

# NCE<sup>Q&As</sup>

National Counselor Examination

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**QUESTION 1**

Which of the following interventions is not commonly used in Interpersonal Therapy (IPT)?

- A. Discussion of patterns in a client's relationships
- B. A detailed past history of the client
- C. Exploration of the therapist/client relationship
- D. The ABC Model

Correct Answer: D

Interpersonal Therapy is a short term, solution focused treatment mainly for clients who have depression. The ABC Model is a cognitive behavioral therapy technique developed by Albert Ellis to use when clients hold irrational beliefs.

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**QUESTION 2**

If a counselor's role changes from a nonforensic evaluative role to a therapeutic role, the client must be informed of the change as a matter of \_\_\_\_\_.

- A. confidentiality
- B. treatment
- C. informed consent
- D. assessment

Correct Answer: C

Informed consent is a process of getting permission before conducting a healthcare intervention on a person. Informed consent needs to occur before treatment.

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**QUESTION 3**

Self-report tests like the BDI:

- A. Consistently and accurately measure its intended criterion regardless of internal or environment factors
- B. Depend much on the present state of the person taking it
- C. May not always be accurate
- D. Both b and c

Correct Answer: D

Self-report tests by their very nature make accuracy difficult. They can be useful tools to assess current symptoms, however, and can be administered multiple times to gauge changes (i.e. after several months in therapy or a certain

amount of time on a new medication).

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**QUESTION 4**

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.

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**QUESTION 5**

The "fields and levels" approach to group career counseling uses one of the theories developed by which famous theorist?

- A. Jung
- B. Roe
- C. Holland
- D. None of the above

Correct Answer: B

Roe's theory consists of 8 fields (Service, Business Contact, Organization, Technology, Outdoor, Science, General Culture, and Arts and Entertainment) and 6 levels (professional and managerial, levels 1 and 2; semiprofessional and small business, level 3; skilled, level 4; semiskilled, level 5; and unskilled, level 6). Carl Jung founded analytical psychology. Holland created the Holland Codes including Realistic, Investigative, Artistic, Social, Enterprising, and Conventional (RIASEC).

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