

PRACTICE EXAM 16: 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. During counseling with Quinn, age 15, the following issue emerges: A counselor notices persistent exhaustion irritability and mistakes that are affecting sessions. Which response is most appropriate?
 - A. review services risks benefits fees records and confidentiality before treatment begins
 - B. decline the financial relationship and process the request within counseling
 - C. obtain appropriate consent and protect identity before using material beyond its original purpose
 - D. reduce risk to clients and obtain consultation support or temporary limits on practice
2. The counselor's plan for Morgan is to build a collaborative graded practice plan while reducing safety behaviors. 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. Summaries integrate material support transitions and create a shared understanding of the session
 - C. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
 - D. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
3. In a session with Cameron, age 29, 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. explore worry breadth duration physical tension sleep and impairment
 - B. clarify interests values abilities constraints and reliable occupational information
 - C. map reciprocal patterns and avoid assuming one person alone causes the family problem
 - D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

4. Parker, age 36, meets with a counselor. A client repeatedly misses care because the clinic lacks wheelchair access. What is the counselor's best next response?

- A. correct future documentation and amend records transparently without concealing the original entry
- B. address the access barrier with the client and advocate at the appropriate system level
- C. seek qualified supervision and refer when competence cannot be established
- D. decline the financial relationship and process the request within counseling

5. During counseling with Quinn, age 43, 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. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. assess attachment needs interaction patterns barriers and opportunities for meaningful connection

6. A counselor is working with Morgan, age 50. A client receives counseling medication management and primary care for interacting concerns. Which action should the counselor take first?

- A. explain the concern facilitate an appropriate referral and support continuity during transition
- 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. obtain appropriate consent and coordinate relevant information across providers

7. For Cameron, the counselor elects to provide an affirming exploratory space guided by the client's language goals and pace. Which counseling principle most directly justifies this intervention?

- A. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- B. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- C. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- D. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue

8. A counselor responds to Parker's situation by choosing to correct future documentation and amend records transparently without concealing the original entry. Which principle best supports this response?

- A. Technology does not remove duties concerning competence privacy access and legal authority to practice
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Counselors practice only within boundaries supported by education training and supervised experience
- D. Counselor advocacy can target environmental barriers while preserving client choice and collaboration

9. In the case of Quinn, the counselor decides to explore recurring relational themes defenses and their appearance in the therapeutic relationship. What is the strongest rationale for that choice?

- A. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- B. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- C. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- D. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives

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

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

11. For Cameron, the counselor elects to use a scale to identify exceptions existing resources and the next small change. Which counseling principle most directly justifies this intervention?

- A. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- B. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- C. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- D. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress

12. A counselor responds to Parker's situation by choosing to review the formulation alliance goals and intervention and revise the plan collaboratively. Which principle best supports this response?

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

13. In the case of Quinn, 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. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- 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. Behavior must be interpreted against developmental expectations rather than adult standards

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

- A. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- D. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning

15. In a session with Cameron, age 52, this concern becomes clear: A new client reports panic symptoms while also describing recent medication changes. What is the best counseling response?

- A. clarify intent plan means target imminence and protective factors while following safety duties
- B. gather biological psychological social cultural and medical information before concluding the cause
- C. ask how the client and community understand the problem and preferred sources of help
- D. document orientation thought process attention and other current mental status findings

16. Parker, age 59, meets with a counselor. An adolescent is exploring values relationships and future roles while parents demand immediate certainty. What is the counselor's best next response?

- A. support safe exploration and communication without treating normative identity work as pathology
- B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- C. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- D. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning

17. During counseling with Quinn, age 66, the following issue emerges: An agency closes a program while several clients still need ongoing care. Which response is most appropriate?

- A. correct future documentation and amend records transparently without concealing the original entry
- 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. verify security informed consent emergency procedures and applicable jurisdictional rules before use

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

- A. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- B. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- C. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- D. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries

19. For Cameron, 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. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- B. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- C. The mental status examination describes present observable functioning rather than lifelong personality traits
- D. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress

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

- A. Positive regard affirms human worth without requiring approval of every action
- B. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- D. Effective counselors combine care and responsiveness with predictable ethical limits

21. During counseling with Quinn, age 33, the following issue emerges: A displaced worker wants help making sense of repeated transitions and future direction. Which response is most appropriate?

- A. explore worry breadth duration physical tension sleep and impairment
- B. assess mood sleep medication medical factors daily functioning and cognitive pattern
- C. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- D. assess triggers vulnerability cues consequences and available regulation skills

22. A counselor is working with Morgan, age 40. A client's family interprets distress through a spiritual framework unfamiliar to the counselor. Which action should the counselor take first?

- 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. gather biological psychological social cultural and medical information before concluding the cause

23. For Cameron, 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. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- B. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Behavior must be interpreted against developmental expectations rather than adult standards

24. A counselor responds to Parker'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. Specificity access and imminence help determine the level of risk and the urgency of intervention
- 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

25. In the case of Quinn, 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. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness

26. The counselor's plan for Morgan 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. Behavior must be interpreted against developmental expectations rather than adult standards
- B. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- C. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- D. Grief is not a uniform sequence and should be understood in cultural relational and developmental context

27. For Cameron, 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. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- B. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- C. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- D. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors

28. A counselor responds to Parker'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. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- B. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- C. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- D. Open questions can expand exploration while timing focus and pacing protect the collaborative process

29. In the case of Quinn, the counselor decides to respectfully present the discrepancy and explore it without accusation. What is the strongest rationale for that choice?

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- C. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

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

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

31. For Cameron, the counselor elects to explore life themes adaptability strengths and the story connecting past roles with future possibilities. Which counseling principle most directly justifies this intervention?

- A. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- B. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems

32. A counselor responds to Parker's situation by choosing to prioritize safety stabilization immediate needs supports and a short practical plan. Which principle best supports this response?

- A. Crisis work narrows attention to safety functioning resources and manageable next actions
- B. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- C. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- D. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client

33. In the case of Quinn, 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. Financial arrangements should be explained early and managed in ways that preserve client welfare
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Technology does not remove duties concerning competence privacy access and legal authority to practice
- D. Ending services requires attention to abandonment risk records emergencies and reasonable transition support

34. A counselor is working with Morgan, age 63. Family members blame one teenager while interaction patterns show escalating criticism and withdrawal. Which action should the counselor take first?

- A. support safe exploration and communication without treating normative identity work as pathology
- B. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- C. map reciprocal patterns and avoid assuming one person alone causes the family problem
- D. assess medical risk behaviors body concerns and functioning without relying on appearance alone

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

- A. Counselors practice only within boundaries supported by education training and supervised experience
- B. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- C. A subpoena should not be treated automatically as permission to disclose the complete record
- D. Technology does not remove duties concerning competence privacy access and legal authority to practice

36. Parker, age 16, meets with a counselor. A client makes a credible specific threat toward an identifiable person. What is the counselor's best next 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 services risks benefits fees records and confidentiality before treatment begins
- D. seek qualified supervision and refer when competence cannot be established

37. During counseling with Quinn, age 23, the following issue emerges: A client becomes angry after the counselor names a missed appointment pattern. Which response is most appropriate?

- A. notice the reaction reflect on its influence and obtain consultation if needed
- B. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- 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

38. A counselor is working with Morgan, age 30. Outcome data and client feedback show little improvement after an adequate trial. Which action should the counselor take first?

- A. translate the goal into observable achievable steps with a review period and indicators of progress
- B. revise the plan collaboratively using the client's priorities language and informed choices
- C. review the formulation alliance goals and intervention and revise the plan collaboratively
- D. evaluate readiness preferences risks and alternatives before selecting the modality

39. For Cameron, the counselor elects to explore identity structure relationships meaning and new sources of contribution. 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. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- C. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- D. Retirement is a role transition whose impact depends on preparation resources health relationships and identity

40. Parker, age 44, meets with a counselor. A client experiences tension between personal values and the expectations of a faith community. What is the counselor's best next response?

- A. explore meanings supports costs and choices without imposing the counselor's worldview
- B. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- C. assess distinct periods of mood elevation before using a unipolar depression formulation
- D. follow the client's priorities while assessing distress supports values and coordination needs

41. In the case of Quinn, the counselor decides to explore meanings supports costs and choices without imposing the counselor's worldview. What is the strongest rationale for that choice?

- A. Behavior must be interpreted against developmental expectations rather than adult standards
- B. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- C. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- D. Spiritual and religious concerns require cultural humility and protection of client autonomy

42. The counselor's plan for Morgan is to respond with curiosity and calm while assessing meaning risk and context. Which statement best explains why this approach is appropriate?

- A. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- B. Self-awareness helps counselors keep personal reactions from directing client care
- C. Effective counselors combine care and responsiveness with predictable ethical limits
- D. Cultural humility combines lifelong learning self-reflection attention to power and accountability

43. In a session with Cameron, age 65, 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. correct future documentation and amend records transparently without concealing the original entry
- B. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- C. protect confidentiality while consulting counsel and seeking clarification or court direction
- D. obtain appropriate consent and protect identity before using material beyond its original purpose

44. Parker, age 72, meets with a counselor. A client reports pervasive low mood loss of interest guilt and impaired functioning. What is the counselor's best next response?

- A. assess burden safety beliefs supports and practical barriers while validating ambivalence
- B. assess severity safety duration and impairment while considering depressive disorders and alternatives
- C. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

45. In the case of Quinn, the counselor decides to assess burden safety beliefs supports and practical barriers while validating ambivalence. What is the strongest rationale for that choice?

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- C. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

46. A counselor is working with Morgan, age 25. A client shifts rapidly from intense anger to shame and acts impulsively during conflicts. Which action should the counselor take first?

- A. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- 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. explore identity structure relationships meaning and new sources of contribution

47. For Cameron, the counselor elects to clarify interests values abilities constraints and reliable occupational information. Which counseling principle most directly justifies this intervention?

- A. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- B. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- C. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

48. Parker, age 39, meets with a counselor. A newly formed group seeks rules looks to the leader and shares cautiously. What is the counselor's best next response?

- A. explore freedom responsibility isolation mortality and personally chosen meaning
- B. provide structure clarify expectations and support gradual safety and participation
- C. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- D. use a scale to identify exceptions existing resources and the next small change

49. During counseling with Quinn, age 46, the following issue emerges: A client falls behind on payments and says the fee policy was never explained. Which response is most appropriate?

- A. decline the financial relationship and process the request within counseling
- B. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- C. review the written agreement discuss options and avoid abrupt abandonment
- D. review services risks benefits fees records and confidentiality before treatment begins

50. A counselor is working with Morgan, age 53. A client notices similar cutoff and caregiving patterns across several generations. Which action should the counselor take first?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. use a scale to identify exceptions existing resources and the next small change
- C. state the central meaning concisely and check whether the understanding fits
- D. map relationships roles events and recurring patterns across the family system

51. For Cameron, the counselor elects to assess safety power imbalance frequency supports and the student's preferences for response. Which counseling principle most directly justifies this intervention?

- A. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- B. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- C. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

52. A counselor responds to Parker's situation by choosing to assess safety command content reality testing substance use medical causes and level of care. Which principle best supports this response?

- 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. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

53. During counseling with Quinn, age 74, the following issue emerges: A guarded client speaks softly and watches whether the counselor remains engaged. Which response is most appropriate?

- A. prioritize safety stabilization immediate needs supports and a short practical plan
- B. provide structure clarify expectations and support gradual safety and participation
- 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

54. A counselor is working with Morgan, age 20. A client values honesty yet repeatedly hides important information from supportive people. Which action should the counselor take first?

- A. respectfully present the discrepancy and explore it without accusation
- B. identify safe supports and plan specific realistic steps for reconnection
- C. allow supportive silence while monitoring whether the client needs grounding or invitation
- D. separate the child from the problem and explore times the anger had less influence

55. In a session with Cameron, age 27, this concern becomes clear: Two group members describe different events that share a theme of fearing rejection. What is the best counseling response?

- A. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. map relationships roles events and recurring patterns across the family system
- D. invite them to notice and discuss the shared theme with each other

56. Parker, age 34, meets with a counselor. Testing suggests strengths and concerns that differ from the client's self-description. What is the counselor's best next response?

- A. document orientation thought process attention and other current mental status findings
- 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. ask how the client and community understand the problem and preferred sources of help

57. During counseling with Quinn, age 41, the following issue emerges: A depression inventory consistently measures general distress rather than depressive symptoms. Which response is most appropriate?

- A. question whether score interpretations represent the construct the instrument claims to measure
- B. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- C. ask how the client and community understand the problem and preferred sources of help
- D. consider substance or medication effects and medical causes before assigning a primary mental disorder

58. A counselor is working with Morgan, age 48. A treatment plan states only that the client will feel better soon. Which action should the counselor take first?

- 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. translate the goal into observable achievable steps with a review period and indicators of progress
- D. modify the plan to address scheduling and access barriers before labeling the client resistant

59. In a session with Cameron, age 55, this concern becomes clear: A client repeatedly gambles to recover losses and conceals debts from a partner. What is the best counseling response?

- A. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. explore worry breadth duration physical tension sleep and impairment
- D. assess triggers vulnerability cues consequences and available regulation skills

60. Parker, age 62, 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. offer accurate empathy congruence and unconditional positive regard without directing the choice
- B. use culturally responsive eye contact posture presence and minimal encouragers
- C. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- D. build a collaborative graded practice plan while reducing safety behaviors

61. During counseling with Quinn, age 69, the following issue emerges: A client fears judgment while considering a major life decision. Which response is most appropriate?

- A. offer accurate empathy congruence and unconditional positive regard without directing the choice
- B. explore freedom responsibility isolation mortality and personally chosen meaning
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. use a scale to identify exceptions existing resources and the next small change

62. A counselor is working with Morgan, age 15. A client asks to explore gender without being pushed toward a predetermined outcome. Which action should the counselor take first?

- A. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- B. provide an affirming exploratory space guided by the client's language goals and pace
- C. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- D. explore life themes adaptability strengths and the story connecting past roles with future possibilities

63. For Cameron, 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. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- B. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- C. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- D. Assessment is an ongoing collaborative process and test scores are only one source of clinical information

64. A counselor responds to Parker's situation by choosing to document orientation thought process attention and other current mental status findings. Which principle best supports this response?

- A. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- B. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- C. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- D. The mental status examination describes present observable functioning rather than lifelong personality traits

65. During counseling with Quinn, age 36, the following issue emerges: A child describes being a bad kid because anger keeps taking over. Which response is most appropriate?

- A. schedule small feasible activities and track mood mastery and pleasure afterward
- B. separate the child from the problem and explore times the anger had less influence
- C. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- D. use open questions affirmations reflections and summaries to evoke the client's own reasons for change

66. The counselor's plan for Morgan is to incorporate these strengths as resources in the plan rather than documenting only deficits. Which statement best explains why this approach is appropriate?

- A. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- C. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- D. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information

67. In a session with Cameron, age 50, 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 services risks benefits fees records and confidentiality before treatment begins
- B. protect confidentiality while consulting counsel and seeking clarification or court direction
- C. follow applicable law consult promptly and take protective steps required in the jurisdiction
- D. review the written agreement discuss options and avoid abrupt abandonment

68. Parker, age 57, 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. communicate the client's meaning and emotion without endorsing or condemning the choice
- B. maintain respect for the person while holding the harmful behavior open to examination
- C. notice the reaction reflect on its influence and obtain consultation if needed
- D. ask respectfully about the client's meanings and remain open to correction

69. In the case of Quinn, the counselor decides to explain the concern facilitate an appropriate referral and support continuity during transition. What is the strongest rationale for that choice?

- A. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- B. Referral protects welfare when client needs exceed competence resources or the current level of care
- C. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- D. A treatment plan is a living document that changes when evidence shows the current approach is ineffective

70. The counselor's plan for Morgan is to review results collaboratively in plain language and integrate them with other available evidence. Which statement best explains why this approach is appropriate?

- A. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- B. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- C. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- D. Assessment is an ongoing collaborative process and test scores are only one source of clinical information

71. In a session with Cameron, age 17, this concern becomes clear: A family shows diffuse parent-child boundaries and weak coordination between caregivers. What is the best counseling response?

- A. allow supportive silence while monitoring whether the client needs grounding or invitation
- B. invite elaboration with a focused open question rather than conducting a rapid interrogation
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. teach and rehearse paced breathing or muscle relaxation while monitoring its effect

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

- A. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- B. Congruence involves alignment and authentic presence used in service of the client
- 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

73. In the case of Quinn, the counselor decides to assess immediate danger privately and collaborate on an individualized safety plan. What is the strongest rationale for that choice?

- A. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- B. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- C. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- D. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them

74. A counselor is working with Morgan, age 38. A client notices that the counselor's reassuring words conflict with a tense tone. Which action should the counselor take first?

- A. respond honestly and professionally rather than hiding behind a false therapeutic role
- B. communicate the client's meaning and emotion without endorsing or condemning the choice
- C. ask respectfully about the client's meanings and remain open to correction
- D. respond warmly while restating the boundary and exploring the need beneath the contact

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

- A. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- B. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- C. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- D. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning

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

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Behavior must be interpreted against developmental expectations rather than adult standards
- C. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- D. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost

77. During counseling with Quinn, age 59, the following issue emerges: A client recovering from depression has withdrawn from every supportive relationship. Which response is most appropriate?

- A. separate the child from the problem and explore times the anger had less influence
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. identify safe supports and plan specific realistic steps for reconnection
- D. use open questions affirmations reflections and summaries to evoke the client's own reasons for change

78. The counselor's plan for Morgan 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. Self-awareness helps counselors keep personal reactions from directing client care
- C. Congruence involves alignment and authentic presence used in service of the client
- D. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries

79. For Cameron, the counselor elects to assess distinct periods of mood elevation before using a unipolar depression formulation. Which counseling principle most directly justifies this intervention?

- A. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline

80. A counselor responds to Parker'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. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- B. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- C. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- D. Grief is not a uniform sequence and should be understood in cultural relational and developmental context

81. During counseling with Quinn, age 26, the following issue emerges: A long-term client asks the counselor to become a partner in a small business. Which response is most appropriate?

- A. decline the financial relationship and process the request within counseling
- B. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- C. correct future documentation and amend records transparently without concealing the original entry
- D. review the written agreement discuss options and avoid abrupt abandonment

82. The counselor's plan for Morgan is to assess panic episodes anticipatory anxiety avoidance medical factors and functional impact. 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. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- D. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination

83. In a session with Cameron, age 40, this concern becomes clear: A counselor writes goals before asking what changes matter most to the client. What is the best counseling 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. revise the plan collaboratively using the client's priorities language and informed choices
- D. explain the concern facilitate an appropriate referral and support continuity during transition

84. A counselor responds to Parker'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. A subpoena should not be treated automatically as permission to disclose the complete record
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- D. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present

85. In the case of Quinn, the counselor decides to explore worry breadth duration physical tension sleep and impairment. What is the strongest rationale for that choice?

- 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. 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

86. A counselor is working with Morgan, age 61. A client with recurrent depression recalls episodes of little sleep elevated energy and risky spending. 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 distinct periods of mood elevation before using a unipolar depression formulation
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

87. In a session with Cameron, age 68, this concern becomes clear: A family repeatedly solves a child's refusal in ways that unintentionally strengthen it. What is the best counseling response?

- A. prioritize safety stabilization immediate needs supports and a short practical plan
- B. identify the situation thought emotion evidence alternatives and a balanced response
- C. tentatively reflect the possible hurt and invite correction
- D. interrupt the maintaining sequence with a focused directive suited to the family's context

88. Parker, age 75, meets with a counselor. A client hears threatening voices and appears unable to distinguish them from external events. What is the counselor's best next response?

- A. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- B. assess safety command content reality testing substance use medical causes and level of care
- C. map reciprocal patterns and avoid assuming one person alone causes the family problem
- D. explore worry breadth duration physical tension sleep and impairment

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

- A. use culturally responsive eye contact posture presence and minimal encouragers
- B. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- C. invite elaboration with a focused open question rather than conducting a rapid interrogation
- D. disclose only if the likely client benefit is clear and return focus promptly to the client

90. The counselor's plan for Morgan is to review services risks benefits fees records and confidentiality before treatment begins. Which statement best explains why this approach is appropriate?

- A. A subpoena should not be treated automatically as permission to disclose the complete record
- B. Technology does not remove duties concerning competence privacy access and legal authority to practice
- 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

91. In a session with Cameron, age 35, this concern becomes clear: A student names several appealing occupations but cannot compare them systematically. What is the best counseling response?

- A. explore identity structure relationships meaning and new sources of contribution
- B. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- C. clarify interests values abilities constraints and reliable occupational information
- D. assess severity safety duration and impairment while considering depressive disorders and alternatives

92. Parker, age 42, 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. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- B. assess safety command content reality testing substance use medical causes and level of care
- C. assess mood sleep medication medical factors daily functioning and cognitive pattern
- D. explore identity structure relationships meaning and new sources of contribution

93. During counseling with Quinn, age 49, the following issue emerges: During intake a client becomes confused about the date and gives tangential answers. Which response is most appropriate?

- A. document orientation thought process attention and other current mental status findings
- B. ask how the client and community understand the problem and preferred sources of help
- C. review results collaboratively in plain language and integrate them with other available evidence
- D. question the measure's consistency before drawing strong conclusions from the score

94. A counselor is working with Morgan, age 56. A suicidal client can collaborate and identifies warning signs before risk escalates. Which action should the counselor take first?

- A. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- B. write a prioritized plan of coping contacts professional resources and means-safety steps
- C. map relationships roles events and recurring patterns across the family system
- D. separate the child from the problem and explore times the anger had less influence

95. For Cameron, the counselor elects to assess mood sleep medication medical factors daily functioning and cognitive pattern. Which counseling principle most directly justifies this intervention?

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- D. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline

96. Parker, age 70, meets with a counselor. A client discloses stigmatized thoughts with visible shame. What is the counselor's best next response?

- A. ask respectfully about the client's meanings and remain open to correction
- 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. communicate the client's meaning and emotion without endorsing or condemning the choice

97. During counseling with Quinn, age 16, the following issue emerges: An older adult reports recent memory problems after bereavement poor sleep and a medication change. Which response is most appropriate?

- A. assess mood sleep medication medical factors daily functioning and cognitive pattern
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. frame assessment and intervention around developmental capacity temperament context and caregiver support
- D. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact

98. A counselor is working with Morgan, age 23. A client describes workplace racism and wonders whether distress reflects personal weakness. Which action should the counselor take first?

- A. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- B. assess distinct periods of mood elevation before using a unipolar depression formulation
- C. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- D. validate the contextual harm explore coping and supports and consider advocacy chosen by the client

99. For Cameron, the counselor elects to use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk. Which counseling principle most directly justifies this intervention?

- A. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- B. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- 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

100. Parker, age 37, meets with a counselor. A client repeatedly misses morning appointments because of shift work and unreliable transportation. What is the counselor's best next response?

- A. explain the concern facilitate an appropriate referral and support continuity during transition
- 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. evaluate readiness preferences risks and alternatives before selecting the modality

101. During counseling with Quinn, age 44, the following issue emerges: A counselor feels unusually protective of a client whose history resembles the counselor's own. Which response is most appropriate?

- 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 with curiosity and calm while assessing meaning risk and context
- D. notice the reaction reflect on its influence and obtain consultation if needed

102. A counselor is working with Morgan, age 51. A client has unwanted contamination thoughts and repetitive washing performed to reduce distress. Which action should the counselor take first?

- A. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- B. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- C. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- D. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning

103. In a session with Cameron, age 58, this concern becomes clear: A client gives brief answers while describing a complicated relationship pattern. What is the best counseling response?

- A. invite elaboration with a focused open question rather than conducting a rapid interrogation
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- D. link major themes decisions and next steps and invite the client's additions

104. A counselor responds to Parker's situation by choosing to communicate the client's meaning and emotion without endorsing or condemning the choice. Which principle best supports this response?

- A. Congruence involves alignment and authentic presence used in service of the client
- B. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- 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

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

- A. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- B. Support-building translates a general resource into accessible relationships actions and backup options
- C. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- D. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience

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

- A. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- B. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- D. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur

107. For Cameron, the counselor elects to use a comparison group that matches the client's relevant characteristics and testing purpose. Which counseling principle most directly justifies this intervention?

- A. Norm-referenced interpretations depend on an appropriate and representative standardization group
- B. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- 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

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

- A. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- B. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- C. Summaries integrate material support transitions and create a shared understanding of the session
- D. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom

109. During counseling with Quinn, age 39, the following issue emerges: A child makes a disclosure that creates reasonable suspicion of abuse. Which response is most appropriate?

- A. assess burden safety beliefs supports and practical barriers while validating ambivalence
- B. explore meanings supports costs and choices without imposing the counselor's worldview
- C. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

110. A counselor is working with Morgan, age 46. A counselor plans to use an unfamiliar video platform for sessions across state lines. Which action should the counselor take first?

- A. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- B. seek qualified supervision and refer when competence cannot be established
- C. obtain appropriate consent and protect identity before using material beyond its original purpose
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

111. In a session with Cameron, age 53, this concern becomes clear: A depressed client waits to feel motivated before resuming valued activities. What is the best counseling response?

- A. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- B. schedule small feasible activities and track mood mastery and pleasure afterward
- C. state the central meaning concisely and check whether the understanding fits
- D. provide structure clarify expectations and support gradual safety and participation

112. Parker, age 60, meets with a counselor. A client experiences abrupt surges of fear with palpitations and begins avoiding places where attacks occurred. What is the counselor's best next response?

- A. explore identity structure relationships meaning and new sources of contribution
- B. assess distinct periods of mood elevation before using a unipolar depression formulation
- C. assess chasing losses financial harm control attempts risk and co-occurring concerns
- D. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact

113. In the case of Quinn, the counselor decides to invite elaboration with a focused open question rather than conducting a rapid interrogation. What is the strongest rationale for that choice?

- A. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- B. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- C. Early group development commonly requires orientation predictability inclusion and trust building
- D. Open questions can expand exploration while timing focus and pacing protect the collaborative process

114. The counselor's plan for Morgan is to assess attachment needs interaction patterns barriers and opportunities for meaningful connection. Which statement best explains why this approach is appropriate?

- A. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- B. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- C. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- D. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation

115. In a session with Cameron, age 20, this concern becomes clear: A client seeks reassurance through repeated contact outside agreed session limits. What is the best counseling response?

- A. respond warmly while restating the boundary and exploring the need beneath the contact
- B. ask respectfully about the client's meanings and remain open to correction
- C. maintain respect for the person while holding the harmful behavior open to examination
- D. notice the reaction reflect on its influence and obtain consultation if needed

116. A counselor responds to Parker's situation by choosing to tentatively reflect the possible hurt and invite correction. Which principle best supports this response?

- A. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- B. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- C. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

117. During counseling with Quinn, age 34, the following issue emerges: Near the end of a complex session the client seems unsure what was accomplished. Which response is most appropriate?

- A. identify the situation thought emotion evidence alternatives and a balanced response
- B. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- C. identify safe supports and plan specific realistic steps for reconnection
- D. link major themes decisions and next steps and invite the client's additions

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

- A. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- B. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- C. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- D. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context

119. For Cameron, the counselor elects to assess severity safety duration and impairment while considering depressive disorders and alternatives. Which counseling principle most directly justifies this intervention?

- A. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

120. Parker, age 55, meets with a counselor. A client needs specialized eating-disorder care beyond the counselor's competence. What is the counselor's best next response?

- A. explain the concern facilitate an appropriate referral and support continuity during transition
- B. translate the goal into observable achievable steps with a review period and indicators of progress
- C. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- D. review the formulation alliance goals and intervention and revise the plan collaboratively

121. In the case of Quinn, the counselor decides to translate the goal into observable achievable steps with a review period and indicators of progress. What is the strongest rationale for that choice?

- A. Specific measurable objectives make progress review and plan revision possible
- 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

122. A counselor is working with Morgan, age 69. A client spends long periods awake in bed and varies wake time dramatically on weekends. Which action should the counselor take first?

- A. assess distinct periods of mood elevation before using a unipolar depression formulation
- B. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- C. frame assessment and intervention around developmental capacity temperament context and caregiver support
- D. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness

123. In a session with Cameron, age 15, this concern becomes clear: A counselor discovers that several progress notes contain vague judgments rather than clinical facts. What is the best counseling response?

- A. obtain appropriate consent and protect identity before using material beyond its original purpose
- B. seek qualified supervision and refer when competence cannot be established
- C. correct future documentation and amend records transparently without concealing the original entry
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

124. A counselor responds to Parker's situation by choosing to respond honestly and professionally rather than hiding behind a false therapeutic role. Which principle best supports this response?

- A. Positive regard affirms human worth without requiring approval of every action
- B. Congruence involves alignment and authentic presence used in service of the client
- C. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- D. Effective counselors combine care and responsiveness with predictable ethical limits

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

- A. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. A subpoena should not be treated automatically as permission to disclose the complete record
- D. Counselors monitor impairment and act before personal functioning compromises professional services

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

- A. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- B. Early group development commonly requires orientation predictability inclusion and trust building
- C. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- D. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules

127. For Cameron, the counselor elects to complete a fuller assessment rather than treating the screen as a definitive diagnosis. 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. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- C. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- D. Reliability concerns the consistency or dependability of measurement across relevant occasions or items

128. Parker, age 50, meets with a counselor. A program evaluator wants to publish identifiable client quotations collected for quality improvement. What is the counselor's best next response?

- A. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- B. give timely notice provide referrals and arrange continuity consistent with client needs
- C. obtain appropriate consent and protect identity before using material beyond its original purpose
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

129. In the case of Quinn, the counselor decides to maintain respect for the person while holding the harmful behavior open to examination. What is the strongest rationale for that choice?

- A. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- B. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Congruence involves alignment and authentic presence used in service of the client
- D. Positive regard affirms human worth without requiring approval of every action

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

- A. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

131. For Cameron, the counselor elects to explore lifestyle private logic belonging and socially useful alternatives. Which counseling principle most directly justifies this intervention?

- A. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- B. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- C. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- D. Strategic interventions target interaction sequences and attempted solutions that keep a problem going

132. Parker, age 17, 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. gather biological psychological social cultural and medical information before concluding the cause
- B. review results collaboratively in plain language and integrate them with other available evidence
- C. ask directly about thoughts intent plan access past behavior and protective factors
- D. ask how the client and community understand the problem and preferred sources of help

133. In the case of Quinn, the counselor decides to map reciprocal patterns and avoid assuming one person alone causes the family problem. 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. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- C. Behavior must be interpreted against developmental expectations rather than adult standards
- D. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk

134. A counselor is working with Morgan, age 31. A caregiver reports exhaustion resentment and guilt but refuses all offers of respite. Which action should the counselor take first?

- A. provide an affirming exploratory space guided by the client's language goals and pace
- B. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- C. assess burden safety beliefs supports and practical barriers while validating ambivalence
- D. validate the contextual harm explore coping and supports and consider advocacy chosen by the client

135. In a session with Cameron, age 38, this concern becomes clear: A brief alcohol screen is positive during an annual behavioral health visit. What is the best counseling response?

- A. consider substance or medication effects and medical causes before assigning a primary mental disorder
- B. ask how the client and community understand the problem and preferred sources of help
- C. question the measure's consistency before drawing strong conclusions from the score
- D. complete a fuller assessment rather than treating the screen as a definitive diagnosis

136. A counselor responds to Parker's situation by choosing to clarify intent plan means target imminence and protective factors while following safety duties. Which principle best supports this response?

- A. Specificity access and imminence help determine the level of risk and the urgency of intervention
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. The mental status examination describes present observable functioning rather than lifelong personality traits
- D. Screening identifies possible risk and need for evaluation but does not independently establish a disorder

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

- A. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- B. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- C. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- D. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur

138. A counselor is working with Morgan, age 59. Parents expect a preschooler to regulate frustration with the consistency of an older child. Which action should the counselor take first?

- A. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- C. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

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

- A. Clinical records should be timely objective relevant and altered only through an auditable process
- B. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- C. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- D. Counselors monitor impairment and act before personal functioning compromises professional services

140. A counselor responds to Parker'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. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- B. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- C. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- D. Support-building translates a general resource into accessible relationships actions and backup options

141. During counseling with Quinn, age 19, the following issue emerges: A client needs skills practice and peer feedback but feels unsafe in the proposed group. Which response is most appropriate?

- A. incorporate these strengths as resources in the plan rather than documenting only deficits
- B. evaluate readiness preferences risks and alternatives before selecting the modality
- 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

142. The counselor's plan for Morgan 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. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- C. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- D. Retirement is a role transition whose impact depends on preparation resources health relationships and identity

143. For Cameron, the counselor elects to address the access barrier with the client and advocate at the appropriate system level. Which counseling principle most directly justifies this intervention?

- A. Counselors practice only within boundaries supported by education training and supervised experience
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- D. Valid informed consent requires understandable information and a genuine opportunity for questions

144. Parker, age 40, meets with a counselor. A counselor compares an adolescent's score with norms developed only from middle-aged adults. What is the counselor's best next response?

- A. review results collaboratively in plain language and integrate them with other available evidence
- B. ask directly about thoughts intent plan access past behavior and protective factors
- 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

145. During counseling with Quinn, age 47, the following issue emerges: A counselor considers sharing a personal experience because the client feels uniquely ashamed. Which response is most appropriate?

- A. identify the situation thought emotion evidence alternatives and a balanced response
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. disclose only if the likely client benefit is clear and return focus promptly to the client
- D. explore lifestyle private logic belonging and socially useful alternatives

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

- A. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- B. Summaries integrate material support transitions and create a shared understanding of the session
- C. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- D. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation

147. In a session with Cameron, age 61, this concern becomes clear: A client minimizes drinking despite withdrawal symptoms missed work and family conflict. What is the best counseling response?

- A. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- B. assess triggers vulnerability cues consequences and available regulation skills
- C. assess severity safety duration and impairment while considering depressive disorders and alternatives
- D. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk

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

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

149. In the case of Quinn, the counselor decides to question whether score interpretations represent the construct the instrument claims to measure. What is the strongest rationale for that choice?

- A. Norm-referenced interpretations depend on an appropriate and representative standardization group
- B. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- C. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- D. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors

150. A counselor is working with Morgan, age 21. A newly retired client feels purposeless after losing a valued occupational role. Which action should the counselor take first?

- A. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- B. assess mood sleep medication medical factors daily functioning and cognitive pattern
- C. assess severity safety duration and impairment while considering depressive disorders and alternatives
- D. explore identity structure relationships meaning and new sources of contribution

151. In a session with Cameron, age 28, this concern becomes clear: A client gives a long account containing several connected concerns. What is the best counseling response?

- A. write a prioritized plan of coping contacts professional resources and means-safety steps
- B. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- C. state the central meaning concisely and check whether the understanding fits
- D. translate the broad wish into a small personally meaningful and achievable first step

152. Parker, age 35, meets with a counselor. A client wants life to improve but cannot identify a starting point. What is the counselor's best next response?

- A. translate the broad wish into a small personally meaningful and achievable first step
- B. identify the situation thought emotion evidence alternatives and a balanced response
- C. offer accurate empathy congruence and unconditional positive regard without directing the choice
- D. use culturally responsive eye contact posture presence and minimal encouragers

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

- A. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- B. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- C. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- D. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process

154. The counselor's plan for Morgan is to process the meaning of ending review gains plan relapse prevention and arrange follow-up options. Which statement best explains why this approach is appropriate?

- A. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- B. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- C. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- D. Specific measurable objectives make progress review and plan revision possible

155. For Cameron, the counselor elects to protect confidentiality while consulting counsel and seeking clarification or court direction. Which counseling principle most directly justifies this intervention?

- A. A subpoena should not be treated automatically as permission to disclose the complete record
- B. Valid informed consent requires understandable information and a genuine opportunity for questions
- C. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- D. Technology does not remove duties concerning competence privacy access and legal authority to practice

156. Parker, age 63, meets with a counselor. A client describes a decision the counselor would not personally make. What is the counselor's best next response?

- A. respond warmly while restating the boundary and exploring the need beneath the contact
- 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

157. In the case of Quinn, the counselor decides to invite them to notice and discuss the shared theme with each other. What is the strongest rationale for that choice?

- A. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- B. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work

158. A counselor is working with Morgan, age 16. A client describes being overlooked for promotion and says it did not matter while appearing tearful. Which action should the counselor take first?

- A. tentatively reflect the possible hurt and invite correction
- B. schedule small feasible activities and track mood mastery and pleasure afterward
- C. separate the child from the problem and explore times the anger had less influence
- D. provide structure clarify expectations and support gradual safety and participation

159. For Cameron, the counselor elects to interrupt the harmful behavior firmly and redirect toward safe respectful interaction. Which counseling principle most directly justifies this intervention?

- A. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- B. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client

160. Parker, age 30, meets with a counselor. A client discloses escalating partner violence and monitoring of communications. What is the counselor's best next response?

- A. explore worry breadth duration physical tension sleep and impairment
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- C. assess immediate danger privately and collaborate on an individualized safety plan
- D. assess medical risk behaviors body concerns and functioning without relying on appearance alone

161. In the case of Quinn, 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. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- B. Treatment modality should match goals safety development culture functioning and client preference
- C. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- D. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles

162. A counselor is working with Morgan, age 44. A client facing housing instability has strong family support persistence and effective problem-solving skills. Which action should the counselor take first?

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

163. In a session with Cameron, age 51, 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. 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. document orientation thought process attention and other current mental status findings
- D. gather biological psychological social cultural and medical information before concluding the cause

164. A counselor responds to Parker's situation by choosing to obtain appropriate consent and coordinate relevant information across providers. Which principle best supports this response?

- A. Specific measurable objectives make progress review and plan revision possible
- B. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- C. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- D. Planned termination consolidates learning anticipates setbacks and supports increasing client independence

165. During counseling with Quinn, age 65, the following issue emerges: A client has frequent online contact but reports no relationships that feel emotionally safe. Which response is most appropriate?

- A. map reciprocal patterns and avoid assuming one person alone causes the family problem
- B. support safe exploration and communication without treating normative identity work as pathology
- C. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- D. assess attachment needs interaction patterns barriers and opportunities for meaningful connection

166. The counselor's plan for Morgan is to teach and rehearse paced breathing or muscle relaxation while monitoring its effect. Which statement best explains why this approach is appropriate?

- A. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions

167. In a session with Cameron, age 18, this concern becomes clear: A student reports repeated targeted humiliation and fears retaliation if adults intervene visibly. What is the best counseling response?

- A. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- B. assess safety power imbalance frequency supports and the student's preferences for response
- C. map reciprocal patterns and avoid assuming one person alone causes the family problem
- D. assess severity safety duration and impairment while considering depressive disorders and alternatives

168. Parker, age 25, meets with a counselor. A client in acute distress is disorganized and unable to consider long-term insight work. What is the counselor's best next response?

- A. tentatively reflect the possible hurt and invite correction
- B. map relationships roles events and recurring patterns across the family system
- C. prioritize safety stabilization immediate needs supports and a short practical plan
- D. translate the broad wish into a small personally meaningful and achievable first step

169. In the case of Quinn, the counselor decides to provide structure clarify expectations and support gradual safety and participation. What is the strongest rationale for that choice?

- A. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- B. Early group development commonly requires orientation predictability inclusion and trust building
- C. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- D. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context

170. A counselor is working with Morgan, age 39. A client with terminal illness wants to discuss fear meaning family communication and unfinished matters. Which action should the counselor take first?

- A. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- C. assess distinct periods of mood elevation before using a unipolar depression formulation
- D. follow the client's priorities while assessing distress supports values and coordination needs

171. In a session with Cameron, age 46, this concern becomes clear: A client automatically concludes that one mistake proves total incompetence. What is the best counseling response?

- A. use culturally responsive eye contact posture presence and minimal encouragers
- B. disclose only if the likely client benefit is clear and return focus promptly to the client
- C. identify the situation thought emotion evidence alternatives and a balanced response
- D. map relationships roles events and recurring patterns across the family system

172. A counselor responds to Parker's situation by choosing to follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation. Which principle best supports this response?

- A. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- B. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- C. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- D. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration

173. During counseling with Quinn, age 60, the following issue emerges: A client has met goals and fears that ending counseling means losing all support. Which response is most appropriate?

- A. modify the plan to address scheduling and access barriers before labeling the client resistant
- B. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- C. obtain appropriate consent and coordinate relevant information across providers
- D. revise the plan collaboratively using the client's priorities language and informed choices

174. A counselor is working with Morgan, age 67. A client says the problem is always equally terrible and nothing ever helps. Which action should the counselor take first?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. explore lifestyle private logic belonging and socially useful alternatives
- C. identify safe supports and plan specific realistic steps for reconnection
- D. use a scale to identify exceptions existing resources and the next small change

175. In a session with Cameron, age 74, this concern becomes clear: A client requests trauma processing that the counselor has never been trained to provide. What is the best counseling response?

- A. seek qualified supervision and refer when competence cannot be established
- B. protect confidentiality while consulting counsel and seeking clarification or court direction
- C. decline the financial relationship and process the request within counseling
- D. give timely notice provide referrals and arrange continuity consistent with client needs

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

- A. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- B. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- C. Technology does not remove duties concerning competence privacy access and legal authority to practice
- D. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present

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

- A. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- B. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives

178. A counselor is working with Morgan, age 34. A client feels empty after achieving goals that once organized life. Which action should the counselor take first?

- 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. explore freedom responsibility isolation mortality and personally chosen meaning
- D. explore recurring relational themes defenses and their appearance in the therapeutic relationship

179. In a session with Cameron, age 41, this concern becomes clear: A client feels inferior and seeks significance through perfectionistic overachievement. What is the best counseling response?

- A. prioritize safety stabilization immediate needs supports and a short practical plan
- B. map relationships roles events and recurring patterns across the family system
- C. invite them to notice and discuss the shared theme with each other
- D. explore lifestyle private logic belonging and socially useful alternatives

180. Parker, age 48, 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. separate the child from the problem and explore times the anger had less influence
- B. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- C. use a scale to identify exceptions existing resources and the next small change
- D. respectfully present the discrepancy and explore it without accusation

181. During counseling with Quinn, age 55, 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. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- C. clarify intent plan means target imminence and protective factors while following safety duties
- D. question whether score interpretations represent the construct the instrument claims to measure

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

- A. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- B. Valid informed consent requires understandable information and a genuine opportunity for questions
- C. Counselors practice only within boundaries supported by education training and supervised experience
- D. Financial arrangements should be explained early and managed in ways that preserve client welfare

183. In a session with Cameron, age 69, this concern becomes clear: A client restricts food exercises compulsively and has dizziness despite an average-range appearance. What is the best counseling response?

- A. assess distinct periods of mood elevation before using a unipolar depression formulation
- B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- C. assess immediate danger privately and collaborate on an individualized safety plan
- D. assess attachment needs interaction patterns barriers and opportunities for meaningful connection

184. A counselor responds to Parker'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. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- B. Crisis work narrows attention to safety functioning resources and manageable next actions
- C. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- D. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience

185. In the case of Quinn, the counselor decides to use a trauma-informed assessment that prioritizes safety choice pacing and current functioning. What is the strongest rationale for that choice?

- A. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- B. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- 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

186. A counselor is working with Morgan, age 29. A client repeatedly changes topics whenever disagreement appears between client and counselor. Which action should the counselor take first?

- A. build a collaborative graded practice plan while reducing safety behaviors
- B. gently describe the here-and-now interaction and invite exploration of its meaning
- C. link major themes decisions and next steps and invite the client's additions
- D. teach and rehearse paced breathing or muscle relaxation while monitoring its effect

187. In a session with Cameron, age 36, this concern becomes clear: A client wants a portable response to escalating physiological arousal. What is the best counseling response?

- A. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- D. separate the child from the problem and explore times the anger had less influence

188. A counselor responds to Parker'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. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- B. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm

189. In the case of Quinn, the counselor decides to gather biological psychological social cultural and medical information before concluding the cause. What is the strongest rationale for that choice?

- A. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- D. Screening identifies possible risk and need for evaluation but does not independently establish a disorder

190. A counselor is working with Morgan, age 57. A client has severe withdrawal risk and cannot maintain safety in an outpatient setting. Which action should the counselor take first?

- A. ask how the client and community understand the problem and preferred sources of help
- B. question whether score interpretations represent the construct the instrument claims to measure
- C. gather biological psychological social cultural and medical information before concluding the cause
- D. arrange urgent evaluation for a setting capable of medical monitoring and stabilization

191. For Cameron, the counselor elects to modify the plan to address scheduling and access barriers before labeling the client resistant. Which counseling principle most directly justifies this intervention?

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

192. A counselor responds to Parker's situation by choosing to support safe exploration and communication without treating normative identity work as pathology. Which principle best supports this response?

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- C. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

193. During counseling with Quinn, age 17, the following issue emerges: A client becomes quiet after naming a painful loss and appears to be reflecting. Which response is most appropriate?

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

194. The counselor's plan for Morgan is to follow the client's priorities while assessing distress supports values and coordination needs. Which statement best explains why this approach is appropriate?

- A. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- D. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions

195. In a session with Cameron, age 31, this concern becomes clear: One member repeatedly ridicules others and prevents quieter members from participating. What is the best counseling response?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. respectfully present the discrepancy and explore it without accusation
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. interrupt the harmful behavior firmly and redirect toward safe respectful interaction

196. A counselor responds to Parker'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. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- C. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- D. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom

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

- A. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- B. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- C. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- D. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience

198. The counselor's plan for Morgan is to translate the broad wish into a small personally meaningful and achievable first step. Which statement best explains why this approach is appropriate?

- A. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- B. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Crisis work narrows attention to safety functioning resources and manageable next actions

199. In a session with Cameron, age 59, this concern becomes clear: A client admits behavior that caused harm and expects immediate rejection. What is the best counseling response?

- A. respond with curiosity and calm while assessing meaning risk and context
- B. respond honestly and professionally rather than hiding behind a false therapeutic role
- C. maintain respect for the person while holding the harmful behavior open to examination
- D. stay regulated explore the rupture and avoid defensiveness or premature appeasement

200. Parker, age 66, meets with a counselor. A screening scale gives markedly different scores when the stable client repeats it two days later. What is the counselor's best next response?

- A. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- B. gather biological psychological social cultural and medical information before concluding the cause
- C. ask directly about thoughts intent plan access past behavior and protective factors
- D. question the measure's consistency before drawing strong conclusions from the score

Practice Exam 16: Answer Key And Explanations

1. 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.

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

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

4. B — 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.

5. 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.

6. D — 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.

7. C — 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.

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

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

10. C — 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.

11. D — 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.

12. A — 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.

13. 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.

14. C — 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..

15. B — 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.

16. A — 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.

17. 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.

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

19. B — 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.

20. D — 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.

21. C — 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.

22. 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.

23. B — 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..

24. 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.

25. D — 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.

26. 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.

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

28. B — 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.

29. D — 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.

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

31. 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.

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

33. D — 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..

34. C — 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.

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

36. 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.

37. 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.

38. C — 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.

39. D — 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.

40. A — 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.

41. D — 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.

42. A — 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..

43. C — 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.

44. B — 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.

45. D — 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.

46. 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.

47. 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.

48. B — 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.

49. C — 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.

50. D — 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.

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

52. B — 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.

53. 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.

54. 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.

55. D — 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.

56. B — 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.

57. A — 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.

58. 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.

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

60. D — 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.

61. A — 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.

62. B — 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.

63. C — 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.

64. D — 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..

65. 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.

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

67. A — 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.

68. 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.

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

70. D — 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.

71. C — 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.

72. A — 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.

73. B — 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.

74. 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.

75. D — 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.

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

77. C — 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.

78. B — 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.

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

80. D — 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.

81. 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.

82. 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.

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

84. 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..

85. A — 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.

86. 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.

87. D — 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.

88. B — 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.

89. B — 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.

90. 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.

91. C — 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.

92. A — 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.

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

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

95. D — 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 — 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.

97. A — 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.

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

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

100. C — 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.

101. D — 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.

102. 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.

103. A — 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.

104. 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.

105. B — 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.

106. C — 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.

107. 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.

108. D — 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.

109. C — 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.

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

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

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

113. D — 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.

114. C — 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..

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

116. B — 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..

117. D — 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.

118. B — 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.

119. C — 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.

120. A — 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.

121. 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.

122. 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.

123. C — 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.

124. B — 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.

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

126. D — 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.

127. 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.

128. 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.

129. D — 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.

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

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

132. C — 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.

133. 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..

134. C — 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.

135. D — 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.

136. A — 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.

137. B — 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.

138. 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.

139. 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.

140. C — 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.

141. B — 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.

142. 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.

143. 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.

144. D — 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.

145. C — 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.

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

147. D — 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.

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

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

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

151. C — 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.

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

153. C — 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..

154. 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.

155. A — 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.

156. 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.

157. 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.

158. 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.

159. 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.

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

161. C — 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.

162. 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.

163. A — 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.

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

165. 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.

166. 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.

167. B — 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.

168. 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.

169. B — 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.

170. D — 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.

171. C — 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.

172. A — 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..

173. 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.

174. D — 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.

175. 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.

176. C — 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.

177. A — 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..

178. C — 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.

179. D — 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.

180. B — 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.

181. 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.

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

183. B — 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.

184. C — 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..

185. 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..

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

187. C — 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.

188. D — 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.

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

190. 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.

191. B — 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.

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

193. B — 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.

194. 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.

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

196. A — 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..

197. B — 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..

198. A — 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.

199. C — 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.

200. D — 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.