

PRACTICE EXAM 11: NCE SIMULATION (200 QUESTIONS)

This standalone practice exam contains 200 four-option questions aligned to the current National Counselor Examination format: 160 scored items and 40 unscored field-test items. Allow 3 hours 45 minutes. Select the single best answer for every question. NBCC uses form-specific scoring; this simulation does not assign an official passing score.

1. For Skyler, the counselor elects to explore life themes adaptability strengths and the story connecting past roles with future possibilities. Which counseling principle most directly justifies this intervention?
 - A. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
 - B. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
 - C. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
 - D. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
2. During counseling with Avery, age 28, the following issue emerges: A client recovering from depression has withdrawn from every supportive relationship. Which response is most appropriate?
 - A. identify safe supports and plan specific realistic steps for reconnection
 - B. invite elaboration with a focused open question rather than conducting a rapid interrogation
 - C. prioritize safety stabilization immediate needs supports and a short practical plan
 - D. provide structure clarify expectations and support gradual safety and participation
3. A counselor is working with Riley, age 35. A client says life is not worth living but has not yet been asked about intent or means. Which action should the counselor take first?
 - A. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
 - B. ask directly about thoughts intent plan access past behavior and protective factors
 - C. question whether score interpretations represent the construct the instrument claims to measure
 - D. clarify intent plan means target imminence and protective factors while following safety duties

4. In a session with Devin, age 42, this concern becomes clear: A client asks to explore gender without being pushed toward a predetermined outcome. What is the best counseling response?

- A. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- B. frame assessment and intervention around developmental capacity temperament context and caregiver support
- C. provide an affirming exploratory space guided by the client's language goals and pace
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

5. For Skyler, the counselor elects to maintain respect for the person while holding the harmful behavior open to examination. Which counseling principle most directly justifies this intervention?

- A. Self-awareness helps counselors keep personal reactions from directing client care
- B. Congruence involves alignment and authentic presence used in service of the client
- C. Positive regard affirms human worth without requiring approval of every action
- D. Effective counselors combine care and responsiveness with predictable ethical limits

6. During counseling with Avery, age 56, the following issue emerges: A client in acute distress is disorganized and unable to consider long-term insight work. Which response is most appropriate?

- A. prioritize safety stabilization immediate needs supports and a short practical plan
- B. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. explore freedom responsibility isolation mortality and personally chosen meaning

7. A counselor is working with Riley, age 63. A client has frequent online contact but reports no relationships that feel emotionally safe. Which action should the counselor take first?

- A. assess burden safety beliefs supports and practical barriers while validating ambivalence
- B. assess triggers vulnerability cues consequences and available regulation skills
- C. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- D. assess attachment needs interaction patterns barriers and opportunities for meaningful connection

8. The counselor's plan for Devin is to explain the concern facilitate an appropriate referral and support continuity during transition. Which statement best explains why this approach is appropriate?

- A. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- B. Referral protects welfare when client needs exceed competence resources or the current level of care
- C. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- D. Treatment planning is strongest when goals are meaningful to the client and jointly developed

9. For Skyler, the counselor elects to obtain appropriate consent and coordinate relevant information across providers. Which counseling principle most directly justifies this intervention?

- A. Specific measurable objectives make progress review and plan revision possible
- B. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- C. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- D. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles

10. During counseling with Avery, age 23, the following issue emerges: A client facing housing instability has strong family support persistence and effective problem-solving skills. Which response is most appropriate?

- A. incorporate these strengths as resources in the plan rather than documenting only deficits
- B. revise the plan collaboratively using the client's priorities language and informed choices
- C. translate the goal into observable achievable steps with a review period and indicators of progress
- D. explain the concern facilitate an appropriate referral and support continuity during transition

11. In the case of Riley, the counselor decides to follow applicable law consult promptly and take protective steps required in the jurisdiction. What is the strongest rationale for that choice?

- A. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- B. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- C. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- D. Counselor advocacy can target environmental barriers while preserving client choice and collaboration

12. In a session with Devin, age 37, this concern becomes clear: A client reports pervasive low mood loss of interest guilt and impaired functioning. What is the best counseling response?

- A. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- B. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- C. clarify interests values abilities constraints and reliable occupational information
- D. assess severity safety duration and impairment while considering depressive disorders and alternatives

13. For Skyler, the counselor elects to allow supportive silence while monitoring whether the client needs grounding or invitation. Which counseling principle most directly justifies this intervention?

- A. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- B. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- C. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism

14. A counselor responds to Avery's situation by choosing to notice the reaction reflect on its influence and obtain consultation if needed. Which principle best supports this response?

- A. Positive regard affirms human worth without requiring approval of every action
- B. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- C. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- D. Self-awareness helps counselors keep personal reactions from directing client care

15. A counselor is working with Riley, age 58. A client describes difficult-to-control worry across finances health and work for many months. Which action should the counselor take first?

- A. explore worry breadth duration physical tension sleep and impairment
- B. support safe exploration and communication without treating normative identity work as pathology
- C. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- D. assess immediate danger privately and collaborate on an individualized safety plan

16. The counselor's plan for Devin is to decline the financial relationship and process the request within counseling. Which statement best explains why this approach is appropriate?

- A. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- D. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present

17. For Skyler, the counselor elects to translate the broad wish into a small personally meaningful and achievable first step. Which counseling principle most directly justifies this intervention?

- A. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- B. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- C. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- D. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress

18. A counselor responds to Avery's situation by choosing to state the central meaning concisely and check whether the understanding fits. Which principle best supports this response?

- A. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- B. Crisis work narrows attention to safety functioning resources and manageable next actions
- C. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

19. A counselor is working with Riley, age 25. A client values honesty yet repeatedly hides important information from supportive people. Which action should the counselor take first?

- A. invite them to notice and discuss the shared theme with each other
- B. respectfully present the discrepancy and explore it without accusation
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. gently describe the here-and-now interaction and invite exploration of its meaning

20. In a session with Devin, age 32, this concern becomes clear: A new client is unsure what counseling records contain and who may receive them. What is the best counseling response?

- A. address the access barrier with the client and advocate at the appropriate system level
- B. obtain appropriate consent and protect identity before using material beyond its original purpose
- C. protect confidentiality while consulting counsel and seeking clarification or court direction
- D. review services risks benefits fees records and confidentiality before treatment begins

21. For Skyler, the counselor elects to validate the contextual harm explore coping and supports and consider advocacy chosen by the client. Which counseling principle most directly justifies this intervention?

- A. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- B. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- C. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- D. Grief is not a uniform sequence and should be understood in cultural relational and developmental context

22. A counselor responds to Avery's situation by choosing to ask directly about thoughts intent plan access past behavior and protective factors. Which principle best supports this response?

- A. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- B. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- C. Norm-referenced interpretations depend on an appropriate and representative standardization group
- D. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors

23. In the case of Riley, the counselor decides to ask how the client and community understand the problem and preferred sources of help. What is the strongest rationale for that choice?

- A. Norm-referenced interpretations depend on an appropriate and representative standardization group
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- D. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress

24. In a session with Devin, age 60, this concern becomes clear: A client wants a portable response to escalating physiological arousal. What is the best counseling response?

- A. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- B. respectfully present the discrepancy and explore it without accusation
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. identify the situation thought emotion evidence alternatives and a balanced response

25. Skyler, age 67, meets with a counselor. A counselor notices persistent exhaustion irritability and mistakes that are affecting sessions. What is the counselor's best next response?

- A. review services risks benefits fees records and confidentiality before treatment begins
- B. decline the financial relationship and process the request within counseling
- C. obtain appropriate consent and protect identity before using material beyond its original purpose
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

26. A counselor responds to Avery's situation by choosing to use a trauma-informed assessment that prioritizes safety choice pacing and current functioning. Which principle best supports this response?

- A. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- B. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- C. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- D. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness

27. In the case of Riley, the counselor decides to use a scale to identify exceptions existing resources and the next small change. What is the strongest rationale for that choice?

- A. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- B. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- C. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

28. The counselor's plan for Devin is to translate the goal into observable achievable steps with a review period and indicators of progress. Which statement best explains why this approach is appropriate?

- A. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. Specific measurable objectives make progress review and plan revision possible
- C. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- D. Strengths can improve engagement feasibility resilience and progress toward treatment goals

29. Skyler, age 34, meets with a counselor. A counselor knows general facts about a client's cultural group but not this client's experience. What is the counselor's best next response?

- A. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- B. ask respectfully about the client's meanings and remain open to correction
- C. notice the reaction reflect on its influence and obtain consultation if needed
- D. maintain respect for the person while holding the harmful behavior open to examination

30. A counselor responds to Avery's situation by choosing to separate the child from the problem and explore times the anger had less influence. Which principle best supports this response?

- A. Crisis work narrows attention to safety functioning resources and manageable next actions
- B. Summaries integrate material support transitions and create a shared understanding of the session
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. Support-building translates a general resource into accessible relationships actions and backup options

31. In the case of Riley, the counselor decides to support safe exploration and communication without treating normative identity work as pathology. What is the strongest rationale for that choice?

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- C. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- D. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost

32. In a session with Devin, age 55, this concern becomes clear: An older adult reports recent memory problems after bereavement poor sleep and a medication change. What is the best counseling response?

- A. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- B. assess triggers vulnerability cues consequences and available regulation skills
- C. assess distinct periods of mood elevation before using a unipolar depression formulation
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

33. Skyler, age 62, meets with a counselor. Near the end of a complex session the client seems unsure what was accomplished. What is the counselor's best next response?

- A. offer accurate empathy congruence and unconditional positive regard without directing the choice
- B. allow supportive silence while monitoring whether the client needs grounding or invitation
- C. link major themes decisions and next steps and invite the client's additions
- D. respectfully present the discrepancy and explore it without accusation

34. During counseling with Avery, age 69, the following issue emerges: A counselor discovers that several progress notes contain vague judgments rather than clinical facts. Which response is most appropriate?

- A. give timely notice provide referrals and arrange continuity consistent with client needs
- B. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- C. address the access barrier with the client and advocate at the appropriate system level
- D. correct future documentation and amend records transparently without concealing the original entry

35. In the case of Riley, the counselor decides to prioritize safety stabilization immediate needs supports and a short practical plan. What is the strongest rationale for that choice?

- A. Crisis work narrows attention to safety functioning resources and manageable next actions
- B. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- C. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

36. In a session with Devin, age 22, this concern becomes clear: A client automatically concludes that one mistake proves total incompetence. What is the best counseling response?

- A. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- B. identify the situation thought emotion evidence alternatives and a balanced response
- C. separate the child from the problem and explore times the anger had less influence
- D. explore lifestyle private logic belonging and socially useful alternatives

37. Skyler, age 29, meets with a counselor. A depression inventory consistently measures general distress rather than depressive symptoms. What is the counselor's best next response?

- A. document orientation thought process attention and other current mental status findings
- B. use a comparison group that matches the client's relevant characteristics and testing purpose
- C. ask how the client and community understand the problem and preferred sources of help
- D. question whether score interpretations represent the construct the instrument claims to measure

38. A counselor responds to Avery's situation by choosing to question whether score interpretations represent the construct the instrument claims to measure. Which principle best supports this response?

- A. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- B. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- C. Specificity access and imminence help determine the level of risk and the urgency of intervention
- D. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms

39. A counselor is working with Riley, age 43. A client repeatedly misses care because the clinic lacks wheelchair access. Which action should the counselor take first?

- A. address the access barrier with the client and advocate at the appropriate system level
- B. obtain appropriate consent and protect identity before using material beyond its original purpose
- C. correct future documentation and amend records transparently without concealing the original entry
- D. give timely notice provide referrals and arrange continuity consistent with client needs

40. The counselor's plan for Devin is to strengthen the caregiver subsystem and clarify boundaries through enacted interaction. Which statement best explains why this approach is appropriate?

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- C. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- D. Support-building translates a general resource into accessible relationships actions and backup options

41. Skyler, age 57, meets with a counselor. A client repeats a pattern of expecting rejection and withdrawing before others can respond. What is the counselor's best next response?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. invite them to notice and discuss the shared theme with each other
- C. state the central meaning concisely and check whether the understanding fits
- D. explore recurring relational themes defenses and their appearance in the therapeutic relationship

42. A counselor responds to Avery's situation by choosing to give timely notice provide referrals and arrange continuity consistent with client needs. Which principle best supports this response?

- A. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- B. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- C. Clinical records should be timely objective relevant and altered only through an auditable process
- D. A subpoena should not be treated automatically as permission to disclose the complete record

43. A counselor is working with Riley, age 71. An agency closes a program while several clients still need ongoing care. Which action should the counselor take first?

- A. review the written agreement discuss options and avoid abrupt abandonment
- B. correct future documentation and amend records transparently without concealing the original entry
- C. give timely notice provide referrals and arrange continuity consistent with client needs
- D. address the access barrier with the client and advocate at the appropriate system level

44. The counselor's plan for Devin is to assess panic episodes anticipatory anxiety avoidance medical factors and functional impact. Which statement best explains why this approach is appropriate?

- A. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- B. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- C. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- D. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk

45. Skyler, age 24, meets with a counselor. A client with recurrent depression recalls episodes of little sleep elevated energy and risky spending. What is the counselor's best next response?

- A. provide an affirming exploratory space guided by the client's language goals and pace
- B. assess distinct periods of mood elevation before using a unipolar depression formulation
- C. support safe exploration and communication without treating normative identity work as pathology
- D. explore meanings supports costs and choices without imposing the counselor's worldview

46. A counselor responds to Avery's situation by choosing to explore freedom responsibility isolation mortality and personally chosen meaning. Which principle best supports this response?

- A. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- B. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- C. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- D. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client

47. In the case of Riley, the counselor decides to clarify intent plan means target imminence and protective factors while following safety duties. What is the strongest rationale for that choice?

- A. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- B. The mental status examination describes present observable functioning rather than lifelong personality traits
- C. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- D. Specificity access and imminence help determine the level of risk and the urgency of intervention

48. The counselor's plan for Devin is to tentatively reflect the possible hurt and invite correction. Which statement best explains why this approach is appropriate?

- A. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- B. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- C. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- D. Summaries integrate material support transitions and create a shared understanding of the session

49. For Skyler, the counselor elects to respond with curiosity and calm while assessing meaning risk and context. Which counseling principle most directly justifies this intervention?

- A. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- B. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Positive regard affirms human worth without requiring approval of every action
- D. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment

50. During counseling with Avery, age 59, the following issue emerges: A client repeatedly changes topics whenever disagreement appears between client and counselor. Which response is most appropriate?

- A. map relationships roles events and recurring patterns across the family system
- B. gently describe the here-and-now interaction and invite exploration of its meaning
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. strengthen the caregiver subsystem and clarify boundaries through enacted interaction

51. In the case of Riley, the counselor decides to assess attachment needs interaction patterns barriers and opportunities for meaningful connection. What is the strongest rationale for that choice?

- A. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- D. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk

52. In a session with Devin, age 73, this concern becomes clear: A program evaluator wants to publish identifiable client quotations collected for quality improvement. What is the best counseling response?

- A. give timely notice provide referrals and arrange continuity consistent with client needs
- B. decline the financial relationship and process the request within counseling
- C. obtain appropriate consent and protect identity before using material beyond its original purpose
- D. follow applicable law consult promptly and take protective steps required in the jurisdiction

53. Skyler, age 19, meets with a counselor. A client spends long periods awake in bed and varies wake time dramatically on weekends. What is the counselor's best next response?

- A. explore worry breadth duration physical tension sleep and impairment
- B. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- C. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- D. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation

54. During counseling with Avery, age 26, the following issue emerges: A client notices similar cutoff and caregiving patterns across several generations. Which response is most appropriate?

- A. map relationships roles events and recurring patterns across the family system
- B. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- C. build a collaborative graded practice plan while reducing safety behaviors
- D. interrupt the harmful behavior firmly and redirect toward safe respectful interaction

55. In the case of Riley, the counselor decides to interrupt the maintaining sequence with a focused directive suited to the family's context. What is the strongest rationale for that choice?

- A. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- B. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- C. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- D. Strategic interventions target interaction sequences and attempted solutions that keep a problem going

56. The counselor's plan for Devin is to offer accurate empathy congruence and unconditional positive regard without directing the choice. Which statement best explains why this approach is appropriate?

- A. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- D. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm

57. Skyler, age 47, meets with a counselor. A client becomes quiet after naming a painful loss and appears to be reflecting. What is the counselor's best next response?

- A. schedule small feasible activities and track mood mastery and pleasure afterward
- B. explore lifestyle private logic belonging and socially useful alternatives
- C. use a scale to identify exceptions existing resources and the next small change
- D. allow supportive silence while monitoring whether the client needs grounding or invitation

58. A counselor responds to Avery's situation by choosing to invite elaboration with a focused open question rather than conducting a rapid interrogation. Which principle best supports this response?

- A. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- B. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- C. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- D. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work

59. A counselor is working with Riley, age 61. Testing suggests strengths and concerns that differ from the client's self-description. Which action should the counselor take first?

- A. review results collaboratively in plain language and integrate them with other available evidence
- B. use a comparison group that matches the client's relevant characteristics and testing purpose
- C. clarify intent plan means target imminence and protective factors while following safety duties
- D. arrange urgent evaluation for a setting capable of medical monitoring and stabilization

60. In a session with Devin, age 68, this concern becomes clear: A guarded client speaks softly and watches whether the counselor remains engaged. What is the best counseling response?

- A. translate the broad wish into a small personally meaningful and achievable first step
- B. use culturally responsive eye contact posture presence and minimal encouragers
- C. build a collaborative graded practice plan while reducing safety behaviors
- D. strengthen the caregiver subsystem and clarify boundaries through enacted interaction

61. Skyler, age 75, meets with a counselor. A newly retired client feels purposeless after losing a valued occupational role. What is the counselor's best next response?

- A. provide an affirming exploratory space guided by the client's language goals and pace
- B. support safe exploration and communication without treating normative identity work as pathology
- C. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- D. explore identity structure relationships meaning and new sources of contribution

62. During counseling with Avery, age 21, the following issue emerges: A client sees both benefits and costs of changing substance use. Which response is most appropriate?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- D. link major themes decisions and next steps and invite the client's additions

63. A counselor is working with Riley, age 28. A client notices that the counselor's reassuring words conflict with a tense tone. Which action should the counselor take first?

- A. communicate the client's meaning and emotion without endorsing or condemning the choice
- B. respond honestly and professionally rather than hiding behind a false therapeutic role
- C. respond warmly while restating the boundary and exploring the need beneath the contact
- D. respond with curiosity and calm while assessing meaning risk and context

64. In a session with Devin, age 35, this concern becomes clear: A treatment plan states only that the client will feel better soon. What is the best counseling response?

- A. translate the goal into observable achievable steps with a review period and indicators of progress
- B. modify the plan to address scheduling and access barriers before labeling the client resistant
- C. explain the concern facilitate an appropriate referral and support continuity during transition
- D. process the meaning of ending review gains plan relapse prevention and arrange follow-up options

65. Skyler, age 42, meets with a counselor. A client admits behavior that caused harm and expects immediate rejection. What is the counselor's best next response?

- A. maintain respect for the person while holding the harmful behavior open to examination
- B. respond warmly while restating the boundary and exploring the need beneath the contact
- C. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- D. respond with curiosity and calm while assessing meaning risk and context

66. During counseling with Avery, age 49, the following issue emerges: A client with a specific fear avoids every reminder and seeks constant reassurance. Which response is most appropriate?

- A. prioritize safety stabilization immediate needs supports and a short practical plan
- B. build a collaborative graded practice plan while reducing safety behaviors
- C. interrupt the maintaining sequence with a focused directive suited to the family's context
- D. offer accurate empathy congruence and unconditional positive regard without directing the choice

67. In the case of Riley, the counselor decides to incorporate these strengths as resources in the plan rather than documenting only deficits. What is the strongest rationale for that choice?

- A. Referral protects welfare when client needs exceed competence resources or the current level of care
- B. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- C. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- D. Treatment modality should match goals safety development culture functioning and client preference

68. The counselor's plan for Devin is to review the written agreement discuss options and avoid abrupt abandonment. Which statement best explains why this approach is appropriate?

- A. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- B. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- C. Valid informed consent requires understandable information and a genuine opportunity for questions
- D. Financial arrangements should be explained early and managed in ways that preserve client welfare

69. Skyler, age 70, meets with a counselor. A client fears judgment while considering a major life decision. What is the counselor's best next response?

- A. explore freedom responsibility isolation mortality and personally chosen meaning
- B. link major themes decisions and next steps and invite the client's additions
- C. identify safe supports and plan specific realistic steps for reconnection
- D. offer accurate empathy congruence and unconditional positive regard without directing the choice

70. A counselor responds to Avery's situation by choosing to respectfully present the discrepancy and explore it without accusation. Which principle best supports this response?

- A. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- B. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- C. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- D. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom

71. A counselor is working with Riley, age 23. A client minimizes drinking despite withdrawal symptoms missed work and family conflict. Which action should the counselor take first?

- A. assess safety power imbalance frequency supports and the student's preferences for response
- B. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- C. assess severity safety duration and impairment while considering depressive disorders and alternatives
- D. assess chasing losses financial harm control attempts risk and co-occurring concerns

72. The counselor's plan for Devin is to assess safety command content reality testing substance use medical causes and level of care. Which statement best explains why this approach is appropriate?

- A. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- B. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- C. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- D. Behavior must be interpreted against developmental expectations rather than adult standards

73. Skyler, age 37, meets with a counselor. A client becomes angry after the counselor names a missed appointment pattern. What is the counselor's best next response?

- A. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- B. respond with curiosity and calm while assessing meaning risk and context
- C. respond warmly while restating the boundary and exploring the need beneath the contact
- D. respond honestly and professionally rather than hiding behind a false therapeutic role

74. During counseling with Avery, age 44, the following issue emerges: A recently bereaved client worries that waves of sadness mean something is seriously wrong. Which response is most appropriate?

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- C. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- D. explore life themes adaptability strengths and the story connecting past roles with future possibilities

75. A counselor is working with Riley, age 51. A client with terminal illness wants to discuss fear meaning family communication and unfinished matters. Which action should the counselor take first?

- A. assess immediate danger privately and collaborate on an individualized safety plan
- B. follow the client's priorities while assessing distress supports values and coordination needs
- C. map reciprocal patterns and avoid assuming one person alone causes the family problem
- D. assess burden safety beliefs supports and practical barriers while validating ambivalence

76. The counselor's plan for Devin is to identify safe supports and plan specific realistic steps for reconnection. Which statement best explains why this approach is appropriate?

- A. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- C. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- D. Support-building translates a general resource into accessible relationships actions and backup options

77. For Skyler, the counselor elects to assess medical risk behaviors body concerns and functioning without relying on appearance alone. Which counseling principle most directly justifies this intervention?

- A. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- D. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost

78. During counseling with Avery, age 72, the following issue emerges: A displaced worker wants help making sense of repeated transitions and future direction. Which response is most appropriate?

- A. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

79. A counselor is working with Riley, age 18. A client needs skills practice and peer feedback but feels unsafe in the proposed group. Which action should the counselor take first?

- A. modify the plan to address scheduling and access barriers before labeling the client resistant
- B. review the formulation alliance goals and intervention and revise the plan collaboratively
- C. explain the concern facilitate an appropriate referral and support continuity during transition
- D. evaluate readiness preferences risks and alternatives before selecting the modality

80. The counselor's plan for Devin is to use a comparison group that matches the client's relevant characteristics and testing purpose. Which statement best explains why this approach is appropriate?

- A. Specificity access and imminence help determine the level of risk and the urgency of intervention
- B. Norm-referenced interpretations depend on an appropriate and representative standardization group
- C. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- D. Screening identifies possible risk and need for evaluation but does not independently establish a disorder

81. Skyler, age 32, meets with a counselor. One member repeatedly ridicules others and prevents quieter members from participating. What is the counselor's best next response?

- A. map relationships roles events and recurring patterns across the family system
- B. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- C. separate the child from the problem and explore times the anger had less influence
- D. interrupt the harmful behavior firmly and redirect toward safe respectful interaction

82. During counseling with Avery, age 39, the following issue emerges: A depressed client waits to feel motivated before resuming valued activities. Which response is most appropriate?

- A. build a collaborative graded practice plan while reducing safety behaviors
- B. schedule small feasible activities and track mood mastery and pleasure afterward
- C. provide structure clarify expectations and support gradual safety and participation
- D. invite elaboration with a focused open question rather than conducting a rapid interrogation

83. A counselor is working with Riley, age 46. A new client reports panic symptoms while also describing recent medication changes. Which action should the counselor take first?

- A. ask directly about thoughts intent plan access past behavior and protective factors
- B. use a comparison group that matches the client's relevant characteristics and testing purpose
- C. gather biological psychological social cultural and medical information before concluding the cause
- D. complete a fuller assessment rather than treating the screen as a definitive diagnosis

84. The counselor's plan for Devin is to explore lifestyle private logic belonging and socially useful alternatives. Which statement best explains why this approach is appropriate?

- A. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- B. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions

85. For Skyler, the counselor elects to seek qualified supervision and refer when competence cannot be established. Which counseling principle most directly justifies this intervention?

- A. Counselors practice only within boundaries supported by education training and supervised experience
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- D. Ending services requires attention to abandonment risk records emergencies and reasonable transition support

86. A counselor responds to Avery's situation by choosing to review results collaboratively in plain language and integrate them with other available evidence. Which principle best supports this response?

- A. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- B. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- C. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- D. Specificity access and imminence help determine the level of risk and the urgency of intervention

87. In the case of Riley, the counselor decides to assess the obsession-compulsion cycle time burden insight avoidance and impairment. What is the strongest rationale for that choice?

- A. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- B. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- C. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- D. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence

88. In a session with Devin, age 20, this concern becomes clear: A client feels empty after achieving goals that once organized life. What is the best counseling response?

- A. disclose only if the likely client benefit is clear and return focus promptly to the client
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. explore freedom responsibility isolation mortality and personally chosen meaning

89. For Skyler, the counselor elects to reduce risk to clients and obtain consultation support or temporary limits on practice. Which counseling principle most directly justifies this intervention?

- A. Clinical records should be timely objective relevant and altered only through an auditable process
- B. A subpoena should not be treated automatically as permission to disclose the complete record
- C. Counselors monitor impairment and act before personal functioning compromises professional services
- D. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible

90. During counseling with Avery, age 34, the following issue emerges: A client has insomnia agitation and poor concentration after beginning a new medication. Which response is most appropriate?

- A. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- B. consider substance or medication effects and medical causes before assigning a primary mental disorder
- C. clarify intent plan means target imminence and protective factors while following safety duties
- D. question whether score interpretations represent the construct the instrument claims to measure

91. In the case of Riley, the counselor decides to verify security informed consent emergency procedures and applicable jurisdictional rules before use. What is the strongest rationale for that choice?

- A. Valid informed consent requires understandable information and a genuine opportunity for questions
- B. Counselors monitor impairment and act before personal functioning compromises professional services
- C. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- D. Technology does not remove duties concerning competence privacy access and legal authority to practice

92. The counselor's plan for Devin is to disclose only if the likely client benefit is clear and return focus promptly to the client. Which statement best explains why this approach is appropriate?

- A. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- B. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- C. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

93. For Skyler, the counselor elects to invite them to notice and discuss the shared theme with each other. Which counseling principle most directly justifies this intervention?

- A. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

94. A counselor responds to Avery's situation by choosing to provide structure clarify expectations and support gradual safety and participation. Which principle best supports this response?

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- C. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- D. Early group development commonly requires orientation predictability inclusion and trust building

95. In the case of Riley, the counselor decides to clarify interests values abilities constraints and reliable occupational information. What is the strongest rationale for that choice?

- A. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- B. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- C. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- D. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems

96. In a session with Devin, age 15, this concern becomes clear: A client restricts food exercises compulsively and has dizziness despite an average-range appearance. What is the best counseling response?

- A. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- B. explore identity structure relationships meaning and new sources of contribution
- C. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

97. For Skyler, the counselor elects to gather biological psychological social cultural and medical information before concluding the cause. Which counseling principle most directly justifies this intervention?

- A. Specificity access and imminence help determine the level of risk and the urgency of intervention
- B. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- C. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- D. Assessment is an ongoing collaborative process and test scores are only one source of clinical information

98. A counselor responds to Avery's situation by choosing to explore meanings supports costs and choices without imposing the counselor's worldview. Which principle best supports this response?

- A. Spiritual and religious concerns require cultural humility and protection of client autonomy
- B. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- C. Behavior must be interpreted against developmental expectations rather than adult standards
- D. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions

99. In the case of Riley, the counselor decides to consider substance or medication effects and medical causes before assigning a primary mental disorder. What is the strongest rationale for that choice?

- A. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- B. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- C. Norm-referenced interpretations depend on an appropriate and representative standardization group
- D. Reliability concerns the consistency or dependability of measurement across relevant occasions or items

100. The counselor's plan for Devin is to review the formulation alliance goals and intervention and revise the plan collaboratively. Which statement best explains why this approach is appropriate?

- A. Referral protects welfare when client needs exceed competence resources or the current level of care
- B. Treatment modality should match goals safety development culture functioning and client preference
- C. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- D. A treatment plan is a living document that changes when evidence shows the current approach is ineffective

101. Skyler, age 50, meets with a counselor. A client experiences abrupt surges of fear with palpitations and begins avoiding places where attacks occurred. What is the counselor's best next response?

- A. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- B. map reciprocal patterns and avoid assuming one person alone causes the family problem
- C. assess immediate danger privately and collaborate on an individualized safety plan
- D. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact

102. A counselor responds to Avery's situation by choosing to follow the client's priorities while assessing distress supports values and coordination needs. Which principle best supports this response?

- A. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- B. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- C. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- D. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives

103. A counselor is working with Riley, age 64. A client repeatedly misses morning appointments because of shift work and unreliable transportation. Which action should the counselor take first?

- A. incorporate these strengths as resources in the plan rather than documenting only deficits
- B. modify the plan to address scheduling and access barriers before labeling the client resistant
- C. revise the plan collaboratively using the client's priorities language and informed choices
- D. translate the goal into observable achievable steps with a review period and indicators of progress

104. The counselor's plan for Devin is to stay regulated explore the rupture and avoid defensiveness or premature appeasement. Which statement best explains why this approach is appropriate?

- A. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- B. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- C. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- D. Congruence involves alignment and authentic presence used in service of the client

105. Skyler, age 17, meets with a counselor. A client wants life to improve but cannot identify a starting point. What is the counselor's best next response?

- A. translate the broad wish into a small personally meaningful and achievable first step
- B. explore lifestyle private logic belonging and socially useful alternatives
- C. allow supportive silence while monitoring whether the client needs grounding or invitation
- D. identify the situation thought emotion evidence alternatives and a balanced response

106. A counselor responds to Avery's situation by choosing to write a prioritized plan of coping contacts professional resources and means-safety steps. Which principle best supports this response?

- A. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- B. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

107. In the case of Riley, the counselor decides to address the access barrier with the client and advocate at the appropriate system level. What is the strongest rationale for that choice?

- A. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- B. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- C. A subpoena should not be treated automatically as permission to disclose the complete record
- D. Research and publication require respect for autonomy privacy and foreseeable risks to participants

108. The counselor's plan for Devin is to communicate the client's meaning and emotion without endorsing or condemning the choice. Which statement best explains why this approach is appropriate?

- A. Congruence involves alignment and authentic presence used in service of the client
- B. Effective counselors combine care and responsiveness with predictable ethical limits
- C. Positive regard affirms human worth without requiring approval of every action
- D. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries

109. Skyler, age 45, meets with a counselor. A screening scale gives markedly different scores when the stable client repeats it two days later. What is the counselor's best next response?

- A. gather biological psychological social cultural and medical information before concluding the cause
- B. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- C. question the measure's consistency before drawing strong conclusions from the score
- D. review results collaboratively in plain language and integrate them with other available evidence

110. A counselor responds to Avery's situation by choosing to ask respectfully about the client's meanings and remain open to correction. Which principle best supports this response?

- A. Self-awareness helps counselors keep personal reactions from directing client care
- B. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- C. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- D. Cultural humility combines lifelong learning self-reflection attention to power and accountability

111. A counselor is working with Riley, age 59. A student reports repeated targeted humiliation and fears retaliation if adults intervene visibly. Which action should the counselor take first?

- A. assess safety power imbalance frequency supports and the student's preferences for response
- B. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- C. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- D. assess immediate danger privately and collaborate on an individualized safety plan

112. The counselor's plan for Devin is to provide an affirming exploratory space guided by the client's language goals and pace. Which statement best explains why this approach is appropriate?

- A. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- B. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- C. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

113. Skyler, age 73, meets with a counselor. Two group members describe different events that share a theme of fearing rejection. What is the counselor's best next response?

- A. invite them to notice and discuss the shared theme with each other
- B. prioritize safety stabilization immediate needs supports and a short practical plan
- C. identify the situation thought emotion evidence alternatives and a balanced response
- D. translate the broad wish into a small personally meaningful and achievable first step

114. A counselor responds to Avery's situation by choosing to build a collaborative graded practice plan while reducing safety behaviors. Which principle best supports this response?

- A. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- B. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- C. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

115. A counselor is working with Riley, age 26. A family shows diffuse parent-child boundaries and weak coordination between caregivers. Which action should the counselor take first?

- A. respectfully present the discrepancy and explore it without accusation
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. strengthen the caregiver subsystem and clarify boundaries through enacted interaction

116. In a session with Devin, age 33, this concern becomes clear: A client repeatedly gambles to recover losses and conceals debts from a partner. What is the best counseling response?

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. assess safety command content reality testing substance use medical causes and level of care
- D. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness

117. Skyler, age 40, meets with a counselor. A brief alcohol screen is positive during an annual behavioral health visit. What is the counselor's best next response?

- A. ask how the client and community understand the problem and preferred sources of help
- B. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- C. document orientation thought process attention and other current mental status findings
- D. ask directly about thoughts intent plan access past behavior and protective factors

118. During counseling with Avery, age 47, the following issue emerges: A caregiver reports exhaustion resentment and guilt but refuses all offers of respite. Which response is most appropriate?

- A. assess burden safety beliefs supports and practical barriers while validating ambivalence
- B. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- C. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

119. In the case of Riley, the counselor decides to modify the plan to address scheduling and access barriers before labeling the client resistant. What is the strongest rationale for that choice?

- A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- C. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- D. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles

120. In a session with Devin, age 61, this concern becomes clear: A client experiences tension between personal values and the expectations of a faith community. What is the best counseling response?

- A. assess chasing losses financial harm control attempts risk and co-occurring concerns
- B. follow the client's priorities while assessing distress supports values and coordination needs
- C. explore meanings supports costs and choices without imposing the counselor's worldview
- D. validate the contextual harm explore coping and supports and consider advocacy chosen by the client

121. Skyler, age 68, meets with a counselor. During intake a client becomes confused about the date and gives tangential answers. What is the counselor's best next response?

- A. document orientation thought process attention and other current mental status findings
- B. consider substance or medication effects and medical causes before assigning a primary mental disorder
- C. ask directly about thoughts intent plan access past behavior and protective factors
- D. gather biological psychological social cultural and medical information before concluding the cause

122. A counselor responds to Avery's situation by choosing to respond warmly while restating the boundary and exploring the need beneath the contact. Which principle best supports this response?

- A. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- B. Effective counselors combine care and responsiveness with predictable ethical limits
- C. Congruence involves alignment and authentic presence used in service of the client
- D. Cultural humility combines lifelong learning self-reflection attention to power and accountability

123. In the case of Riley, the counselor decides to interrupt the harmful behavior firmly and redirect toward safe respectful interaction. What is the strongest rationale for that choice?

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- C. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- D. Summaries integrate material support transitions and create a shared understanding of the session

124. In a session with Devin, age 28, this concern becomes clear: A client has severe withdrawal risk and cannot maintain safety in an outpatient setting. What is the best counseling response?

- A. clarify intent plan means target imminence and protective factors while following safety duties
- B. review results collaboratively in plain language and integrate them with other available evidence
- C. question the measure's consistency before drawing strong conclusions from the score
- D. arrange urgent evaluation for a setting capable of medical monitoring and stabilization

125. For Skyler, the counselor elects to assess burden safety beliefs supports and practical barriers while validating ambivalence. Which counseling principle most directly justifies this intervention?

- A. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- B. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- C. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- D. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue

126. During counseling with Avery, age 42, the following issue emerges: A client discloses stigmatized thoughts with visible shame. Which response is most appropriate?

- A. respond with curiosity and calm while assessing meaning risk and context
- B. respond warmly while restating the boundary and exploring the need beneath the contact
- C. communicate the client's meaning and emotion without endorsing or condemning the choice
- D. notice the reaction reflect on its influence and obtain consultation if needed

127. In the case of Riley, the counselor decides to identify the situation thought emotion evidence alternatives and a balanced response. What is the strongest rationale for that choice?

- A. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- B. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- C. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- D. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism

128. The counselor's plan for Devin is to link major themes decisions and next steps and invite the client's additions. Which statement best explains why this approach is appropriate?

- A. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- B. Summaries integrate material support transitions and create a shared understanding of the session
- C. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- D. Strategic interventions target interaction sequences and attempted solutions that keep a problem going

129. For Skyler, the counselor elects to revise the plan collaboratively using the client's priorities language and informed choices. Which counseling principle most directly justifies this intervention?

- A. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- C. Referral protects welfare when client needs exceed competence resources or the current level of care
- D. Specific measurable objectives make progress review and plan revision possible

130. A counselor responds to Avery's situation by choosing to teach and rehearse paced breathing or muscle relaxation while monitoring its effect. Which principle best supports this response?

- A. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- B. Early group development commonly requires orientation predictability inclusion and trust building
- C. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- D. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears

131. A counselor is working with Riley, age 16. A client shifts rapidly from intense anger to shame and acts impulsively during conflicts. Which action should the counselor take first?

- A. explore meanings supports costs and choices without imposing the counselor's worldview
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. assess triggers vulnerability cues consequences and available regulation skills
- D. explore identity structure relationships meaning and new sources of contribution

132. In a session with Devin, age 23, this concern becomes clear: A client describes a decision the counselor would not personally make. What is the best counseling response?

- A. maintain respect for the person while holding the harmful behavior open to examination
- B. communicate the client's meaning and emotion without endorsing or condemning the choice
- C. ask respectfully about the client's meanings and remain open to correction
- D. stay regulated explore the rupture and avoid defensiveness or premature appeasement

133. Skyler, age 30, meets with a counselor. A student names several appealing occupations but cannot compare them systematically. What is the counselor's best next response?

- A. provide an affirming exploratory space guided by the client's language goals and pace
- B. assess distinct periods of mood elevation before using a unipolar depression formulation
- C. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- D. clarify interests values abilities constraints and reliable occupational information

134. A counselor responds to Avery's situation by choosing to assess chasing losses financial harm control attempts risk and co-occurring concerns. Which principle best supports this response?

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- D. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process

135. A counselor is working with Riley, age 44. Parents expect a preschooler to regulate frustration with the consistency of an older child. Which action should the counselor take first?

- A. clarify interests values abilities constraints and reliable occupational information
- B. frame assessment and intervention around developmental capacity temperament context and caregiver support
- C. assess burden safety beliefs supports and practical barriers while validating ambivalence
- D. explore identity structure relationships meaning and new sources of contribution

136. In a session with Devin, age 51, this concern becomes clear: A client feels inferior and seeks significance through perfectionistic overachievement. What is the best counseling response?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. provide structure clarify expectations and support gradual safety and participation
- C. explore freedom responsibility isolation mortality and personally chosen meaning
- D. offer accurate empathy congruence and unconditional positive regard without directing the choice

137. Skyler, age 58, meets with a counselor. A child makes a disclosure that creates reasonable suspicion of abuse. What is the counselor's best next response?

- A. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- B. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- C. follow the client's priorities while assessing distress supports values and coordination needs
- D. clarify interests values abilities constraints and reliable occupational information

138. A counselor responds to Avery's situation by choosing to arrange urgent evaluation for a setting capable of medical monitoring and stabilization. Which principle best supports this response?

- A. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- B. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- C. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- D. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations

139. In the case of Riley, the counselor decides to assess triggers vulnerability cues consequences and available regulation skills. What is the strongest rationale for that choice?

- A. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- B. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- C. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- D. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators

140. In a session with Devin, age 18, this concern becomes clear: A client hears threatening voices and appears unable to distinguish them from external events. What is the best counseling response?

- A. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- B. provide an affirming exploratory space guided by the client's language goals and pace
- C. assess chasing losses financial harm control attempts risk and co-occurring concerns
- D. assess safety command content reality testing substance use medical causes and level of care

141. Skyler, age 25, meets with a counselor. A client describes being overlooked for promotion and says it did not matter while appearing tearful. What is the counselor's best next response?

- A. link major themes decisions and next steps and invite the client's additions
- B. tentatively reflect the possible hurt and invite correction
- C. invite elaboration with a focused open question rather than conducting a rapid interrogation
- D. provide structure clarify expectations and support gradual safety and participation

142. A counselor responds to Avery's situation by choosing to protect confidentiality while consulting counsel and seeking clarification or court direction. Which principle best supports this response?

- A. Valid informed consent requires understandable information and a genuine opportunity for questions
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. A subpoena should not be treated automatically as permission to disclose the complete record
- D. Research and publication require respect for autonomy privacy and foreseeable risks to participants

143. In the case of Riley, the counselor decides to respond honestly and professionally rather than hiding behind a false therapeutic role. What is the strongest rationale for that choice?

- A. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- B. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Self-awareness helps counselors keep personal reactions from directing client care
- D. Congruence involves alignment and authentic presence used in service of the client

144. In a session with Devin, age 46, this concern becomes clear: A counselor considers sharing a personal experience because the client feels uniquely ashamed. What is the best counseling response?

- A. disclose only if the likely client benefit is clear and return focus promptly to the client
- B. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- C. schedule small feasible activities and track mood mastery and pleasure afterward
- D. state the central meaning concisely and check whether the understanding fits

145. Skyler, age 53, meets with a counselor. A client describes escalating anger toward a named coworker and access to a firearm. What is the counselor's best next response?

- A. gather biological psychological social cultural and medical information before concluding the cause
- B. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- C. clarify intent plan means target imminence and protective factors while following safety duties
- D. complete a fuller assessment rather than treating the screen as a definitive diagnosis

146. During counseling with Avery, age 60, the following issue emerges: A client falls behind on payments and says the fee policy was never explained. Which response is most appropriate?

- A. review the written agreement discuss options and avoid abrupt abandonment
- B. decline the financial relationship and process the request within counseling
- C. reduce risk to clients and obtain consultation support or temporary limits on practice
- D. seek qualified supervision and refer when competence cannot be established

147. In the case of Riley, the counselor decides to schedule small feasible activities and track mood mastery and pleasure afterward. What is the strongest rationale for that choice?

- A. Early group development commonly requires orientation predictability inclusion and trust building
- B. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- C. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

148. The counselor's plan for Devin is to explore recurring relational themes defenses and their appearance in the therapeutic relationship. Which statement best explains why this approach is appropriate?

- A. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- B. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- C. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- D. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom

149. Skyler, age 20, meets with a counselor. A client receives counseling medication management and primary care for interacting concerns. What is the counselor's best next response?

- A. incorporate these strengths as resources in the plan rather than documenting only deficits
- B. translate the goal into observable achievable steps with a review period and indicators of progress
- C. obtain appropriate consent and coordinate relevant information across providers
- D. evaluate readiness preferences risks and alternatives before selecting the modality

150. A counselor responds to Avery's situation by choosing to explore identity structure relationships meaning and new sources of contribution. Which principle best supports this response?

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- C. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- D. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives

151. In the case of Riley, the counselor decides to frame assessment and intervention around developmental capacity temperament context and caregiver support. What is the strongest rationale for that choice?

- A. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- B. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- C. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- D. Behavior must be interpreted against developmental expectations rather than adult standards

152. The counselor's plan for Devin is to assess safety power imbalance frequency supports and the student's preferences for response. Which statement best explains why this approach is appropriate?

- A. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- B. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- C. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

153. For Skyler, the counselor elects to use open questions affirmations reflections and summaries to evoke the client's own reasons for change. Which counseling principle most directly justifies this intervention?

- A. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- B. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Crisis work narrows attention to safety functioning resources and manageable next actions

154. A counselor responds to Avery's situation by choosing to map reciprocal patterns and avoid assuming one person alone causes the family problem. Which principle best supports this response?

- A. Spiritual and religious concerns require cultural humility and protection of client autonomy
- B. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- C. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- D. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts

155. In the case of Riley, the counselor decides to process the meaning of ending review gains plan relapse prevention and arrange follow-up options. What is the strongest rationale for that choice?

- A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- C. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- D. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information

156. The counselor's plan for Devin is to obtain appropriate consent and protect identity before using material beyond its original purpose. Which statement best explains why this approach is appropriate?

- A. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- B. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- C. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- D. Counselors practice only within boundaries supported by education training and supervised experience

157. For Skyler, the counselor elects to evaluate readiness preferences risks and alternatives before selecting the modality. Which counseling principle most directly justifies this intervention?

- A. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- B. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- C. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- D. Treatment modality should match goals safety development culture functioning and client preference

158. A counselor responds to Avery's situation by choosing to complete a fuller assessment rather than treating the screen as a definitive diagnosis. Which principle best supports this response?

- A. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- B. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- C. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- D. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity

159. In the case of Riley, the counselor decides to document orientation thought process attention and other current mental status findings. What is the strongest rationale for that choice?

- A. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. The mental status examination describes present observable functioning rather than lifelong personality traits
- D. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors

160. In a session with Devin, age 36, this concern becomes clear: A client gives a long account containing several connected concerns. What is the best counseling response?

- A. build a collaborative graded practice plan while reducing safety behaviors
- B. state the central meaning concisely and check whether the understanding fits
- C. schedule small feasible activities and track mood mastery and pleasure afterward
- D. map relationships roles events and recurring patterns across the family system

161. Skyler, age 43, meets with a counselor. A counselor feels unusually protective of a client whose history resembles the counselor's own. What is the counselor's best next response?

- A. respond warmly while restating the boundary and exploring the need beneath the contact
- B. notice the reaction reflect on its influence and obtain consultation if needed
- C. respond honestly and professionally rather than hiding behind a false therapeutic role
- D. respond with curiosity and calm while assessing meaning risk and context

162. During counseling with Avery, age 50, the following issue emerges: A client has unwanted contamination thoughts and repetitive washing performed to reduce distress. Which response is most appropriate?

- A. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. assess burden safety beliefs supports and practical barriers while validating ambivalence
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

163. In the case of Riley, the counselor decides to assess mood sleep medication medical factors daily functioning and cognitive pattern. What is the strongest rationale for that choice?

- A. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- C. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- D. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process

164. The counselor's plan for Devin is to assess distinct periods of mood elevation before using a unipolar depression formulation. Which statement best explains why this approach is appropriate?

- A. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- B. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- C. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- D. Behavior must be interpreted against developmental expectations rather than adult standards

165. For Skyler, the counselor elects to assess immediate danger privately and collaborate on an individualized safety plan. Which counseling principle most directly justifies this intervention?

- A. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- B. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- C. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- D. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options

166. During counseling with Avery, age 17, the following issue emerges: A counselor writes goals before asking what changes matter most to the client. Which response is most appropriate?

- A. explain the concern facilitate an appropriate referral and support continuity during transition
- B. evaluate readiness preferences risks and alternatives before selecting the modality
- C. revise the plan collaboratively using the client's priorities language and informed choices
- D. incorporate these strengths as resources in the plan rather than documenting only deficits

167. In the case of Riley, the counselor decides to use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk. What is the strongest rationale for that choice?

- A. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- B. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- C. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

168. The counselor's plan for Devin is to question the measure's consistency before drawing strong conclusions from the score. Which statement best explains why this approach is appropriate?

- A. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- B. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- C. Specificity access and imminence help determine the level of risk and the urgency of intervention
- D. Validity concerns evidence supporting the meaning and use of scores for a particular purpose

169. Skyler, age 38, meets with a counselor. A client makes a credible specific threat toward an identifiable person. What is the counselor's best next response?

- A. seek qualified supervision and refer when competence cannot be established
- B. correct future documentation and amend records transparently without concealing the original entry
- C. address the access barrier with the client and advocate at the appropriate system level
- D. follow applicable law consult promptly and take protective steps required in the jurisdiction

170. During counseling with Avery, age 45, the following issue emerges: An adolescent is exploring values relationships and future roles while parents demand immediate certainty. Which response is most appropriate?

- A. map reciprocal patterns and avoid assuming one person alone causes the family problem
- B. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- C. support safe exploration and communication without treating normative identity work as pathology
- D. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness

171. A counselor is working with Riley, age 52. A child describes being a bad kid because anger keeps taking over. Which action should the counselor take first?

- A. separate the child from the problem and explore times the anger had less influence
- B. explore lifestyle private logic belonging and socially useful alternatives
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. link major themes decisions and next steps and invite the client's additions

172. In a session with Devin, age 59, this concern becomes clear: Outcome data and client feedback show little improvement after an adequate trial. What is the best counseling response?

- A. evaluate readiness preferences risks and alternatives before selecting the modality
- B. review the formulation alliance goals and intervention and revise the plan collaboratively
- C. explain the concern facilitate an appropriate referral and support continuity during transition
- D. translate the goal into observable achievable steps with a review period and indicators of progress

173. Skyler, age 66, meets with a counselor. A client describes workplace racism and wonders whether distress reflects personal weakness. What is the counselor's best next response?

- A. assess distinct periods of mood elevation before using a unipolar depression formulation
- B. explore identity structure relationships meaning and new sources of contribution
- C. assess severity safety duration and impairment while considering depressive disorders and alternatives
- D. validate the contextual harm explore coping and supports and consider advocacy chosen by the client

174. A counselor responds to Avery's situation by choosing to assess severity safety duration and impairment while considering depressive disorders and alternatives. Which principle best supports this response?

- A. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- D. Behavior must be interpreted against developmental expectations rather than adult standards

175. A counselor is working with Riley, age 19. A counselor compares an adolescent's score with norms developed only from middle-aged adults. Which action should the counselor take first?

- A. question the measure's consistency before drawing strong conclusions from the score
- B. use a comparison group that matches the client's relevant characteristics and testing purpose
- C. review results collaboratively in plain language and integrate them with other available evidence
- D. consider substance or medication effects and medical causes before assigning a primary mental disorder

176. The counselor's plan for Devin is to normalize varied grief responses while assessing culture functioning risk and signs requiring added care. Which statement best explains why this approach is appropriate?

- A. Spiritual and religious concerns require cultural humility and protection of client autonomy
- B. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- C. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- D. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes

177. Skyler, age 33, meets with a counselor. A survivor reports intrusive memories avoidance hyperarousal and negative beliefs after an assault. What is the counselor's best next response?

- A. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- C. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- D. map reciprocal patterns and avoid assuming one person alone causes the family problem

178. During counseling with Avery, age 40, the following issue emerges: A client requests trauma processing that the counselor has never been trained to provide. Which response is most appropriate?

- A. review the written agreement discuss options and avoid abrupt abandonment
- B. reduce risk to clients and obtain consultation support or temporary limits on practice
- C. correct future documentation and amend records transparently without concealing the original entry
- D. seek qualified supervision and refer when competence cannot be established

179. A counselor is working with Riley, age 47. An attorney sends a subpoena for notes without client authorization or a judge's order. Which action should the counselor take first?

- A. protect confidentiality while consulting counsel and seeking clarification or court direction
- B. obtain appropriate consent and protect identity before using material beyond its original purpose
- C. follow applicable law consult promptly and take protective steps required in the jurisdiction
- D. review services risks benefits fees records and confidentiality before treatment begins

180. In a session with Devin, age 54, this concern becomes clear: A client has met goals and fears that ending counseling means losing all support. What is the best counseling response?

- A. evaluate readiness preferences risks and alternatives before selecting the modality
- B. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- C. obtain appropriate consent and coordinate relevant information across providers
- D. revise the plan collaboratively using the client's priorities language and informed choices

181. Skyler, age 61, meets with a counselor. A client's family interprets distress through a spiritual framework unfamiliar to the counselor. What is the counselor's best next response?

- A. ask directly about thoughts intent plan access past behavior and protective factors
- B. document orientation thought process attention and other current mental status findings
- C. question the measure's consistency before drawing strong conclusions from the score
- D. ask how the client and community understand the problem and preferred sources of help

182. A counselor responds to Avery's situation by choosing to gently describe the here-and-now interaction and invite exploration of its meaning. Which principle best supports this response?

- A. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- B. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- C. Crisis work narrows attention to safety functioning resources and manageable next actions
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

183. A counselor is working with Riley, age 75. A client says the problem is always equally terrible and nothing ever helps. Which action should the counselor take first?

- A. write a prioritized plan of coping contacts professional resources and means-safety steps
- B. use a scale to identify exceptions existing resources and the next small change
- C. invite them to notice and discuss the shared theme with each other
- D. tentatively reflect the possible hurt and invite correction

184. In a session with Devin, age 21, this concern becomes clear: A family repeatedly solves a child's refusal in ways that unintentionally strengthen it. What is the best counseling response?

- A. gently describe the here-and-now interaction and invite exploration of its meaning
- B. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- C. interrupt the maintaining sequence with a focused directive suited to the family's context
- D. teach and rehearse paced breathing or muscle relaxation while monitoring its effect

185. For Skyler, the counselor elects to explore worry breadth duration physical tension sleep and impairment. Which counseling principle most directly justifies this intervention?

- A. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- B. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- C. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- D. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue

186. During counseling with Avery, age 35, the following issue emerges: A client seeks reassurance through repeated contact outside agreed session limits. Which response is most appropriate?

- A. respond warmly while restating the boundary and exploring the need beneath the contact
- B. ask respectfully about the client's meanings and remain open to correction
- C. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- D. respond with curiosity and calm while assessing meaning risk and context

187. In the case of Riley, the counselor decides to map relationships roles events and recurring patterns across the family system. What is the strongest rationale for that choice?

- A. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- B. Summaries integrate material support transitions and create a shared understanding of the session
- C. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- D. Crisis work narrows attention to safety functioning resources and manageable next actions

188. In a session with Devin, age 49, this concern becomes clear: A suicidal client can collaborate and identifies warning signs before risk escalates. What is the best counseling response?

- A. identify the situation thought emotion evidence alternatives and a balanced response
- B. write a prioritized plan of coping contacts professional resources and means-safety steps
- C. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- D. interrupt the maintaining sequence with a focused directive suited to the family's context

189. For Skyler, the counselor elects to review services risks benefits fees records and confidentiality before treatment begins. Which counseling principle most directly justifies this intervention?

- A. Technology does not remove duties concerning competence privacy access and legal authority to practice
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Valid informed consent requires understandable information and a genuine opportunity for questions
- D. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present

190. During counseling with Avery, age 63, the following issue emerges: A newly formed group seeks rules looks to the leader and shares cautiously. Which response is most appropriate?

- A. provide structure clarify expectations and support gradual safety and participation
- B. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- C. identify the situation thought emotion evidence alternatives and a balanced response
- D. explore lifestyle private logic belonging and socially useful alternatives

191. In the case of Riley, the counselor decides to correct future documentation and amend records transparently without concealing the original entry. What is the strongest rationale for that choice?

- A. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Financial arrangements should be explained early and managed in ways that preserve client welfare
- D. Counselor advocacy can target environmental barriers while preserving client choice and collaboration

192. In a session with Devin, age 16, this concern becomes clear: A client needs specialized eating-disorder care beyond the counselor's competence. What is the best counseling response?

- A. obtain appropriate consent and coordinate relevant information across providers
- B. incorporate these strengths as resources in the plan rather than documenting only deficits
- C. revise the plan collaboratively using the client's priorities language and informed choices
- D. explain the concern facilitate an appropriate referral and support continuity during transition

193. For Skyler, the counselor elects to follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation. Which counseling principle most directly justifies this intervention?

- A. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- B. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- C. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- D. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators

194. During counseling with Avery, age 30, the following issue emerges: A long-term client asks the counselor to become a partner in a small business. Which response is most appropriate?

- A. address the access barrier with the client and advocate at the appropriate system level
- B. protect confidentiality while consulting counsel and seeking clarification or court direction
- C. decline the financial relationship and process the request within counseling
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

195. A counselor is working with Riley, age 37. A counselor plans to use an unfamiliar video platform for sessions across state lines. Which action should the counselor take first?

- A. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- B. address the access barrier with the client and advocate at the appropriate system level
- C. follow applicable law consult promptly and take protective steps required in the jurisdiction
- D. review the written agreement discuss options and avoid abrupt abandonment

196. The counselor's plan for Devin is to assess sleep schedule substances medical factors mood and behaviors that condition wakefulness. Which statement best explains why this approach is appropriate?

- A. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- B. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- C. Behavior must be interpreted against developmental expectations rather than adult standards
- D. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline

197. Skyler, age 51, meets with a counselor. Family members blame one teenager while interaction patterns show escalating criticism and withdrawal. What is the counselor's best next response?

- A. map reciprocal patterns and avoid assuming one person alone causes the family problem
- B. assess burden safety beliefs supports and practical barriers while validating ambivalence
- C. assess safety command content reality testing substance use medical causes and level of care
- D. explore identity structure relationships meaning and new sources of contribution

198. During counseling with Avery, age 58, the following issue emerges: A client gives brief answers while describing a complicated relationship pattern. Which response is most appropriate?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- D. invite elaboration with a focused open question rather than conducting a rapid interrogation

199. A counselor is working with Riley, age 65. A client discloses escalating partner violence and monitoring of communications. Which action should the counselor take first?

- A. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- B. explore meanings supports costs and choices without imposing the counselor's worldview
- C. assess immediate danger privately and collaborate on an individualized safety plan
- D. frame assessment and intervention around developmental capacity temperament context and caregiver support

200. The counselor's plan for Devin is to use culturally responsive eye contact posture presence and minimal encouragers. Which statement best explains why this approach is appropriate?

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- C. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- D. Support-building translates a general resource into accessible relationships actions and backup options

Practice Exam 11: Answer Key And Explanations

1. D — Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

2. A — The best response is to identify safe supports and plan specific realistic steps for reconnection. Support-building translates a general resource into accessible relationships actions and backup options. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit.

3. B — The best response is to ask directly about thoughts intent plan access past behavior and protective factors. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks.

4. C — The best response is to provide an affirming exploratory space guided by the client's language goals and pace. Ethical exploration respects self-determination and does not treat identity diversity as pathology. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

5. C — Positive regard affirms human worth without requiring approval of every action. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

6. A — The best response is to prioritize safety stabilization immediate needs supports and a short practical plan. Crisis work narrows attention to safety functioning resources and manageable next actions. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

7. D — The best response is to assess attachment needs interaction patterns barriers and opportunities for meaningful connection. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

8. B — Referral protects welfare when client needs exceed competence resources or the current level of care. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

9. B — Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

10. A — The best response is to incorporate these strengths as resources in the plan rather than documenting only deficits. Strengths can improve engagement feasibility resilience and progress toward treatment goals. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

11. C — Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

12. D — The best response is to assess severity safety duration and impairment while considering depressive disorders and alternatives. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

13. C — Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

14. D — Self-awareness helps counselors keep personal reactions from directing client care. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question therefore.

15. A — The best response is to explore worry breadth duration physical tension sleep and impairment. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

16. B — Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

17. C — Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

18. A — Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

19. B — The best response is to respectfully present the discrepancy and explore it without accusation. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit the.

20. D — The best response is to review services risks benefits fees records and confidentiality before treatment begins. Valid informed consent requires understandable information and a genuine opportunity for questions. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

21. C — Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

22. D — Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

23. B — Culturally responsive assessment explores meaning context identity supports and help-seeking expectations. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

24. A — The best response is to teach and rehearse paced breathing or muscle relaxation while monitoring its effect. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate.

25. D — The best response is to reduce risk to clients and obtain consultation support or temporary limits on practice. Counselors monitor impairment and act before personal functioning compromises professional services. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

26. C — Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

27. A — Scaling can make differences visible and support client-defined movement without denying the seriousness of distress. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

28. B — Specific measurable objectives make progress review and plan revision possible. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question therefore.

29. B — The best response is to ask respectfully about the client's meanings and remain open to correction. Cultural humility combines lifelong learning self-reflection attention to power and accountability. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit.

30. C — Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

31. A — Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

32. D — The best response is to assess mood sleep medication medical factors daily functioning and cognitive pattern. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

33. C — The best response is to link major themes decisions and next steps and invite the client's additions. Summaries integrate material support transitions and create a shared understanding of the session. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

34. D — The best response is to correct future documentation and amend records transparently without concealing the original entry. Clinical records should be timely objective relevant and altered only through an auditable process. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

35. A — Crisis work narrows attention to safety functioning resources and manageable next actions. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

36. B — The best response is to identify the situation thought emotion evidence alternatives and a balanced response. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

37. D — The best response is to question whether score interpretations represent the construct the instrument claims to measure. Validity concerns evidence supporting the meaning and use of scores for a particular purpose. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

38. B — Validity concerns evidence supporting the meaning and use of scores for a particular purpose. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

39. A — The best response is to address the access barrier with the client and advocate at the appropriate system level. Counselor advocacy can target environmental barriers while preserving client choice and collaboration. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

40. C — Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

41. D — The best response is to explore recurring relational themes defenses and their appearance in the therapeutic relationship. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

42. B — Ending services requires attention to abandonment risk records emergencies and reasonable transition support. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

43. C — The best response is to give timely notice provide referrals and arrange continuity consistent with client needs. Ending services requires attention to abandonment risk records emergencies and reasonable transition support. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

44. A — Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

45. B — The best response is to assess distinct periods of mood elevation before using a unipolar depression formulation. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

46. C — Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

47. D — Specificity access and imminence help determine the level of risk and the urgency of intervention. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

48. A — Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

49. D — A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

50. B — The best response is to gently describe the here-and-now interaction and invite exploration of its meaning. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

51. A — Loneliness reflects perceived relational disconnection rather than simply the number of social contacts. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

52. C — The best response is to obtain appropriate consent and protect identity before using material beyond its original purpose. Research and publication require respect for autonomy privacy and foreseeable risks to participants. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

53. C — The best response is to assess sleep schedule substances medical factors mood and behaviors that condition wakefulness. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

54. A — The best response is to map relationships roles events and recurring patterns across the family system. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

55. D — Strategic interventions target interaction sequences and attempted solutions that keep a problem going. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

56. B — Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

57. D — The best response is to allow supportive silence while monitoring whether the client needs grounding or invitation. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

58. C — Open questions can expand exploration while timing focus and pacing protect the collaborative process. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

59. A — The best response is to review results collaboratively in plain language and integrate them with other available evidence. Assessment is an ongoing collaborative process and test scores are only one source of clinical information. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate.

60. B — The best response is to use culturally responsive eye contact posture presence and minimal encouragers. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

61. D — The best response is to explore identity structure relationships meaning and new sources of contribution. Retirement is a role transition whose impact depends on preparation resources health relationships and identity. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

62. C — The best response is to use open questions affirmations reflections and summaries to evoke the client's own reasons for change. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

63. B — The best response is to respond honestly and professionally rather than hiding behind a false therapeutic role. Congruence involves alignment and authentic presence used in service of the client. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

64. A — The best response is to translate the goal into observable achievable steps with a review period and indicators of progress. Specific measurable objectives make progress review and plan revision possible. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

65. A — The best response is to maintain respect for the person while holding the harmful behavior open to examination. Positive regard affirms human worth without requiring approval of every action. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

66. B — The best response is to build a collaborative graded practice plan while reducing safety behaviors. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

67. C — Strengths can improve engagement feasibility resilience and progress toward treatment goals. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

68. D — Financial arrangements should be explained early and managed in ways that preserve client welfare. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

69. D — The best response is to offer accurate empathy congruence and unconditional positive regard without directing the choice. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks.

70. A — Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

71. B — The best response is to use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

72. C — Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

73. A — The best response is to stay regulated explore the rupture and avoid defensiveness or premature appeasement. Conflict tolerance allows disagreement to become useful information while protecting safety and respect. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

74. C — The best response is to normalize varied grief responses while assessing culture functioning risk and signs requiring added care. Grief is not a uniform sequence and should be understood in cultural relational and developmental context. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from.

75. B — The best response is to follow the client's priorities while assessing distress supports values and coordination needs. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

76. D — Support-building translates a general resource into accessible relationships actions and backup options. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

77. C — Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

78. A — The best response is to explore life themes adaptability strengths and the story connecting past roles with future possibilities. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from.

79. D — The best response is to evaluate readiness preferences risks and alternatives before selecting the modality. Treatment modality should match goals safety development culture functioning and client preference. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit.

80. B — Norm-referenced interpretations depend on an appropriate and representative standardization group. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question therefore.

81. D — The best response is to interrupt the harmful behavior firmly and redirect toward safe respectful interaction. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

82. B — The best response is to schedule small feasible activities and track mood mastery and pleasure afterward. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

83. C — The best response is to gather biological psychological social cultural and medical information before concluding the cause. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

84. A — Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

85. A — Counselors practice only within boundaries supported by education training and supervised experience. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

86. C — Assessment is an ongoing collaborative process and test scores are only one source of clinical information. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

87. B — Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

88. D — The best response is to explore freedom responsibility isolation mortality and personally chosen meaning. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

89. C — Counselors monitor impairment and act before personal functioning compromises professional services. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

90. B — The best response is to consider substance or medication effects and medical causes before assigning a primary mental disorder. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

91. D — Technology does not remove duties concerning competence privacy access and legal authority to practice. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

92. A — Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

93. B — Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

94. D — Early group development commonly requires orientation predictability inclusion and trust building. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

95. C — Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

96. A — The best response is to assess medical risk behaviors body concerns and functioning without relying on appearance alone. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate.

97. C — A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

98. A — Spiritual and religious concerns require cultural humility and protection of client autonomy. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

99. B — Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

100. D — A treatment plan is a living document that changes when evidence shows the current approach is ineffective. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale.

101. D — The best response is to assess panic episodes anticipatory anxiety avoidance medical factors and functional impact. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks.

102. C — End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

103. B — The best response is to modify the plan to address scheduling and access barriers before labeling the client resistant. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

104. A — Conflict tolerance allows disagreement to become useful information while protecting safety and respect. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

105. A — The best response is to translate the broad wish into a small personally meaningful and achievable first step. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

106. C — A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

107. B — Counselor advocacy can target environmental barriers while preserving client choice and collaboration. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

108. D — Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

109. C — The best response is to question the measure's consistency before drawing strong conclusions from the score. Reliability concerns the consistency or dependability of measurement across relevant occasions or items. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

110. D — Cultural humility combines lifelong learning self-reflection attention to power and accountability. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

111. A — The best response is to assess safety power imbalance frequency supports and the student's preferences for response. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

112. B — Ethical exploration respects self-determination and does not treat identity diversity as pathology. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

113. A — The best response is to invite them to notice and discuss the shared theme with each other. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

114. C — Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

115. D — The best response is to strengthen the caregiver subsystem and clarify boundaries through enacted interaction. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

116. B — The best response is to assess chasing losses financial harm control attempts risk and co-occurring concerns. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

117. B — The best response is to complete a fuller assessment rather than treating the screen as a definitive diagnosis. Screening identifies possible risk and need for evaluation but does not independently establish a disorder. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

118. A — The best response is to assess burden safety beliefs supports and practical barriers while validating ambivalence. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks.

119. D — Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

120. C — The best response is to explore meanings supports costs and choices without imposing the counselor's worldview. Spiritual and religious concerns require cultural humility and protection of client autonomy. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

121. A — The best response is to document orientation thought process attention and other current mental status findings. The mental status examination describes present observable functioning rather than lifelong personality traits. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

122. B — Effective counselors combine care and responsiveness with predictable ethical limits. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question therefore.

123. C — Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

124. D — The best response is to arrange urgent evaluation for a setting capable of medical monitoring and stabilization. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

125. C — Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

126. A — The best response is to respond with curiosity and calm while assessing meaning risk and context. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

127. D — Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

128. B — Summaries integrate material support transitions and create a shared understanding of the session. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

129. A — Treatment planning is strongest when goals are meaningful to the client and jointly developed. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

130. D — Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale.

131. C — The best response is to assess triggers vulnerability cues consequences and available regulation skills. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

132. B — The best response is to communicate the client's meaning and emotion without endorsing or condemning the choice. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

133. D — The best response is to clarify interests values abilities constraints and reliable occupational information. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit the.

134. C — Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

135. B — The best response is to frame assessment and intervention around developmental capacity temperament context and caregiver support. Behavior must be interpreted against developmental expectations rather than adult standards. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

136. A — The best response is to explore lifestyle private logic belonging and socially useful alternatives. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

137. A — The best response is to follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

138. C — Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

139. B — Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

140. D — The best response is to assess safety command content reality testing substance use medical causes and level of care. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate.

141. B — The best response is to tentatively reflect the possible hurt and invite correction. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit the.

142. C — A subpoena should not be treated automatically as permission to disclose the complete record. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

143. D — Congruence involves alignment and authentic presence used in service of the client. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

144. A — The best response is to disclose only if the likely client benefit is clear and return focus promptly to the client. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate.

145. C — The best response is to clarify intent plan means target imminence and protective factors while following safety duties. Specificity access and imminence help determine the level of risk and the urgency of intervention. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

146. A — The best response is to review the written agreement discuss options and avoid abrupt abandonment. Financial arrangements should be explained early and managed in ways that preserve client welfare. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

147. D — Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

148. B — Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

149. C — The best response is to obtain appropriate consent and coordinate relevant information across providers. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit.

150. B — Retirement is a role transition whose impact depends on preparation resources health relationships and identity. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

151. D — Behavior must be interpreted against developmental expectations rather than adult standards. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

152. A — Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

153. A — Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

154. D — Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

155. C — Planned termination consolidates learning anticipates setbacks and supports increasing client independence. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The question.

156. B — Research and publication require respect for autonomy privacy and foreseeable risks to participants. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

157. D — Treatment modality should match goals safety development culture functioning and client preference. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

158. A — Screening identifies possible risk and need for evaluation but does not independently establish a disorder. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

159. C — The mental status examination describes present observable functioning rather than lifelong personality traits. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

160. B — The best response is to state the central meaning concisely and check whether the understanding fits. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

161. B — The best response is to notice the reaction reflect on its influence and obtain consultation if needed. Self-awareness helps counselors keep personal reactions from directing client care. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit.

162. D — The best response is to assess the obsession-compulsion cycle time burden insight avoidance and impairment. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

163. C — Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

164. A — A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

165. D — Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

166. C — The best response is to revise the plan collaboratively using the client's priorities language and informed choices. Treatment planning is strongest when goals are meaningful to the client and jointly developed. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

167. B — Substance assessment examines severity and function without allowing labels or confrontation to replace evidence. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

168. A — Reliability concerns the consistency or dependability of measurement across relevant occasions or items. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

169. D — The best response is to follow applicable law consult promptly and take protective steps required in the jurisdiction. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

170. C — The best response is to support safe exploration and communication without treating normative identity work as pathology. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

171. A — The best response is to separate the child from the problem and explore times the anger had less influence. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate.

172. B — The best response is to review the formulation alliance goals and intervention and revise the plan collaboratively. A treatment plan is a living document that changes when evidence shows the current approach is ineffective. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate.

173. D — The best response is to validate the contextual harm explore coping and supports and consider advocacy chosen by the client. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

174. A — Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

175. B — The best response is to use a comparison group that matches the client's relevant characteristics and testing purpose. Norm-referenced interpretations depend on an appropriate and representative standardization group. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

176. C — Grief is not a uniform sequence and should be understood in cultural relational and developmental context. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

177. C — The best response is to use a trauma-informed assessment that prioritizes safety choice pacing and current functioning. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

178. D — The best response is to seek qualified supervision and refer when competence cannot be established. Counselors practice only within boundaries supported by education training and supervised experience. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit.

179. A — The best response is to protect confidentiality while consulting counsel and seeking clarification or court direction. A subpoena should not be treated automatically as permission to disclose the complete record. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

180. B — The best response is to process the meaning of ending review gains plan relapse prevention and arrange follow-up options. Planned termination consolidates learning anticipates setbacks and supports increasing client independence. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

181. D — The best response is to ask how the client and community understand the problem and preferred sources of help. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they.

182. A — Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

183. B — The best response is to use a scale to identify exceptions existing resources and the next small change. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

184. C — The best response is to interrupt the maintaining sequence with a focused directive suited to the family's context. Strategic interventions target interaction sequences and attempted solutions that keep a problem going. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

185. D — Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.

186. A — The best response is to respond warmly while restating the boundary and exploring the need beneath the contact. Effective counselors combine care and responsiveness with predictable ethical limits. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

187. C — A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

188. B — The best response is to write a prioritized plan of coping contacts professional resources and means-safety steps. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling.

189. C — Valid informed consent requires understandable information and a genuine opportunity for questions. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described. The.

190. A — The best response is to provide structure clarify expectations and support gradual safety and participation. Early group development commonly requires orientation predictability inclusion and trust building. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not fit the.

191. B — Clinical records should be timely objective relevant and altered only through an auditable process. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action.

192. D — The best response is to explain the concern facilitate an appropriate referral and support continuity during transition. Referral protects welfare when client needs exceed competence resources or the current level of care. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks.

193. D — Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the action described..

194. C — The best response is to decline the financial relationship and process the request within counseling. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do.

195. A — The best response is to verify security informed consent emergency procedures and applicable jurisdictional rules before use. Technology does not remove duties concerning competence privacy access and legal authority to practice. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

196. B — Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for.

197. A — The best response is to map reciprocal patterns and avoid assuming one person alone causes the family problem. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but.

198. D — The best response is to invite elaboration with a focused open question rather than conducting a rapid interrogation. Open questions can expand exploration while timing focus and pacing protect the collaborative process. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks.

199. C — The best response is to assess immediate danger privately and collaborate on an individualized safety plan. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options. This approach addresses the central clinical or ethical issue while preserving collaboration, safety, and the client's autonomy. The other options are drawn from legitimate counseling tasks, but they do not.

200. B — Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules. That principle directly explains why the counselor's selected response fits this situation. It links the intervention to client welfare, sound assessment, and a collaborative counseling process. The competing statements concern other valid responsibilities, but they do not provide the closest rationale for the.