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Exam : **NCE-ABE**

Title : National Counselor Examination

Version : DEMO

1.What should a treatment team do when a client meets treatment goals earlier than anticipated?
A. Consider changes to medication.
B. Refer the client to group therapy.
C. Review and revise the treatment plan.
D. Understand the client's attitude toward treatment.
Answer: C
Explanation:
Effective treatment planning is described as a dynamic, ongoing process. Counselors are expected to regularly review treatment goals and progress and revise the plan as needed to reflect the client's current status.
When a client meets treatment goals earlier than expected, the most appropriate step is to revisit the treatment plan, confirm which goals have been successfully achieved, and then:
Decide whether to add new goals,
Shift focus to maintenance or relapse prevention, or
Begin planning for termination if appropriate.
Option C captures this responsibility to review and revise the treatment plan based on actual client progress.
A (changing medication) is a medical decision and may or may not be relevant; it is not the primary treatment-planning response.
B (referral to group) could be appropriate in some cases, but it should follow a thoughtful treatment-plan review.
D (understanding attitude toward treatment) may be clinically useful, but again it is not the primary, required next step in structured treatment planning.
This directly reflects the Treatment Planning work behavior: monitoring progress and modifying plans to ensure services remain appropriate and goal-directed.

2.A counselor in private practice has been asked to teach a course in the counselor education department of the local university. Soon after beginning the course, one of the students in the class requests personal counseling from the counselor. Ethically, what should the counselor do?
A. Ask the student to wait until the course is over.
B. Refer the student to another appropriate professional.
C. Schedule a counseling appointment at the earliest convenience.
D. Suggest that the student redirect the request to another faculty member.
Answer: B
Explanation:
Ethical practice requires counselors to avoid multiple relationships when they could impair professional judgment, increase the risk of harm, or exploit the client. Serving simultaneously as both instructor and personal counselor to the same individual creates:
A power differential (grading authority and evaluative role)
Potential for role confusion
Risk that the student may feel pressured or may not be fully free in the counseling relationship
Therefore, the counselor should not enter into a counseling relationship with a current student. The ethically appropriate action is to provide a referral to another qualified mental health professional, as in Option B.

A (asking the student to wait until the course is over) still allows for a future dual relationship and does not completely remove the risk tied to the existing power dynamic.
C (scheduling counseling) directly creates a problematic multiple relationship.
D (redirecting to another faculty member) could create another dual relationship (faculty–student and counselor–client) and is not the cleanest or safest option.
Thus, the counselor should refer the student to another appropriate professional, making B the correct answer.

3.Which therapeutic approach would utilize outsider witness groups to integrate social resources in supporting client change?
A. Adlerian therapy
B. Gestalt therapy
C. Community psychology
D. Narrative therapy
Answer: D
Explanation:
The term “outsider witness groups” comes specifically from narrative therapy. In this approach, clients tell and re-author their stories, and selected others (outsider witnesses) listen to these stories and then respond by sharing what moved or resonated with them. This process:
Brings in social resources and supportive witnesses.
Strengthens the client’s preferred identity and alternative story.
Helps the client feel seen and supported in a broader community context.
Thus, option D. Narrative therapy is correct.
Adlerian therapy (A) uses family constellation, early recollections, and encouragement, but not outsider witness groups as a standard technique.
Gestalt therapy (B) emphasizes experiential awareness, here-and-now work, and empty-chair techniques.
Community psychology (C) incorporates social systems and resources but does not specifically use “outsider witness groups” as conceptualized in narrative therapy.
NBCC Counselor Work Behaviors expect counselors to know the distinctive concepts and methods of major counseling theories, including narrative therapy’s use of outsider witnesses to support client change.

4.In the early stages of reduction-in-force (RIF) outplacement counseling, the typical immediate counseling goal is to help clients:
A. Locate sources of information about retraining and/or further education.
B. Improve job interview skills.
C. Evaluate potentially appropriate work–leisure–lifestyle integrations.
D. Cope with the resulting feelings.
Answer: D
Explanation:
In outplacement and career transition counseling following a reduction in force (RIF), counselors are expected to understand that clients often first experience shock, grief, anger, anxiety, and loss. Early in the process, the primary clinical need is emotional stabilization and support, not immediate job-search

strategy.
D. Cope with the resulting feelings is the immediate priority: helping clients process reactions to job loss, normalize emotional responses, reduce acute distress, and restore enough psychological stability to engage in problem solving.
A (retraining information), B (interview skills), and C (lifestyle integration) are important later-stage goals once the client is more emotionally grounded and ready to plan and act.
Thus, in the early stages of RIF outplacement counseling, helping clients cope with the resulting feelings is the central immediate counseling goal, making D correct.

5.What term is used to describe a client's entire human experience (background, values, morals, and traditions) in a social context?
A. Individualism
B. Culture
C. Collectivism
D. Race
Answer: B
Explanation:
The term that encompasses a client's background, values, morals, traditions, and ways of living within a social context is culture.2 Culture is commonly understood as the shared patterns of beliefs, values, customs, behaviors, and artifacts that a group uses to cope with the world and pass on to future generations. It shapes:
Worldview and meaning-making
Interpersonal expectations and communication styles
Attitudes toward counseling, mental health, and help-seeking
Thus, Option B (culture) is correct.
Why the other options are incorrect:
A. Individualism – Refers to a value orientation emphasizing personal autonomy, independence, and self-reliance. It is one possible cultural value, not the full description of a client's total human experience.
C. Collectivism – The opposite value orientation to individualism, emphasizing group harmony, interdependence, and group goals. Again, it is one type of cultural value, not the overarching construct.
D. Race – Refers to a category often (problematically) based on physical characteristics and socially constructed groupings. While race can influence experience and oppression, it does not by itself encompass the entirety of background, values, morals, and traditions; those are more fully covered by the broader concept of culture.2
In the Professional Practice and Ethics area, NBCC highlights that ethically competent counselors must understand and respect clients' cultural contexts, integrating these into assessment, case conceptualization, and intervention.