

PRACTICE EXAM 15: 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 Casey, the counselor elects to review the formulation alliance goals and intervention and revise the plan collaboratively. Which counseling principle most directly justifies this intervention?
 - A. Specific measurable objectives make progress review and plan revision possible
 - 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. Treatment modality should match goals safety development culture functioning and client preference
2. During counseling with Reese, age 72, the following issue emerges: A client sees both benefits and costs of changing substance use. Which response is most appropriate?
 - A. respectfully present the discrepancy and explore it without accusation
 - B. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
 - C. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
 - D. explore freedom responsibility isolation mortality and personally chosen meaning
3. A counselor is working with Jordan, age 18. Family members blame one teenager while interaction patterns show escalating criticism and withdrawal. Which action should the counselor take first?
 - A. map reciprocal patterns and avoid assuming one person alone causes the family problem
 - B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
 - C. assess severity safety duration and impairment while considering depressive disorders and alternatives
 - D. assess safety command content reality testing substance use medical causes and level of care

4. The counselor's plan for Taylor is to notice the reaction reflect on its influence and obtain consultation if needed. Which statement best explains why this approach is appropriate?

- A. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- B. Congruence involves alignment and authentic presence used in service of the client
- C. Effective counselors combine care and responsiveness with predictable ethical limits
- D. Self-awareness helps counselors keep personal reactions from directing client care

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

- A. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- B. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- C. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- D. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options

6. A counselor responds to Reese's situation by choosing to question the measure's consistency before drawing strong conclusions from the score. Which principle best supports this response?

- A. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- B. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- C. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- D. Validity concerns evidence supporting the meaning and use of scores for a particular purpose

7. A counselor is working with Jordan, age 46. A family shows diffuse parent-child boundaries and weak coordination between caregivers. Which action should the counselor take first?

- A. identify the situation thought emotion evidence alternatives and a balanced response
- B. map relationships roles events and recurring patterns across the family system
- C. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- D. strengthen the caregiver subsystem and clarify boundaries through enacted interaction

8. In a session with Taylor, age 53, this concern becomes clear: A student names several appealing occupations but cannot compare them systematically. What is the best counseling response?

- A. clarify interests values abilities constraints and reliable occupational information
- B. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- C. explore worry breadth duration physical tension sleep and impairment
- D. explore meanings supports costs and choices without imposing the counselor's worldview

9. Casey, age 60, meets with a counselor. A client asks to explore gender without being pushed toward a predetermined outcome. What is the counselor's best next response?

- A. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. provide an affirming exploratory space guided by the client's language goals and pace

10. During counseling with Reese, age 67, the following issue emerges: A survivor reports intrusive memories avoidance hyperarousal and negative beliefs after an assault. Which response is most appropriate?

- A. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- B. frame assessment and intervention around developmental capacity temperament context and caregiver support
- C. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

11. A counselor is working with Jordan, age 74. Near the end of a complex session the client seems unsure what was accomplished. Which action should the counselor take first?

- A. provide structure clarify expectations and support gradual safety and participation
- B. link major themes decisions and next steps and invite the client's additions
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. prioritize safety stabilization immediate needs supports and a short practical plan

12. In a session with Taylor, age 20, 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. verify security informed consent emergency procedures and applicable jurisdictional rules before use

13. Casey, age 27, meets with a counselor. A client says life is not worth living but has not yet been asked about intent or means. What is the counselor's best next response?

- A. ask directly about thoughts intent plan access past behavior and protective factors
- B. ask how the client and community understand the problem and preferred sources of help
- C. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- D. question whether score interpretations represent the construct the instrument claims to measure

14. During counseling with Reese, age 34, 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. explore lifestyle private logic belonging and socially useful alternatives
- C. gently describe the here-and-now interaction and invite exploration of its meaning
- D. invite elaboration with a focused open question rather than conducting a rapid interrogation

15. In the case of Jordan, the counselor decides to follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation. What is the strongest rationale for that choice?

- A. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- B. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- C. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- D. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination

16. In a session with Taylor, age 48, this concern becomes clear: A client needs specialized eating-disorder care beyond the counselor's competence. What is the best counseling response?

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

17. Casey, age 55, meets with a counselor. A client describes a decision the counselor would not personally make. What is the counselor's best next response?

- A. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- B. notice the reaction reflect on its influence and obtain consultation if needed
- C. maintain respect for the person while holding the harmful behavior open to examination
- D. communicate the client's meaning and emotion without endorsing or condemning the choice

18. A counselor responds to Reese's situation by choosing to review the written agreement discuss options and avoid abrupt abandonment. Which principle best supports this response?

- A. Clinical records should be timely objective relevant and altered only through an auditable process
- B. Financial arrangements should be explained early and managed in ways that preserve client welfare
- C. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- D. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible

19. A counselor is working with Jordan, age 69. A client falls behind on payments and says the fee policy was never explained. Which action should the counselor take first?

- A. review the written agreement discuss options and avoid abrupt abandonment
- B. seek qualified supervision and refer when competence cannot be established
- 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

20. The counselor's plan for Taylor is to explore life themes adaptability strengths and the story connecting past roles with future possibilities. Which statement best explains why this approach is appropriate?

- A. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- B. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Retirement is a role transition whose impact depends on preparation resources health relationships and identity

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

- A. Behavior must be interpreted against developmental expectations rather than adult standards
- B. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- C. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

22. During counseling with Reese, age 29, the following issue emerges: A client becomes quiet after naming a painful loss and appears to be reflecting. Which response is most appropriate?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. invite elaboration with a focused open question rather than conducting a rapid interrogation
- 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

23. A counselor is working with Jordan, age 36. A client has met goals and fears that ending counseling means losing all support. Which action should the counselor take first?

- A. revise the plan collaboratively using the client's priorities language and informed choices
- B. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- C. modify the plan to address scheduling and access barriers before labeling the client resistant
- D. translate the goal into observable achievable steps with a review period and indicators of progress

24. In a session with Taylor, age 43, this concern becomes clear: A client describes being overlooked for promotion and says it did not matter while appearing tearful. What is the best counseling response?

- A. tentatively reflect the possible hurt and invite correction
- B. gently describe the here-and-now interaction and invite exploration of its meaning
- C. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- D. explore freedom responsibility isolation mortality and personally chosen meaning

25. For Casey, 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. Congruence involves alignment and authentic presence used in service of the client
- B. Self-awareness helps counselors keep personal reactions from directing client care
- 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

26. During counseling with Reese, age 57, the following issue emerges: A client automatically concludes that one mistake proves total incompetence. Which response is most appropriate?

- A. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- B. identify the situation thought emotion evidence alternatives and a balanced response
- C. use a scale to identify exceptions existing resources and the next small change
- D. build a collaborative graded practice plan while reducing safety behaviors

27. A counselor is working with Jordan, age 64. A client wants a portable response to escalating physiological arousal. Which action should the counselor take first?

- A. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. interrupt the maintaining sequence with a focused directive suited to the family's context

28. The counselor's plan for Taylor is to tentatively reflect the possible hurt and invite correction. 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. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- C. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- D. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience

29. Casey, age 17, meets with a counselor. A counselor writes goals before asking what changes matter most to the client. What is the counselor's best next response?

- A. review the formulation alliance goals and intervention and revise the plan collaboratively
- B. revise the plan collaboratively using the client's priorities language and informed choices
- C. evaluate readiness preferences risks and alternatives before selecting the modality
- D. explain the concern facilitate an appropriate referral and support continuity during transition

30. A counselor responds to Reese's situation by choosing to respond with curiosity and calm while assessing meaning risk and context. Which principle best supports this response?

- A. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- B. Self-awareness helps counselors keep personal reactions from directing client care
- 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

31. A counselor is working with Jordan, age 31. A client discloses stigmatized thoughts with visible shame. Which action should the counselor take first?

- A. respond with curiosity and calm while assessing meaning risk and context
- 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. communicate the client's meaning and emotion without endorsing or condemning the choice

32. The counselor's plan for Taylor is to reduce risk to clients and obtain consultation support or temporary limits on practice. Which statement best explains why this approach is appropriate?

- A. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- D. Counselors monitor impairment and act before personal functioning compromises professional services

33. For Casey, the counselor elects to document orientation thought process attention and other current mental status findings. Which counseling principle most directly justifies this intervention?

- A. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- B. The mental status examination describes present observable functioning rather than lifelong personality traits
- 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

34. A counselor responds to Reese's situation by choosing to assess the obsession-compulsion cycle time burden insight avoidance and impairment. Which principle best supports this response?

- A. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- B. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost

35. A counselor is working with Jordan, age 59. A client repeatedly gambles to recover losses and conceals debts from a partner. Which action should the counselor take first?

- A. assess safety command content reality testing substance use medical causes and level of care
- B. clarify interests values abilities constraints and reliable occupational information
- C. assess chasing losses financial harm control attempts risk and co-occurring concerns
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

36. The counselor's plan for Taylor is to assess triggers vulnerability cues consequences and available regulation skills. Which statement best explains why this approach is appropriate?

- A. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- B. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- C. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

37. For Casey, the counselor elects to ask how the client and community understand the problem and preferred sources of help. Which counseling principle most directly justifies this intervention?

- A. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- D. Reliability concerns the consistency or dependability of measurement across relevant occasions or items

38. A counselor responds to Reese's situation by choosing to consider substance or medication effects and medical causes before assigning a primary mental disorder. 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. Specificity access and imminence help determine the level of risk and the urgency of intervention
- D. The mental status examination describes present observable functioning rather than lifelong personality traits

39. A counselor is working with Jordan, age 26. One member repeatedly ridicules others and prevents quieter members from participating. Which action should the counselor take first?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. provide structure clarify expectations and support gradual safety and participation
- C. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- D. separate the child from the problem and explore times the anger had less influence

40. In a session with Taylor, age 33, this concern becomes clear: A client facing housing instability has strong family support persistence and effective problem-solving skills. 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. review the formulation alliance goals and intervention and revise the plan collaboratively
- D. incorporate these strengths as resources in the plan rather than documenting only deficits

41. Casey, age 40, meets with a counselor. A client discloses escalating partner violence and monitoring of communications. What is the counselor's best next response?

- A. assess distinct periods of mood elevation before using a unipolar depression formulation
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- D. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk

42. During counseling with Reese, age 47, the following issue emerges: A client restricts food exercises compulsively and has dizziness despite an average-range appearance. Which response is most appropriate?

- A. follow the client's priorities while assessing distress supports values and coordination needs
- B. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- C. assess distinct periods of mood elevation before using a unipolar depression formulation
- D. assess medical risk behaviors body concerns and functioning without relying on appearance alone

43. In the case of Jordan, the counselor decides to disclose only if the likely client benefit is clear and return focus promptly to the client. What is the strongest rationale for that choice?

- A. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- 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. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning

44. The counselor's plan for Taylor is to explore meanings supports costs and choices without imposing the counselor's worldview. Which statement best explains why this approach is appropriate?

- A. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Ethical exploration respects self-determination and does not treat identity diversity as pathology

45. Casey, age 68, meets with a counselor. A client with a specific fear avoids every reminder and seeks constant reassurance. What is the counselor's best next response?

- A. map relationships roles events and recurring patterns across the family system
- B. build a collaborative graded practice plan while reducing safety behaviors
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. use culturally responsive eye contact posture presence and minimal encouragers

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

- A. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- D. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators

47. A counselor is working with Jordan, age 21. A client spends long periods awake in bed and varies wake time dramatically on weekends. Which action should the counselor take first?

- A. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- B. explore meanings supports costs and choices without imposing the counselor's worldview
- C. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- D. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness

48. In a session with Taylor, age 28, 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. assess safety command content reality testing substance use medical causes and level of care
- B. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- C. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- D. normalize varied grief responses while assessing culture functioning risk and signs requiring added care

49. For Casey, the counselor elects to assess chasing losses financial harm control attempts risk and co-occurring concerns. Which counseling principle most directly justifies this intervention?

- A. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- B. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- C. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- D. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators

50. A counselor responds to Reese'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. Support-building translates a general resource into accessible relationships actions and backup options
- B. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance

51. In the case of Jordan, the counselor decides to give timely notice provide referrals and arrange continuity consistent with client needs. What is the strongest rationale for that choice?

- A. A subpoena should not be treated automatically as permission to disclose the complete record
- 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. Valid informed consent requires understandable information and a genuine opportunity for questions

52. In a session with Taylor, age 56, 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. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. assess burden safety beliefs supports and practical barriers while validating ambivalence
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

53. Casey, age 63, 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. clarify intent plan means target imminence and protective factors while following safety duties
- B. question whether score interpretations represent the construct the instrument claims to measure
- C. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- D. question the measure's consistency before drawing strong conclusions from the score

54. A counselor responds to Reese's situation by choosing to incorporate these strengths as resources in the plan rather than documenting only deficits. Which principle best supports this response?

- A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- C. Specific measurable objectives make progress review and plan revision possible
- D. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles

55. A counselor is working with Jordan, age 16. A counselor feels unusually protective of a client whose history resembles the counselor's own. Which action should the counselor take first?

- A. respond with curiosity and calm while assessing meaning risk and context
- B. notice the reaction reflect on its influence and obtain consultation if needed
- C. ask respectfully about the client's meanings and remain open to correction
- D. maintain respect for the person while holding the harmful behavior open to examination

56. In a session with Taylor, age 23, this concern becomes clear: A client describes escalating anger toward a named coworker and access to a firearm. What is the best counseling response?

- A. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- B. question whether score interpretations represent the construct the instrument claims to measure
- C. document orientation thought process attention and other current mental status findings
- D. clarify intent plan means target imminence and protective factors while following safety duties

57. For Casey, the counselor elects to explore freedom responsibility isolation mortality and personally chosen meaning. Which counseling principle most directly justifies this intervention?

- A. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- B. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- C. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- D. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears

58. During counseling with Reese, age 37, the following issue emerges: A depression inventory consistently measures general distress rather than depressive symptoms. Which response is most appropriate?

- 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. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- D. question whether score interpretations represent the construct the instrument claims to measure

59. A counselor is working with Jordan, age 44. An agency closes a program while several clients still need ongoing care. Which action should the counselor take first?

- A. decline the financial relationship and process the request within counseling
- B. review the written agreement discuss options and avoid abrupt abandonment
- C. give timely notice provide referrals and arrange continuity consistent with client needs
- D. obtain appropriate consent and protect identity before using material beyond its original purpose

60. The counselor's plan for Taylor is to identify the situation thought emotion evidence alternatives and a balanced response. Which statement best explains why this approach is appropriate?

- A. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- B. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- C. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- D. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom

61. For Casey, the counselor elects to support safe exploration and communication without treating normative identity work as pathology. Which counseling principle most directly justifies this intervention?

- A. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- B. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- C. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- D. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk

62. A counselor responds to Reese'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. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- C. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

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

- A. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- C. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

64. The counselor's plan for Taylor 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. Norm-referenced interpretations depend on an appropriate and representative standardization group
- B. The mental status examination describes present observable functioning rather than lifelong personality traits
- C. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- D. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity

65. Casey, age 25, 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 how the client and community understand the problem and preferred sources of help
- B. document orientation thought process attention and other current mental status findings
- C. clarify intent plan means target imminence and protective factors while following safety duties
- D. use a comparison group that matches the client's relevant characteristics and testing purpose

66. A counselor responds to Reese's situation by choosing to assess safety power imbalance frequency supports and the student's preferences for response. Which principle best supports this response?

- 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. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- D. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination

67. A counselor is working with Jordan, age 39. A client becomes angry after the counselor names a missed appointment pattern. Which action should the counselor take first?

- A. respond warmly while restating the boundary and exploring the need beneath the contact
- B. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- 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

68. In a session with Taylor, age 46, this concern becomes clear: A counselor notices persistent exhaustion irritability and mistakes that are affecting sessions. 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. protect confidentiality while consulting counsel and seeking clarification or court direction
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

69. Casey, age 53, 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. notice the reaction reflect on its influence and obtain consultation if needed
- B. respond honestly and professionally rather than hiding behind a false therapeutic role
- C. respond with curiosity and calm while assessing meaning risk and context
- D. ask respectfully about the client's meanings and remain open to correction

70. A counselor responds to Reese'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. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- B. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- C. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- D. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation

71. In the case of Jordan, the counselor decides to complete a fuller assessment rather than treating the screen as a definitive diagnosis. 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. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- C. Norm-referenced interpretations depend on an appropriate and representative standardization group
- D. Assessment is an ongoing collaborative process and test scores are only one source of clinical information

72. In a session with Taylor, age 74, this concern becomes clear: A client in acute distress is disorganized and unable to consider long-term insight work. What is the best counseling response?

- A. tentatively reflect the possible hurt and invite correction
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. prioritize safety stabilization immediate needs supports and a short practical plan
- D. provide structure clarify expectations and support gradual safety and participation

73. Casey, 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. review the formulation alliance goals and intervention and revise the plan collaboratively
- B. obtain appropriate consent and coordinate relevant information across providers
- C. explain the concern facilitate an appropriate referral and support continuity during transition
- D. incorporate these strengths as resources in the plan rather than documenting only deficits

74. During counseling with Reese, age 27, the following issue emerges: A client repeatedly misses care because the clinic lacks wheelchair access. Which response is most appropriate?

- A. decline the financial relationship and process the request within counseling
- B. follow applicable law consult promptly and take protective steps required in the jurisdiction
- 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

75. A counselor is working with Jordan, age 34. A client minimizes drinking despite withdrawal symptoms missed work and family conflict. Which action should the counselor take first?

- A. clarify interests values abilities constraints and reliable occupational information
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

76. In a session with Taylor, age 41, this concern becomes clear: Parents expect a preschooler to regulate frustration with the consistency of an older child. What is the best counseling response?

- A. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. assess mood sleep medication medical factors daily functioning and cognitive pattern
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation

77. Casey, age 48, meets with a counselor. A client notices that the counselor's reassuring words conflict with a tense tone. What is the counselor's best next response?

- A. respond honestly and professionally rather than hiding behind a false therapeutic role
- B. respond with curiosity and calm while assessing meaning risk and context
- C. notice the reaction reflect on its influence and obtain consultation if needed
- D. communicate the client's meaning and emotion without endorsing or condemning the choice

78. A counselor responds to Reese'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. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries

79. In the case of Jordan, 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. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- B. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- C. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool

80. In a session with Taylor, age 69, this concern becomes clear: A client shifts rapidly from intense anger to shame and acts impulsively during conflicts. What is the best counseling response?

- A. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. assess triggers vulnerability cues consequences and available regulation skills
- D. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness

81. Casey, age 15, meets with a counselor. A client feels inferior and seeks significance through perfectionistic overachievement. What is the counselor's best next response?

- A. interrupt the maintaining sequence with a focused directive suited to the family's context
- B. write a prioritized plan of coping contacts professional resources and means-safety steps
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. provide structure clarify expectations and support gradual safety and participation

82. A counselor responds to Reese's situation by choosing to translate the broad wish into a small personally meaningful and achievable first step. Which principle best supports this response?

- A. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- B. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- C. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

83. In the case of Jordan, the counselor decides to explore lifestyle private logic belonging and socially useful alternatives. What is the strongest rationale for that choice?

- A. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- B. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- C. Summaries integrate material support transitions and create a shared understanding of the session
- D. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context

84. The counselor's plan for Taylor is to clarify interests values abilities constraints and reliable occupational information. Which statement best explains why this approach is appropriate?

- A. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- B. Behavior must be interpreted against developmental expectations rather than adult standards
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Ethical exploration respects self-determination and does not treat identity diversity as pathology

85. Casey, age 43, meets with a counselor. A client has severe withdrawal risk and cannot maintain safety in an outpatient setting. What is the counselor's best next response?

- A. review results collaboratively in plain language and integrate them with other available evidence
- B. question whether score interpretations represent the construct the instrument claims to measure
- C. ask directly about thoughts intent plan access past behavior and protective factors
- D. arrange urgent evaluation for a setting capable of medical monitoring and stabilization

86. During counseling with Reese, age 50, the following issue emerges: A client feels empty after achieving goals that once organized life. Which response is most appropriate?

- A. explore freedom responsibility isolation mortality and personally chosen meaning
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. disclose only if the likely client benefit is clear and return focus promptly to the client
- D. invite them to notice and discuss the shared theme with each other

87. In the case of Jordan, the counselor decides to assess distinct periods of mood elevation before using a unipolar depression formulation. What is the strongest rationale for that choice?

- A. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- B. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- C. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- D. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination

88. The counselor's plan for Taylor is to modify the plan to address scheduling and access barriers before labeling the client resistant. Which statement best explains why this approach is appropriate?

- A. Treatment modality should match goals safety development culture functioning and client preference
- B. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- C. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- D. Strengths can improve engagement feasibility resilience and progress toward treatment goals

89. Casey, age 71, meets with a counselor. A new client reports panic symptoms while also describing recent medication changes. What is the counselor's best next response?

- A. ask directly about thoughts intent plan access past behavior and protective factors
- B. question whether score interpretations represent the construct the instrument claims to measure
- C. use a comparison group that matches the client's relevant characteristics and testing purpose
- D. gather biological psychological social cultural and medical information before concluding the cause

90. A counselor responds to Reese's situation by choosing to use open questions affirmations reflections and summaries to evoke the client's own reasons for change. Which principle best supports this response?

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom

91. In the case of Jordan, the counselor decides to assess sleep schedule substances medical factors mood and behaviors that condition wakefulness. What is the strongest rationale for that choice?

- A. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- B. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- C. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- D. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape

92. The counselor's plan for Taylor is to evaluate readiness preferences risks and alternatives before selecting the modality. Which statement best explains why this approach is appropriate?

- A. Treatment modality should match goals safety development culture functioning and client preference
- B. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- C. Referral protects welfare when client needs exceed competence resources or the current level of care
- D. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information

93. For Casey, the counselor elects to translate the goal into observable achievable steps with a review period and indicators of progress. Which counseling principle most directly justifies this intervention?

- A. Specific measurable objectives make progress review and plan revision possible
- B. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- C. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- D. Strengths can improve engagement feasibility resilience and progress toward treatment goals

94. A counselor responds to Reese's situation by choosing to invite them to notice and discuss the shared theme with each other. 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. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- D. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work

95. In the case of Jordan, the counselor decides to assess mood sleep medication medical factors daily functioning and cognitive pattern. 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. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- 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

96. The counselor's plan for Taylor is to respond warmly while restating the boundary and exploring the need beneath the contact. Which statement best explains why this approach is appropriate?

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

97. Casey, age 66, meets with a counselor. A client gives a long account containing several connected concerns. What is the counselor's best next response?

- A. state the central meaning concisely and check whether the understanding fits
- B. schedule small feasible activities and track mood mastery and pleasure afterward
- C. prioritize safety stabilization immediate needs supports and a short practical plan
- D. interrupt the harmful behavior firmly and redirect toward safe respectful interaction

98. During counseling with Reese, age 73, the following issue emerges: A guarded client speaks softly and watches whether the counselor remains engaged. Which response is most appropriate?

- A. interrupt the maintaining sequence with a focused directive suited to the family's context
- B. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- C. use culturally responsive eye contact posture presence and minimal encouragers
- D. invite elaboration with a focused open question rather than conducting a rapid interrogation

99. In the case of Jordan, the counselor decides to state the central meaning concisely and check whether the understanding fits. What is the strongest rationale for that choice?

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Summaries integrate material support transitions and create a shared understanding of the session
- C. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- D. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings

100. In a session with Taylor, age 26, this concern becomes clear: A displaced worker wants help making sense of repeated transitions and future direction. What is the best counseling response?

- A. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- B. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- C. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- D. support safe exploration and communication without treating normative identity work as pathology

101. For Casey, the counselor elects to assess panic episodes anticipatory anxiety avoidance medical factors and functional impact. Which counseling principle most directly justifies this intervention?

- A. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- D. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue

102. A counselor responds to Reese's situation by choosing to address the access barrier with the client and advocate at the appropriate system level. Which principle best supports this response?

- 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. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- D. Ending services requires attention to abandonment risk records emergencies and reasonable transition support

103. In the case of Jordan, 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. 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. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- D. Behavior must be interpreted against developmental expectations rather than adult standards

104. In a session with Taylor, age 54, this concern becomes clear: A client describes workplace racism and wonders whether distress reflects personal weakness. What is the best counseling response?

- A. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- B. assess distinct periods of mood elevation before using a unipolar depression formulation
- C. clarify interests values abilities constraints and reliable occupational information
- D. assess medical risk behaviors body concerns and functioning without relying on appearance alone

105. For Casey, 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. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- B. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

106. During counseling with Reese, age 68, the following issue emerges: A client says the problem is always equally terrible and nothing ever helps. Which response is most appropriate?

- A. provide structure clarify expectations and support gradual safety and participation
- B. prioritize safety stabilization immediate needs supports and a short practical plan
- C. use a scale to identify exceptions existing resources and the next small change
- D. write a prioritized plan of coping contacts professional resources and means-safety steps

107. A counselor is working with Jordan, age 75. A counselor considers sharing a personal experience because the client feels uniquely ashamed. Which action should the counselor take first?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. separate the child from the problem and explore times the anger had less influence
- C. use a scale to identify exceptions existing resources and the next small change
- D. disclose only if the likely client benefit is clear and return focus promptly to the client

108. In a session with Taylor, age 21, this concern becomes clear: A client with terminal illness wants to discuss fear meaning family communication and unfinished matters. What is the best counseling response?

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. follow the client's priorities while assessing distress supports values and coordination needs
- C. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- D. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning

109. For Casey, the counselor elects to build a collaborative graded practice plan while reducing safety behaviors. Which counseling principle most directly justifies this intervention?

- A. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- B. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- C. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- D. Crisis work narrows attention to safety functioning resources and manageable next actions

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

- A. communicate the client's meaning and emotion without endorsing or condemning the choice
- B. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- 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

111. In the case of Jordan, the counselor decides to revise the plan collaboratively using the client's priorities language and informed choices. What is the strongest rationale for that choice?

- A. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. Referral protects welfare when client needs exceed competence resources or the current level of care
- C. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- D. Treatment modality should match goals safety development culture functioning and client preference

112. The counselor's plan for Taylor is to use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk. Which statement best explains why this approach is appropriate?

- A. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- D. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence

113. Casey, age 56, meets with a counselor. A client has unwanted contamination thoughts and repetitive washing performed to reduce distress. What is the counselor's best next response?

- A. explore identity structure relationships meaning and new sources of contribution
- B. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- C. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- D. support safe exploration and communication without treating normative identity work as pathology

114. A counselor responds to Reese's situation by choosing to interrupt the maintaining sequence with a focused directive suited to the family's context. Which principle best supports this response?

- A. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- B. Support-building translates a general resource into accessible relationships actions and backup options
- C. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- D. Strategic interventions target interaction sequences and attempted solutions that keep a problem going

115. A counselor is working with Jordan, age 70. A newly retired client feels purposeless after losing a valued occupational role. Which action should the counselor take first?

- A. explore identity structure relationships meaning and new sources of contribution
- B. support safe exploration and communication without treating normative identity work as pathology
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. explore worry breadth duration physical tension sleep and impairment

116. In a session with Taylor, age 16, this concern becomes clear: Two group members describe different events that share a theme of fearing rejection. What is the best counseling response?

- A. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- B. state the central meaning concisely and check whether the understanding fits
- C. invite them to notice and discuss the shared theme with each other
- D. link major themes decisions and next steps and invite the client's additions

117. For Casey, the counselor elects to clarify intent plan means target imminence and protective factors while following safety duties. Which counseling principle most directly justifies this intervention?

- A. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- B. Specificity access and imminence help determine the level of risk and the urgency of intervention
- C. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- D. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors

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

- A. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Support-building translates a general resource into accessible relationships actions and backup options
- 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

119. A counselor is working with Jordan, age 37. A counselor compares an adolescent's score with norms developed only from middle-aged adults. Which action should the counselor take first?

- A. document orientation thought process attention and other current mental status findings
- B. clarify intent plan means target imminence and protective factors while following safety duties
- C. use a comparison group that matches the client's relevant characteristics and testing purpose
- D. review results collaboratively in plain language and integrate them with other available evidence

120. In a session with Taylor, age 44, this concern becomes clear: An adolescent is exploring values relationships and future roles while parents demand immediate certainty. What is the best counseling response?

- A. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- B. assess mood sleep medication medical factors daily functioning and cognitive pattern
- C. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- D. support safe exploration and communication without treating normative identity work as pathology

121. For Casey, the counselor elects to use culturally responsive eye contact posture presence and minimal encouragers. Which counseling principle most directly justifies this intervention?

- A. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- B. Early group development commonly requires orientation predictability inclusion and trust building
- C. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

122. A counselor responds to Reese's situation by choosing to follow applicable law consult promptly and take protective steps required in the jurisdiction. Which principle best supports this response?

- A. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- B. A subpoena should not be treated automatically as permission to disclose the complete record
- C. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- D. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present

123. A counselor is working with Jordan, age 65. During intake a client becomes confused about the date and gives tangential answers. Which action should the counselor take first?

- A. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- B. document orientation thought process attention and other current mental status findings
- C. review results collaboratively in plain language and integrate them with other available evidence
- D. clarify intent plan means target imminence and protective factors while following safety duties

124. The counselor's plan for Taylor is to question whether score interpretations represent the construct the instrument claims to measure. Which statement best explains why this approach is appropriate?

- A. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- B. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- C. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- D. The mental status examination describes present observable functioning rather than lifelong personality traits

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

- A. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. Valid informed consent requires understandable information and a genuine opportunity for questions
- D. Ending services requires attention to abandonment risk records emergencies and reasonable transition support

126. During counseling with Reese, age 25, the following issue emerges: A student reports repeated targeted humiliation and fears retaliation if adults intervene visibly. Which response is most appropriate?

- A. explore meanings supports costs and choices without imposing the counselor's worldview
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- D. assess safety power imbalance frequency supports and the student's preferences for response

127. In the case of Jordan, the counselor decides to communicate the client's meaning and emotion without endorsing or condemning the choice. What is the strongest rationale for that choice?

- A. Effective counselors combine care and responsiveness with predictable ethical limits
- B. Positive regard affirms human worth without requiring approval of every action
- C. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- D. Self-awareness helps counselors keep personal reactions from directing client care

128. In a session with Taylor, age 39, this concern becomes clear: Outcome data and client feedback show little improvement after an adequate trial. What is the best counseling response?

- A. review the formulation alliance goals and intervention and revise the plan collaboratively
- B. explain the concern facilitate an appropriate referral and support continuity during transition
- C. evaluate readiness preferences risks and alternatives before selecting the modality
- D. obtain appropriate consent and coordinate relevant information across providers

129. For Casey, the counselor elects to follow the client's priorities while assessing distress supports values and coordination needs. Which counseling principle most directly justifies this intervention?

- A. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- B. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- C. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- D. Grief is not a uniform sequence and should be understood in cultural relational and developmental context

130. A counselor responds to Reese's situation by choosing to normalize varied grief responses while assessing culture functioning risk and signs requiring added care. Which principle best supports this response?

- A. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- B. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- C. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- D. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination

131. A counselor is working with Jordan, age 60. A child makes a disclosure that creates reasonable suspicion of abuse. Which action should the counselor take first?

- A. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- B. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- C. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- D. assess chasing losses financial harm control attempts risk and co-occurring concerns

132. In a session with Taylor, age 67, 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. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- B. assess safety power imbalance frequency supports and the student's preferences for response
- C. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- D. explore meanings supports costs and choices without imposing the counselor's worldview

133. For Casey, the counselor elects to link major themes decisions and next steps and invite the client's additions. Which counseling principle most directly justifies this intervention?

- A. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- B. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- C. Summaries integrate material support transitions and create a shared understanding of the session
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

134. During counseling with Reese, age 20, the following issue emerges: A counselor discovers that several progress notes contain vague judgments rather than clinical facts. Which response is most appropriate?

- A. decline the financial relationship and process the request within counseling
- 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. obtain appropriate consent and protect identity before using material beyond its original purpose

135. A counselor is working with Jordan, age 27. A caregiver reports exhaustion resentment and guilt but refuses all offers of respite. Which action should the counselor take first?

- A. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- C. assess safety command content reality testing substance use medical causes and level of care
- D. assess burden safety beliefs supports and practical barriers while validating ambivalence

136. The counselor's plan for Taylor is to gather biological psychological social cultural and medical information before concluding the cause. Which statement best explains why this approach is appropriate?

- A. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- B. The mental status examination describes present observable functioning rather than lifelong personality traits
- C. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- D. Specificity access and imminence help determine the level of risk and the urgency of intervention

137. Casey, age 41, 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. link major themes decisions and next steps and invite the client's additions
- B. allow supportive silence while monitoring whether the client needs grounding or invitation
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. explore recurring relational themes defenses and their appearance in the therapeutic relationship

138. During counseling with Reese, age 48, the following issue emerges: A screening scale gives markedly different scores when the stable client repeats it two days later. Which response is most appropriate?

- A. use a comparison group that matches the client's relevant characteristics and testing purpose
- B. question the measure's consistency before drawing strong conclusions from the score
- C. question whether score interpretations represent the construct the instrument claims to measure
- D. consider substance or medication effects and medical causes before assigning a primary mental disorder

139. In the case of Jordan, the counselor decides to provide an affirming exploratory space guided by the client's language goals and pace. What is the strongest rationale for that choice?

- 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. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- D. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline

140. The counselor's plan for Taylor 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. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- B. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- C. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

141. Casey, age 69, meets with a counselor. A client recovering from depression has withdrawn from every supportive relationship. What is the counselor's best next response?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- C. gently describe the here-and-now interaction and invite exploration of its meaning
- D. translate the broad wish into a small personally meaningful and achievable first step

142. A counselor responds to Reese'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. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- B. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- C. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- D. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations

143. In the case of Jordan, the counselor decides to obtain appropriate consent and coordinate relevant information across providers. What is the strongest rationale for that choice?

- A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. Specific measurable objectives make progress review and plan revision possible
- C. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- D. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information

144. In a session with Taylor, age 29, this concern becomes clear: A client makes a credible specific threat toward an identifiable person. What is the best counseling response?

- A. reduce risk to clients and obtain consultation support or temporary limits on practice
- B. follow applicable law consult promptly and take protective steps required in the jurisdiction
- C. review the written agreement discuss options and avoid abrupt abandonment
- D. address the access barrier with the client and advocate at the appropriate system level

145. For Casey, the counselor elects to process the meaning of ending review gains plan relapse prevention and arrange follow-up options. Which counseling principle most directly justifies this intervention?

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

146. During counseling with Reese, age 43, the following issue emerges: A client experiences abrupt surges of fear with palpitations and begins avoiding places where attacks occurred. Which response is most appropriate?

- A. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- B. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- C. assess immediate danger privately and collaborate on an individualized safety plan
- D. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning

147. A counselor is working with Jordan, age 50. A client wants life to improve but cannot identify a starting point. Which action should the counselor take first?

- A. prioritize safety stabilization immediate needs supports and a short practical plan
- B. identify safe supports and plan specific realistic steps for reconnection
- 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

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

- A. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- B. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

149. For Casey, the counselor elects to correct future documentation and amend records transparently without concealing the original entry. Which counseling principle most directly justifies this intervention?

- A. Financial arrangements should be explained early and managed in ways that preserve client welfare
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- D. Clinical records should be timely objective relevant and altered only through an auditable process

150. During counseling with Reese, age 71, the following issue emerges: A client values honesty yet repeatedly hides important information from supportive people. Which response is most appropriate?

- A. respectfully present the discrepancy and explore it without accusation
- B. disclose only if the likely client benefit is clear and return focus promptly to the client
- C. invite elaboration with a focused open question rather than conducting a rapid interrogation
- D. strengthen the caregiver subsystem and clarify boundaries through enacted interaction

151. A counselor is working with Jordan, age 17. A client reports pervasive low mood loss of interest guilt and impaired functioning. Which action should the counselor take first?

- A. explore worry breadth duration physical tension sleep and impairment
- B. provide an affirming exploratory space guided by the client's language goals and pace
- C. assess severity safety duration and impairment while considering depressive disorders and alternatives
- D. assess burden safety beliefs supports and practical barriers while validating ambivalence

152. In a session with Taylor, age 24, this concern becomes clear: A client notices similar cutoff and caregiving patterns across several generations. What is the best counseling response?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. map relationships roles events and recurring patterns across the family system
- C. respectfully present the discrepancy and explore it without accusation
- D. provide structure clarify expectations and support gradual safety and participation

153. For Casey, the counselor elects to ask directly about thoughts intent plan access past behavior and protective factors. Which counseling principle most directly justifies this intervention?

- A. Norm-referenced interpretations depend on an appropriate and representative standardization group
- B. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- C. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- D. The mental status examination describes present observable functioning rather than lifelong personality traits

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

- A. Early group development commonly requires orientation predictability inclusion and trust building
- B. Support-building translates a general resource into accessible relationships actions and backup options
- C. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- D. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work

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

- 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. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- D. Early group development commonly requires orientation predictability inclusion and trust building

156. In a session with Taylor, age 52, this concern becomes clear: A client needs skills practice and peer feedback but feels unsafe in the proposed group. What is the best counseling response?

- A. incorporate these strengths as resources in the plan rather than documenting only deficits
- B. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- C. revise the plan collaboratively using the client's priorities language and informed choices
- D. evaluate readiness preferences risks and alternatives before selecting the modality

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

- A. Counselors monitor impairment and act before personal functioning compromises professional services
- 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. Valid informed consent requires understandable information and a genuine opportunity for questions

158. During counseling with Reese, age 66, the following issue emerges: A client has insomnia agitation and poor concentration after beginning a new medication. Which response is most appropriate?

- A. consider substance or medication effects and medical causes before assigning a primary mental disorder
- B. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- C. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- D. review results collaboratively in plain language and integrate them with other available evidence

159. In the case of Jordan, 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. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- 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. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment

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

- A. Self-awareness helps counselors keep personal reactions from directing client care
- B. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- D. Effective counselors combine care and responsiveness with predictable ethical limits

161. For Casey, the counselor elects to respectfully present the discrepancy and explore it without accusation. Which counseling principle most directly justifies this intervention?

- A. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- B. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- C. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- D. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress

162. During counseling with Reese, age 33, the following issue emerges: A client requests trauma processing that the counselor has never been trained to provide. Which response is most appropriate?

- A. seek qualified supervision and refer when competence cannot be established
- B. reduce risk to clients and obtain consultation support or temporary limits on practice
- 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

163. In the case of Jordan, the counselor decides to decline the financial relationship and process the request within counseling. What is the strongest rationale for that choice?

- A. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- B. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- C. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- D. Clinical records should be timely objective relevant and altered only through an auditable process

164. In a session with Taylor, age 47, this concern becomes clear: An attorney sends a subpoena for notes without client authorization or a judge's order. What is the best counseling response?

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

165. For Casey, the counselor elects to arrange urgent evaluation for a setting capable of medical monitoring and stabilization. Which counseling principle most directly justifies this intervention?

- A. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- B. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- C. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- D. The mental status examination describes present observable functioning rather than lifelong personality traits

166. A counselor responds to Reese'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. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- B. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- C. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

167. A counselor is working with Jordan, age 68. A client fears judgment while considering a major life decision. Which action should the counselor take first?

- A. use a scale to identify exceptions existing resources and the next small change
- B. map relationships roles events and recurring patterns across the family system
- C. offer accurate empathy congruence and unconditional positive regard without directing the choice
- D. teach and rehearse paced breathing or muscle relaxation while monitoring its effect

168. The counselor's plan for Taylor is to map relationships roles events and recurring patterns across the family system. Which statement best explains why this approach is appropriate?

- A. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- B. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- C. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- D. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool

169. Casey, age 21, meets with a counselor. A recently bereaved client worries that waves of sadness mean something is seriously wrong. What is the counselor's best next response?

- A. clarify interests values abilities constraints and reliable occupational information
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- C. assess triggers vulnerability cues consequences and available regulation skills
- D. provide an affirming exploratory space guided by the client's language goals and pace

170. A counselor responds to Reese's situation by choosing to assess immediate danger privately and collaborate on an individualized safety plan. Which principle best supports this response?

- A. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- B. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- C. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

171. In the case of Jordan, the counselor decides to obtain appropriate consent and protect identity before using material beyond its original purpose. What is the strongest rationale for that choice?

- A. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- B. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- 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

172. The counselor's plan for Taylor is to assess medical risk behaviors body concerns and functioning without relying on appearance alone. Which statement best explains why this approach is appropriate?

- A. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- B. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- C. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- D. Retirement is a role transition whose impact depends on preparation resources health relationships and identity

173. Casey, age 49, meets with a counselor. A family repeatedly solves a child's refusal in ways that unintentionally strengthen it. What is the counselor's best next response?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. invite elaboration with a focused open question rather than conducting a rapid interrogation
- C. interrupt the maintaining sequence with a focused directive suited to the family's context
- D. provide structure clarify expectations and support gradual safety and participation

174. A counselor responds to Reese's situation by choosing to verify security informed consent emergency procedures and applicable jurisdictional rules before use. Which principle best supports this response?

- A. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- B. Technology does not remove duties concerning competence privacy access and legal authority to practice
- C. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- D. Counselors practice only within boundaries supported by education training and supervised experience

175. A counselor is working with Jordan, age 63. Testing suggests strengths and concerns that differ from the client's self-description. Which action should the counselor take first?

- A. consider substance or medication effects and medical causes before assigning a primary mental disorder
- B. document orientation thought process attention and other current mental status findings
- C. gather biological psychological social cultural and medical information before concluding the cause
- D. review results collaboratively in plain language and integrate them with other available evidence

176. The counselor's plan for Taylor is to allow supportive silence while monitoring whether the client needs grounding or invitation. Which statement best explains why this approach is appropriate?

- A. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Summaries integrate material support transitions and create a shared understanding of the session
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

177. Casey, age 16, meets with a counselor. A suicidal client can collaborate and identifies warning signs before risk escalates. What is the counselor's best next response?

- A. write a prioritized plan of coping contacts professional resources and means-safety steps
- B. respectfully present the discrepancy and explore it without accusation
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. invite them to notice and discuss the shared theme with each other

178. During counseling with Reese, age 23, the following issue emerges: A counselor plans to use an unfamiliar video platform for sessions across state lines. Which response is most appropriate?

- A. review services risks benefits fees records and confidentiality before treatment begins
- B. give timely notice provide referrals and arrange continuity consistent with client needs
- C. reduce risk to clients and obtain consultation support or temporary limits on practice
- D. verify security informed consent emergency procedures and applicable jurisdictional rules before use

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

- A. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- B. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Open questions can expand exploration while timing focus and pacing protect the collaborative process

180. The counselor's plan for Taylor is to invite elaboration with a focused open question rather than conducting a rapid interrogation. Which statement best explains why this approach is appropriate?

- A. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- D. Support-building translates a general resource into accessible relationships actions and backup options

181. For Casey, the counselor elects to use a trauma-informed assessment that prioritizes safety choice pacing and current functioning. Which counseling principle most directly justifies this intervention?

- A. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- B. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- C. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- D. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options

182. During counseling with Reese, age 51, the following issue emerges: A client has frequent online contact but reports no relationships that feel emotionally safe. Which response is most appropriate?

- A. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- B. follow the client's priorities while assessing distress supports values and coordination needs
- C. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- D. assess attachment needs interaction patterns barriers and opportunities for meaningful connection

183. In the case of Jordan, the counselor decides to identify safe supports and plan specific realistic steps for reconnection. What is the strongest rationale for that choice?

- A. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- B. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- C. Support-building translates a general resource into accessible relationships actions and backup options
- D. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare

184. In a session with Taylor, age 65, this concern becomes clear: A client admits behavior that caused harm and expects immediate rejection. What is the best counseling response?

- A. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- B. maintain respect for the person while holding the harmful behavior open to examination
- C. respond warmly while restating the boundary and exploring the need beneath the contact
- D. ask respectfully about the client's meanings and remain open to correction

185. For Casey, the counselor elects to explore recurring relational themes defenses and their appearance in the therapeutic relationship. 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. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- C. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

186. During counseling with Reese, age 18, the following issue emerges: A newly formed group seeks rules looks to the leader and shares cautiously. Which response is most appropriate?

- A. translate the broad wish into a small personally meaningful and achievable first step
- B. invite elaboration with a focused open question rather than conducting a rapid interrogation
- C. build a collaborative graded practice plan while reducing safety behaviors
- D. provide structure clarify expectations and support gradual safety and participation

187. In the case of Jordan, the counselor decides to strengthen the caregiver subsystem and clarify boundaries through enacted interaction. What is the strongest rationale for that choice?

- A. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- B. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- C. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- D. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare

188. In a session with Taylor, age 32, this concern becomes clear: A depressed client waits to feel motivated before resuming valued activities. What is the best counseling response?

- A. schedule small feasible activities and track mood mastery and pleasure afterward
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. provide structure clarify expectations and support gradual safety and participation
- D. identify safe supports and plan specific realistic steps for reconnection

189. For Casey, the counselor elects to assess attachment needs interaction patterns barriers and opportunities for meaningful connection. Which counseling principle most directly justifies this intervention?

- A. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- B. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- C. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- D. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions

190. During counseling with Reese, age 46, the following issue emerges: A treatment plan states only that the client will feel better soon. 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. translate the goal into observable achievable steps with a review period and indicators of progress
- D. incorporate these strengths as resources in the plan rather than documenting only deficits

191. A counselor is working with Jordan, age 53. A client repeatedly changes topics whenever disagreement appears between client and counselor. Which action should the counselor take first?

- A. state the central meaning concisely and check whether the understanding fits
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. build a collaborative graded practice plan while reducing safety behaviors
- D. gently describe the here-and-now interaction and invite exploration of its meaning

192. The counselor's plan for Taylor is to assess severity safety duration and impairment while considering depressive disorders and alternatives. Which statement best explains why this approach is appropriate?

- A. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- B. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape

193. Casey, age 67, meets with a counselor. A child describes being a bad kid because anger keeps taking over. What is the counselor's best next response?

- A. respectfully present the discrepancy and explore it without accusation
- B. separate the child from the problem and explore times the anger had less influence
- C. prioritize safety stabilization immediate needs supports and a short practical plan
- D. explore lifestyle private logic belonging and socially useful alternatives

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

- A. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- B. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- C. Financial arrangements should be explained early and managed in ways that preserve client welfare
- D. A subpoena should not be treated automatically as permission to disclose the complete record

195. A counselor is working with Jordan, age 20. A long-term client asks the counselor to become a partner in a small business. Which action should the counselor take first?

- A. decline the financial relationship and process the request within counseling
- B. reduce risk to clients and obtain consultation support or temporary limits on practice
- C. obtain appropriate consent and protect identity before using material beyond its original purpose
- D. give timely notice provide referrals and arrange continuity consistent with client needs

196. In a session with Taylor, age 27, 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. review the written agreement discuss options and avoid abrupt abandonment
- B. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- C. review services risks benefits fees records and confidentiality before treatment begins
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

197. For Casey, the counselor elects to explain the concern facilitate an appropriate referral and support continuity during transition. Which counseling principle most directly justifies this intervention?

- 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

198. During counseling with Reese, age 41, the following issue emerges: A client repeatedly misses morning appointments because of shift work and unreliable transportation. Which response is most appropriate?

- A. revise the plan collaboratively using the client's priorities language and informed choices
- B. modify the plan to address scheduling and access barriers before labeling the client resistant
- C. review the formulation alliance goals and intervention and revise the plan collaboratively
- D. incorporate these strengths as resources in the plan rather than documenting only deficits

199. A counselor is working with Jordan, age 48. A client with recurrent depression recalls episodes of little sleep elevated energy and risky spending. Which action should the counselor take first?

- A. follow the client's priorities while assessing distress supports values and coordination needs
- B. assess burden safety beliefs supports and practical barriers while validating ambivalence
- C. assess distinct periods of mood elevation before using a unipolar depression formulation
- D. explore identity structure relationships meaning and new sources of contribution

200. In a session with Taylor, age 55, this concern becomes clear: A client describes difficult-to-control worry across finances health and work for many months. What is the best counseling response?

- A. assess chasing losses financial harm control attempts risk and co-occurring concerns
- B. assess safety power imbalance frequency supports and the student's preferences for response
- C. follow the client's priorities while assessing distress supports values and coordination needs
- D. explore worry breadth duration physical tension sleep and impairment

Practice Exam 15: Answer Key And Explanations

1. B — 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.

2. 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.

3. 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.

4. 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.

5. 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.

6. B — 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..

7. 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.

8. A — 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.

9. D — 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.

10. A — 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.

11. B — 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.

12. 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.

13. A — 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.

14. 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.

15. B — 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..

16. C — 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.

17. D — 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.

18. B — 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.

19. 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.

20. C — 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.

21. C — 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.

22. 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.

23. 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.

24. A — 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.

25. 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.

26. 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.

27. 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.

28. D — 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..

29. B — 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.

30. C — 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..

31. 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.

32. D — 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.

33. B — 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..

34. D — 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..

35. C — 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.

36. A — 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.

37. 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.

38. A — 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.

39. C — 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.

40. D — 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.

41. B — 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.

42. D — 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.

43. 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..

44. C — 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.

45. 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.

46. C — 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.

47. D — 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.

48. A — 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.

49. A — 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.

50. 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.

51. 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..

52. 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.

53. C — 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.

54. A — 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.

55. 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.

56. D — 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.

57. A — 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.

58. 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.

59. 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.

60. B — 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.

61. C — 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..

62. B — 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..

63. 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.

64. A — 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.

65. A — 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.

66. C — 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.

67. B — 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.

68. 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.

69. D — 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.

70. B — 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..

71. 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.

72. C — 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.

73. B — 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.

74. D — 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.

75. C — 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.

76. A — 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.

77. A — 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.

78. 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.

79. B — 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.

80. 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.

81. C — 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.

82. B — 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.

83. D — 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.

84. A — 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.

85. 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.

86. A — 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.

87. B — 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.

88. C — 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.

89. D — 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.

90. B — 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.

91. C — 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.

92. A — 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.

93. A — 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.

94. D — 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.

95. B — 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.

96. C — 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.

97. A — 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.

98. C — 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.

99. D — 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..

100. B — 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.

101. B — 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.

102. C — 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.

103. 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.

104. A — 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.

105. A — 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..

106. C — 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.

107. D — 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.

108. 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.

109. B — 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.

110. C — 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.

111. 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.

112. D — 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.

113. B — 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.

114. 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..

115. A — 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.

116. C — 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.

117. B — 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.

118. A — 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.

119. C — 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.

120. D — 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.

121. C — 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.

122. D — 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..

123. B — 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.

124. A — 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.

125. B — 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.

126. D — 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.

127. C — 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.

128. A — 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.

129. 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.

130. A — 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.

131. B — 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.

132. D — 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.

133. C — 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..

134. B — 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.

135. D — 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.

136. A — 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..

137. 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.

138. B — 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.

139. A — 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.

140. 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.

141. 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.

142. 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.

143. D — 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..

144. B — 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.

145. B — 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.

146. A — 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.

147. D — 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.

148. C — 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.

149. D — 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.

150. A — 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.

151. C — 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.

152. B — 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.

153. C — 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.

154. A — 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.

155. B — 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.

156. 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.

157. D — 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.

158. A — 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.

159. C — 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.

160. B — 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..

161. B — 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.

162. A — 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.

163. C — 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.

164. D — 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.

165. A — 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.

166. B — 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.

167. C — 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.

168. D — 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.

169. B — 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.

170. A — 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.

171. D — 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..

172. 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.

173. 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.

174. B — 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.

175. D — 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.

176. A — 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.

177. A — 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.

178. D — 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.

179. B — 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.

180. 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.

181. A — 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..

182. 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.

183. C — 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.

184. B — 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.

185. C — 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..

186. D — 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.

187. B — 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..

188. A — 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.

189. B — 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..

190. C — 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.

191. D — 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.

192. 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.

193. B — 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.

194. D — 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.

195. A — 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.

196. C — 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.

197. A — 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.

198. 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.

199. C — 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.

200. D — 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.