therapy.

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