

PRACTICE EXAM 5: 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. A counselor is working with Riley, age 16. A client needs specialized eating-disorder care beyond the counselor's competence. Which action should the counselor take first?
 - A. explain the concern facilitate an appropriate referral and support continuity during transition
 - B. obtain appropriate consent and coordinate relevant information across providers
 - C. review the formulation alliance goals and intervention and revise the plan collaboratively
 - D. revise the plan collaboratively using the client's priorities language and informed choices
2. In a session with Devin, age 23, this concern becomes clear: A client describes a decision the counselor would not personally make. What is the best counseling response?
 - A. 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. maintain respect for the person while holding the harmful behavior open to examination
 - D. communicate the client's meaning and emotion without endorsing or condemning the choice
3. In the case of Skyler, the counselor decides to review the formulation alliance goals and intervention and revise the plan collaboratively. What is the strongest rationale for that choice?
 - A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
 - B. Referral protects welfare when client needs exceed competence resources or the current level of care
 - C. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
 - D. Planned termination consolidates learning anticipates setbacks and supports increasing client independence

4. The counselor's plan for Avery is to ask respectfully about the client's meanings and remain open to correction. Which statement best explains why this approach is appropriate?
- A. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
 - B. Cultural humility combines lifelong learning self-reflection attention to power and accountability
 - C. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
 - D. Congruence involves alignment and authentic presence used in service of the client
5. A counselor is working with Riley, age 44. A client discloses stigmatized thoughts with visible shame. Which action should the counselor take first?
- 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. respond honestly and professionally rather than hiding behind a false therapeutic role
 - D. maintain respect for the person while holding the harmful behavior open to examination
6. In a session with Devin, age 51, this concern becomes clear: A client becomes angry after the counselor names a missed appointment pattern. What is the best counseling response?
- A. maintain respect for the person while holding the harmful behavior open to examination
 - B. notice the reaction reflect on its influence and obtain consultation if needed
 - C. stay regulated explore the rupture and avoid defensiveness or premature appeasement
 - D. respond honestly and professionally rather than hiding behind a false therapeutic role
7. Skyler, age 58, 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. explore life themes adaptability strengths and the story connecting past roles with future possibilities
 - C. assess burden safety beliefs supports and practical barriers while validating ambivalence
 - D. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness

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

- A. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- B. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- C. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- D. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool

9. A counselor is working with Riley, age 72. An attorney sends a subpoena for notes without client authorization or a judge's order. Which action should the counselor take first?

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

10. In a session with Devin, age 18, this concern becomes clear: A client sees both benefits and costs of changing substance use. What is the best counseling response?

- A. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- B. identify the situation thought emotion evidence alternatives and a balanced response
- C. state the central meaning concisely and check whether the understanding fits
- D. provide structure clarify expectations and support gradual safety and participation

11. Skyler, age 25, meets with a counselor. A client minimizes drinking despite withdrawal symptoms missed work and family conflict. What is the counselor's best next response?

- A. assess safety command content reality testing substance use medical causes and level of care
- B. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- C. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- D. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk

12. During counseling with Avery, age 32, the following issue emerges: A client with a specific fear avoids every reminder and seeks constant reassurance. Which response is most appropriate?

- A. interrupt the maintaining sequence with a focused directive suited to the family's context
- B. build a collaborative graded practice plan while reducing safety behaviors
- C. allow supportive silence while monitoring whether the client needs grounding or invitation
- D. translate the broad wish into a small personally meaningful and achievable first step

13. A counselor is working with Riley, age 39. An agency closes a program while several clients still need ongoing care. Which action should the counselor take first?

- A. reduce risk to clients and obtain consultation support or temporary limits on practice
- B. review the written agreement discuss options and avoid abrupt abandonment
- C. review services risks benefits fees records and confidentiality before treatment begins
- D. give timely notice provide referrals and arrange continuity consistent with client needs

14. A counselor responds to Devin's situation by choosing to validate the contextual harm explore coping and supports and consider advocacy chosen by the client. Which principle best supports this response?

- A. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- C. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- D. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators

15. Skyler, age 53, meets with a counselor. A counselor knows general facts about a client's cultural group but not this client's experience. What is the counselor's best next response?

- A. ask respectfully about the client's meanings and remain open to correction
- B. notice the reaction reflect on its influence and obtain consultation if needed
- 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

16. The counselor's plan for Avery is to follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation. Which statement best explains why this approach is appropriate?

- A. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- B. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Ethical exploration respects self-determination and does not treat identity diversity as pathology

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

- A. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- B. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- C. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- D. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work

18. In a session with Devin, age 74, this concern becomes clear: A client describes being overlooked for promotion and says it did not matter while appearing tearful. What is the best counseling response?

- A. tentatively reflect the possible hurt and invite correction
- B. schedule small feasible activities and track mood mastery and pleasure afterward
- C. gently describe the here-and-now interaction and invite exploration of its meaning
- D. teach and rehearse paced breathing or muscle relaxation while monitoring its effect

19. In the case of Skyler, the counselor decides to teach and rehearse paced breathing or muscle relaxation while monitoring its effect. What is the strongest rationale for that choice?

- A. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- B. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- C. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- D. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance

20. The counselor's plan for Avery is to protect confidentiality while consulting counsel and seeking clarification or court direction. Which statement best explains why this approach is appropriate?

- A. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. 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

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

- A. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- 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. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

22. In a session with Devin, age 41, this concern becomes clear: A client with recurrent depression recalls episodes of little sleep elevated energy and risky spending. What is the best counseling response?

- A. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- B. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. assess distinct periods of mood elevation before using a unipolar depression formulation

23. In the case of Skyler, the counselor decides to notice the reaction reflect on its influence and obtain consultation if needed. What is the strongest rationale for that choice?

- A. Self-awareness helps counselors keep personal reactions from directing client care
- B. Effective counselors combine care and responsiveness with predictable ethical limits
- C. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- D. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment

24. During counseling with Avery, age 55, the following issue emerges: A client with terminal illness wants to discuss fear meaning family communication and unfinished matters. Which response is most appropriate?

- A. clarify interests values abilities constraints and reliable occupational information
- B. support safe exploration and communication without treating normative identity work as pathology
- C. follow the client's priorities while assessing distress supports values and coordination needs
- D. assess chasing losses financial harm control attempts risk and co-occurring concerns

25. For Riley, the counselor elects to offer accurate empathy congruence and unconditional positive regard without directing the choice. Which counseling principle most directly justifies this intervention?

- A. Support-building translates a general resource into accessible relationships actions and backup options
- B. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

26. In a session with Devin, age 69, this concern becomes clear: A client needs skills practice and peer feedback but feels unsafe in the proposed group. What is the best counseling response?

- A. translate the goal into observable achievable steps with a review period and indicators of progress
- B. explain the concern facilitate an appropriate referral and support continuity during transition
- C. evaluate readiness preferences risks and alternatives before selecting the modality
- D. obtain appropriate consent and coordinate relevant information across providers

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

- A. Technology does not remove duties concerning competence privacy access and legal authority to practice
- B. A subpoena should not be treated automatically as permission to disclose the complete record
- C. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- D. Ending services requires attention to abandonment risk records emergencies and reasonable transition support

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

- A. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. Technology does not remove duties concerning competence privacy access and legal authority to practice
- D. Research and publication require respect for autonomy privacy and foreseeable risks to participants

29. A counselor is working with Riley, age 29. A client discloses escalating partner violence and monitoring of communications. Which action should the counselor take first?

- A. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- B. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- C. assess immediate danger privately and collaborate on an individualized safety plan
- D. assess chasing losses financial harm control attempts risk and co-occurring concerns

30. In a session with Devin, age 36, this concern becomes clear: A recently bereaved client worries that waves of sadness mean something is seriously wrong. What is the best counseling response?

- A. explore worry breadth duration physical tension sleep and impairment
- 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. normalize varied grief responses while assessing culture functioning risk and signs requiring added care

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

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- C. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- D. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool

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

- A. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- B. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process

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

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- C. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- D. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination

34. A counselor responds to Devin's situation by choosing to assess sleep schedule substances medical factors mood and behaviors that condition wakefulness. Which principle best supports this response?

- A. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- B. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination

35. In the case of Skyler, the counselor decides to assess panic episodes anticipatory anxiety avoidance medical factors and functional impact. What is the strongest rationale for that choice?

- A. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- B. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- C. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

36. During counseling with Avery, age 17, the following issue emerges: A client in acute distress is disorganized and unable to consider long-term insight work. Which response is most appropriate?

- A. separate the child from the problem and explore times the anger had less influence
- B. tentatively reflect the possible hurt and invite correction
- C. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- D. prioritize safety stabilization immediate needs supports and a short practical plan

37. For Riley, the counselor elects to incorporate these strengths as resources in the plan rather than documenting only deficits. Which counseling principle most directly justifies this intervention?

- A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- C. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- D. Treatment modality should match goals safety development culture functioning and client preference

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

- A. Behavior must be interpreted against developmental expectations rather than adult standards
- B. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- C. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- D. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape

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

- A. Support-building translates a general resource into accessible relationships actions and backup options
- B. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- C. Early group development commonly requires orientation predictability inclusion and trust building
- D. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives

40. The counselor's plan for Avery is to use a scale to identify exceptions existing resources and the next small change. Which statement best explains why this approach is appropriate?

- A. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- B. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance

41. For Riley, 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. The mental status examination describes present observable functioning rather than lifelong personality traits
- 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. Norm-referenced interpretations depend on an appropriate and representative standardization group

42. In a session with Devin, age 59, this concern becomes clear: A child describes being a bad kid because anger keeps taking over. What is the best counseling response?

- A. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- B. separate the child from the problem and explore times the anger had less influence
- C. respectfully present the discrepancy and explore it without accusation
- D. disclose only if the likely client benefit is clear and return focus promptly to the client

43. In the case of Skyler, the counselor decides to ask directly about thoughts intent plan access past behavior and protective factors. 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. Reliability concerns the consistency or dependability of measurement across relevant occasions or items

44. During counseling with Avery, age 73, the following issue emerges: A client has met goals and fears that ending counseling means losing all support. Which response is most appropriate?

- A. evaluate readiness preferences risks and alternatives before selecting the modality
- B. modify the plan to address scheduling and access barriers before labeling the client resistant
- C. explain the concern facilitate an appropriate referral and support continuity during transition
- D. process the meaning of ending review gains plan relapse prevention and arrange follow-up options

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

- A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. Treatment modality should match goals safety development culture functioning and client preference
- C. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- D. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information

46. In a session with Devin, age 26, this concern becomes clear: One member repeatedly ridicules others and prevents quieter members from participating. What is the best counseling response?

- A. respectfully present the discrepancy and explore it without accusation
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- D. use culturally responsive eye contact posture presence and minimal encouragers

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

- A. The mental status examination describes present observable functioning rather than lifelong personality traits
- B. Specificity access and imminence help determine the level of risk and the urgency of intervention
- C. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- D. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations

48. The counselor's plan for Avery is to interrupt the harmful behavior firmly and redirect toward safe respectful interaction. 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. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- C. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- D. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress

49. A counselor is working with Riley, age 47. A counselor considers sharing a personal experience because the client feels uniquely ashamed. Which action should the counselor take first?

- A. link major themes decisions and next steps and invite the client's additions
- B. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- C. disclose only if the likely client benefit is clear and return focus promptly to the client
- D. use culturally responsive eye contact posture presence and minimal encouragers

50. In a session with Devin, age 54, this concern becomes clear: A counselor writes goals before asking what changes matter most to the client. What is the best counseling response?

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

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

- A. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- B. Congruence involves alignment and authentic presence used in service of the client
- C. Self-awareness helps counselors keep personal reactions from directing client care
- D. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries

52. During counseling with Avery, age 68, the following issue emerges: Near the end of a complex session the client seems unsure what was accomplished. Which response is most appropriate?

- A. gently describe the here-and-now interaction and invite exploration of its meaning
- B. use culturally responsive eye contact posture presence and minimal encouragers
- C. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- D. link major themes decisions and next steps and invite the client's additions

53. For Riley, the counselor elects to give timely notice provide referrals and arrange continuity consistent with client needs. Which counseling principle most directly justifies this intervention?

- A. Counselors monitor impairment and act before personal functioning compromises professional services
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. Clinical records should be timely objective relevant and altered only through an auditable process
- D. Ending services requires attention to abandonment risk records emergencies and reasonable transition support

54. In a session with Devin, age 21, this concern becomes clear: A client experiences abrupt surges of fear with palpitations and begins avoiding places where attacks occurred. What is the best counseling response?

- A. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- B. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- C. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- D. explore identity structure relationships meaning and new sources of contribution

55. Skyler, age 28, meets with a counselor. A client falls behind on payments and says the fee policy was never explained. What is the counselor's best next response?

- A. review the written agreement discuss options and avoid abrupt abandonment
- B. reduce risk to clients and obtain consultation support or temporary limits on practice
- C. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- D. seek qualified supervision and refer when competence cannot be established

56. During counseling with Avery, age 35, the following issue emerges: A client reports pervasive low mood loss of interest guilt and impaired functioning. Which response is most appropriate?

- A. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- B. assess severity safety duration and impairment while considering depressive disorders and alternatives
- C. explore identity structure relationships meaning and new sources of contribution
- D. assess burden safety beliefs supports and practical barriers while validating ambivalence

57. For Riley, 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. Behavior must be interpreted against developmental expectations rather than adult standards
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost

58. In a session with Devin, age 49, this concern becomes clear: A client gives brief answers while describing a complicated relationship pattern. What is the best counseling response?

- A. identify the situation thought emotion evidence alternatives and a balanced response
- B. build a collaborative graded practice plan while reducing safety behaviors
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. invite elaboration with a focused open question rather than conducting a rapid interrogation

59. Skyler, age 56, meets with a counselor. A family shows diffuse parent-child boundaries and weak coordination between caregivers. What is the counselor's best next response?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. disclose only if the likely client benefit is clear and return focus promptly to the client
- C. use open questions affirmations reflections and summaries to evoke the client's own reasons for change
- D. use a scale to identify exceptions existing resources and the next small change

60. During counseling with Avery, age 63, the following issue emerges: A counselor discovers that several progress notes contain vague judgments rather than clinical facts. Which response is most appropriate?

- A. give timely notice provide referrals and arrange continuity consistent with client needs
- B. correct future documentation and amend records transparently without concealing the original entry
- C. decline the financial relationship and process the request within counseling
- D. verify security informed consent emergency procedures and applicable jurisdictional rules before use

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

- A. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- B. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- C. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- D. Referral protects welfare when client needs exceed competence resources or the current level of care

62. A counselor responds to Devin's situation by choosing to schedule small feasible activities and track mood mastery and pleasure afterward. Which principle best supports this response?

- A. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- B. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- C. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- D. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation

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

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

64. During counseling with Avery, age 30, the following issue emerges: A client repeatedly misses morning appointments because of shift work and unreliable transportation. Which response is most appropriate?

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

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

- A. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Valid informed consent requires understandable information and a genuine opportunity for questions
- D. Financial arrangements should be explained early and managed in ways that preserve client welfare

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

- A. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- B. 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. Reliability concerns the consistency or dependability of measurement across relevant occasions or items

67. Skyler, age 51, meets with a counselor. A client says the problem is always equally terrible and nothing ever helps. What is the counselor's best next response?

- A. allow supportive silence while monitoring whether the client needs grounding or invitation
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. use a scale to identify exceptions existing resources and the next small change
- D. offer accurate empathy congruence and unconditional positive regard without directing the choice

68. The counselor's plan for Avery is to build a collaborative graded practice plan while reducing safety behaviors. Which statement best explains why this approach is appropriate?

- A. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- B. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- C. Crisis work narrows attention to safety functioning resources and manageable next actions
- D. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance

69. For Riley, the counselor elects to review results collaboratively in plain language and integrate them with other available evidence. 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. Specificity access and imminence help determine the level of risk and the urgency of intervention
- C. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- D. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations

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

- A. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- B. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- C. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- D. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation

71. In the case of Skyler, 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. Spiritual and religious concerns require cultural humility and protection of client autonomy
- B. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- C. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- D. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives

72. The counselor's plan for Avery 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. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- C. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- D. Treatment modality should match goals safety development culture functioning and client preference

73. A counselor is working with Riley, age 32. A client automatically concludes that one mistake proves total incompetence. Which action should the counselor take first?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. build a collaborative graded practice plan while reducing safety behaviors
- C. identify the situation thought emotion evidence alternatives and a balanced response
- D. allow supportive silence while monitoring whether the client needs grounding or invitation

74. In a session with Devin, age 39, this concern becomes clear: A long-term client asks the counselor to become a partner in a small business. What is the best counseling response?

- A. seek qualified supervision and refer when competence cannot be established
- B. follow applicable law consult promptly and take protective steps required in the jurisdiction
- C. correct future documentation and amend records transparently without concealing the original entry
- D. decline the financial relationship and process the request within counseling

75. Skyler, age 46, meets with a counselor. A client admits behavior that caused harm and expects immediate rejection. What is the counselor's best next response?

- A. notice the reaction reflect on its influence and obtain consultation if needed
- B. maintain respect for the person while holding the harmful behavior open to examination
- C. ask respectfully about the client's meanings and remain open to correction
- D. respond honestly and professionally rather than hiding behind a false therapeutic role

76. The counselor's plan for Avery is to use open questions affirmations reflections and summaries to evoke the client's own reasons for change. Which statement best explains why this approach is appropriate?

- A. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- B. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- C. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- D. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules

77. A counselor is working with Riley, age 60. A client has unwanted contamination thoughts and repetitive washing performed to reduce distress. Which action should the counselor take first?

- A. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. support safe exploration and communication without treating normative identity work as pathology
- C. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- D. provide an affirming exploratory space guided by the client's language goals and pace

78. In a session with Devin, age 67, this concern becomes clear: A client repeatedly changes topics whenever disagreement appears between client and counselor. What is the best counseling response?

- A. gently describe the here-and-now interaction and invite exploration of its meaning
- B. write a prioritized plan of coping contacts professional resources and means-safety steps
- C. disclose only if the likely client benefit is clear and return focus promptly to the client
- D. use open questions affirmations reflections and summaries to evoke the client's own reasons for change

79. In the case of Skyler, the counselor decides to assess medical risk behaviors body concerns and functioning without relying on appearance alone. What is the strongest rationale for that choice?

- A. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- B. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- C. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- D. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships

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

- A. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- B. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- C. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- D. Grief is not a uniform sequence and should be understood in cultural relational and developmental context

81. A counselor is working with Riley, age 27. A newly retired client feels purposeless after losing a valued occupational role. Which action should the counselor take first?

- A. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- B. frame assessment and intervention around developmental capacity temperament context and caregiver support
- C. explore identity structure relationships meaning and new sources of contribution
- D. assess medical risk behaviors body concerns and functioning without relying on appearance alone

82. A counselor responds to Devin's situation by choosing to assess distinct periods of mood elevation before using a unipolar depression formulation. Which principle best supports this response?

- A. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- B. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- C. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

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

- A. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- B. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings

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

- A. Spiritual and religious concerns require cultural humility and protection of client autonomy
- B. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- C. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- D. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators

85. A counselor is working with Riley, age 55. A client notices similar cutoff and caregiving patterns across several generations. Which action should the counselor take first?

- A. separate the child from the problem and explore times the anger had less influence
- B. map relationships roles events and recurring patterns across the family system
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. tentatively reflect the possible hurt and invite correction

86. A counselor responds to Devin's situation by choosing to reduce risk to clients and obtain consultation support or temporary limits on practice. Which principle best supports this response?

- A. Valid informed consent requires understandable information and a genuine opportunity for questions
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- D. Counselors monitor impairment and act before personal functioning compromises professional services

87. In the case of Skyler, 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. The mental status examination describes present observable functioning rather than lifelong personality traits
- 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

88. During counseling with Avery, age 15, the following issue emerges: A client recovering from depression has withdrawn from every supportive relationship. Which response is most appropriate?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. build a collaborative graded practice plan while reducing safety behaviors
- C. explore freedom responsibility isolation mortality and personally chosen meaning
- D. gently describe the here-and-now interaction and invite exploration of its meaning

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

- A. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- B. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- C. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- D. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom

90. In a session with Devin, age 29, this concern becomes clear: A depression inventory consistently measures general distress rather than depressive symptoms. What is the best counseling response?

- A. question whether score interpretations represent the construct the instrument claims to measure
- B. document orientation thought process attention and other current mental status findings
- C. use a comparison group that matches the client's relevant characteristics and testing purpose
- D. review results collaboratively in plain language and integrate them with other available evidence

91. In the case of Skyler, 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. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- B. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- C. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- D. Norm-referenced interpretations depend on an appropriate and representative standardization group

92. During counseling with Avery, age 43, the following issue emerges: A client becomes quiet after naming a painful loss and appears to be reflecting. Which response is most appropriate?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. allow supportive silence while monitoring whether the client needs grounding or invitation
- 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

93. A counselor is working with Riley, age 50. A client describes difficult-to-control worry across finances health and work for many months. 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 burden safety beliefs supports and practical barriers while validating ambivalence
- C. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- D. explore worry breadth duration physical tension sleep and impairment

94. In a session with Devin, age 57, this concern becomes clear: A client experiences tension between personal values and the expectations of a faith community. What is the best counseling response?

- A. assess immediate danger privately and collaborate on an individualized safety plan
- B. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- C. explore meanings supports costs and choices without imposing the counselor's worldview
- D. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk

95. Skyler, age 64, 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. state the central meaning concisely and check whether the understanding fits
- B. translate the broad wish into a small personally meaningful and achievable first step
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. invite elaboration with a focused open question rather than conducting a rapid interrogation

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

- A. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

97. A counselor is working with Riley, age 17. Outcome data and client feedback show little improvement after an adequate trial. Which action should the counselor take first?

- A. review the formulation alliance goals and intervention and revise the plan collaboratively
- B. explain the concern facilitate an appropriate referral and support continuity during transition
- C. modify the plan to address scheduling and access barriers before labeling the client resistant
- D. obtain appropriate consent and coordinate relevant information across providers

98. In a session with Devin, age 24, this concern becomes clear: A caregiver reports exhaustion resentment and guilt but refuses all offers of respite. What is the best counseling response?

- A. assess immediate danger privately and collaborate on an individualized safety plan
- B. assess burden safety beliefs supports and practical barriers while validating ambivalence
- C. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- D. validate the contextual harm explore coping and supports and consider advocacy chosen by the client

99. Skyler, age 31, meets with a counselor. Family members blame one teenager while interaction patterns show escalating criticism and withdrawal. What is the counselor's best next response?

- A. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- B. assess distinct periods of mood elevation before using a unipolar depression formulation
- C. map reciprocal patterns and avoid assuming one person alone causes the family problem
- D. assess attachment needs interaction patterns barriers and opportunities for meaningful connection

100. During counseling with Avery, age 38, 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. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- C. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- D. assess attachment needs interaction patterns barriers and opportunities for meaningful connection

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

- A. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- B. Effective counselors combine care and responsiveness with predictable ethical limits
- C. Positive regard affirms human worth without requiring approval of every action
- D. Congruence involves alignment and authentic presence used in service of the client

102. A counselor responds to Devin's situation by choosing to assess attachment needs interaction patterns barriers and opportunities for meaningful connection. Which principle best supports this response?

- 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. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

103. Skyler, age 59, meets with a counselor. A child makes a disclosure that creates reasonable suspicion of abuse. What is the counselor's best next response?

- A. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- B. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- C. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- D. assess immediate danger privately and collaborate on an individualized safety plan

104. The counselor's plan for Avery is to consider substance or medication effects and medical causes before assigning a primary mental disorder. Which statement best explains why this approach is appropriate?

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

105. For Riley, 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. Behavior must be interpreted against developmental expectations rather than adult standards
- C. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- D. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline

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

- A. Support-building translates a general resource into accessible relationships actions and backup options
- B. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- 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

107. In the case of Skyler, 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. Referral protects welfare when client needs exceed competence resources or the current level of care
- B. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- 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

108. During counseling with Avery, 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. map reciprocal patterns and avoid assuming one person alone causes the family problem
- B. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- C. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- D. frame assessment and intervention around developmental capacity temperament context and caregiver support

109. A counselor is working with Riley, age 40. A family repeatedly solves a child's refusal in ways that unintentionally strengthen it. 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. prioritize safety stabilization immediate needs supports and a short practical plan
- C. schedule small feasible activities and track mood mastery and pleasure afterward
- D. interrupt the maintaining sequence with a focused directive suited to the family's context

110. In a session with Devin, age 47, this concern becomes clear: A client feels inferior and seeks significance through perfectionistic overachievement. What is the best counseling response?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. prioritize safety stabilization immediate needs supports and a short practical plan
- C. link major themes decisions and next steps and invite the client's additions
- D. allow supportive silence while monitoring whether the client needs grounding or invitation

111. Skyler, age 54, meets with a counselor. A client's family interprets distress through a spiritual framework unfamiliar to the counselor. What is the counselor's best next response?

- A. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- B. ask how the client and community understand the problem and preferred sources of help
- C. question whether score interpretations represent the construct the instrument claims to measure
- D. document orientation thought process attention and other current mental status findings

112. During counseling with Avery, age 61, the following issue emerges: During intake a client becomes confused about the date and gives tangential answers. Which response is most appropriate?

- 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. document orientation thought process attention and other current mental status findings
- D. complete a fuller assessment rather than treating the screen as a definitive diagnosis

113. A counselor is working with Riley, age 68. A client describes escalating anger toward a named coworker and access to a firearm. Which action should the counselor take first?

- 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. question whether score interpretations represent the construct the instrument claims to measure
- D. clarify intent plan means target imminence and protective factors while following safety duties

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

- A. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- B. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- C. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- D. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options

115. In the case of Skyler, the counselor decides to write a prioritized plan of coping contacts professional resources and means-safety steps. 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. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- C. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- D. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism

116. The counselor's plan for Avery is to clarify intent plan means target imminence and protective factors while following safety duties. Which statement best explains why this approach is appropriate?

- A. Norm-referenced interpretations depend on an appropriate and representative standardization group
- B. Specificity access and imminence help determine the level of risk and the urgency of intervention
- C. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- D. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations

117. A counselor is working with Riley, age 35. A depressed client waits to feel motivated before resuming valued activities. Which action should the counselor take first?

- A. schedule small feasible activities and track mood mastery and pleasure afterward
- B. state the central meaning concisely and check whether the understanding fits
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. explore freedom responsibility isolation mortality and personally chosen meaning

118. A counselor responds to Devin'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. Summaries integrate material support transitions and create a shared understanding of the session
- B. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Crisis work narrows attention to safety functioning resources and manageable next actions

119. Skyler, age 49, meets with a counselor. A client receives counseling medication management and primary care for interacting concerns. What is the counselor's best next response?

- A. explain the concern facilitate an appropriate referral and support continuity during transition
- B. modify the plan to address scheduling and access barriers before labeling the client resistant
- C. obtain appropriate consent and coordinate relevant information across providers
- D. translate the goal into observable achievable steps with a review period and indicators of progress

120. During counseling with Avery, age 56, the following issue emerges: A client repeatedly misses care because the clinic lacks wheelchair access. Which response is most appropriate?

- A. decline the financial relationship and process the request within counseling
- B. protect confidentiality while consulting counsel and seeking clarification or court direction
- C. review services risks benefits fees records and confidentiality before treatment begins
- D. address the access barrier with the client and advocate at the appropriate system level

121. A counselor is working with Riley, age 63. A guarded client speaks softly and watches whether the counselor remains engaged. Which action should the counselor take first?

- A. separate the child from the problem and explore times the anger had less influence
- B. allow supportive silence while monitoring whether the client needs grounding or invitation
- C. explore lifestyle private logic belonging and socially useful alternatives
- D. use culturally responsive eye contact posture presence and minimal encouragers

122. A counselor responds to Devin's situation by choosing to seek qualified supervision and refer when competence cannot be established. Which principle best supports this response?

- A. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- D. A subpoena should not be treated automatically as permission to disclose the complete record

123. Skyler, age 16, meets with a counselor. A client seeks reassurance through repeated contact outside agreed session limits. What is the counselor's best next response?

- A. respond warmly while restating the boundary and exploring the need beneath the contact
- B. notice the reaction reflect on its influence and obtain consultation if needed
- C. 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

124. During counseling with Avery, age 23, the following issue emerges: A client gives a long account containing several connected concerns. Which response is most appropriate?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. invite them to notice and discuss the shared theme with each other
- C. state the central meaning concisely and check whether the understanding fits
- D. invite elaboration with a focused open question rather than conducting a rapid interrogation

125. For Riley, the counselor elects to question the measure's consistency before drawing strong conclusions from the score. Which counseling principle most directly justifies this intervention?

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

126. A counselor responds to Devin'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. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- C. Summaries integrate material support transitions and create a shared understanding of the session
- D. Support-building translates a general resource into accessible relationships actions and backup options

127. Skyler, age 44, meets with a counselor. A client fears judgment while considering a major life decision. What is the counselor's best next response?

- A. identify the situation thought emotion evidence alternatives and a balanced response
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. provide structure clarify expectations and support gradual safety and participation
- D. gently describe the here-and-now interaction and invite exploration of its meaning

128. During counseling with Avery, age 51, the following issue emerges: A client makes a credible specific threat toward an identifiable person. Which response is most appropriate?

- A. review the written agreement discuss options and avoid abrupt abandonment
- B. seek qualified supervision and refer when competence cannot be established
- C. follow applicable law consult promptly and take protective steps required in the jurisdiction
- D. decline the financial relationship and process the request within counseling

129. A counselor is working with Riley, age 58. A client has insomnia agitation and poor concentration after beginning a new medication. Which action should the counselor take first?

- A. use a comparison group that matches the client's relevant characteristics and testing purpose
- B. clarify intent plan means target imminence and protective factors while following safety duties
- C. consider substance or medication effects and medical causes before assigning a primary mental disorder
- D. review results collaboratively in plain language and integrate them with other available evidence

130. In a session with Devin, age 65, this concern becomes clear: An older adult reports recent memory problems after bereavement poor sleep and a medication change. What is the best counseling response?

- A. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. assess mood sleep medication medical factors daily functioning and cognitive pattern
- C. clarify interests values abilities constraints and reliable occupational information
- D. validate the contextual harm explore coping and supports and consider advocacy chosen by the client

131. Skyler, age 72, meets with a counselor. A client restricts food exercises compulsively and has dizziness despite an average-range appearance. What is the counselor's best next response?

- A. assess chasing losses financial harm control attempts risk and co-occurring concerns
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- C. explore meanings supports costs and choices without imposing the counselor's worldview
- D. assess medical risk behaviors body concerns and functioning without relying on appearance alone

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

- A. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- D. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress

133. For Riley, the counselor elects to explore identity structure relationships meaning and new sources of contribution. Which counseling principle most directly justifies this intervention?

- A. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- B. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- C. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- D. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation

134. A counselor responds to Devin's situation by choosing to assess mood sleep medication medical factors daily functioning and cognitive pattern. Which principle best supports this response?

- A. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- B. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- C. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- D. Ethical exploration respects self-determination and does not treat identity diversity as pathology

135. Skyler, age 39, meets with a counselor. A client requests trauma processing that the counselor has never been trained to provide. What is the counselor's best next response?

- A. address the access barrier with the client and advocate at the appropriate system level
- B. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- C. seek qualified supervision and refer when competence cannot be established
- D. obtain appropriate consent and protect identity before using material beyond its original purpose

136. The counselor's plan for Avery is to arrange urgent evaluation for a setting capable of medical monitoring and stabilization. Which statement best explains why this approach is appropriate?

- A. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- B. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- C. Norm-referenced interpretations depend on an appropriate and representative standardization group
- D. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity

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

- A. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- B. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- C. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- D. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur

138. In a session with Devin, age 60, this concern becomes clear: A client values honesty yet repeatedly hides important information from supportive people. What is the best counseling response?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. use culturally responsive eye contact posture presence and minimal encouragers
- D. respectfully present the discrepancy and explore it without accusation

139. Skyler, age 67, 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. build a collaborative graded practice plan while reducing safety behaviors
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- D. explore lifestyle private logic belonging and socially useful alternatives

140. During counseling with Avery, age 74, the following issue emerges: Testing suggests strengths and concerns that differ from the client's self-description. Which response is most appropriate?

- A. review results collaboratively in plain language and integrate them with other available evidence
- B. use a comparison group that matches the client's relevant characteristics and testing purpose
- C. document orientation thought process attention and other current mental status findings
- D. question whether score interpretations represent the construct the instrument claims to measure

141. A counselor is working with Riley, age 20. A counselor notices persistent exhaustion irritability and mistakes that are affecting sessions. Which action should the counselor take first?

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

142. A counselor responds to Devin's situation by choosing to translate the goal into observable achievable steps with a review period and indicators of progress. Which principle best supports this response?

- 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. Specific measurable objectives make progress review and plan revision possible
- D. Treatment modality should match goals safety development culture functioning and client preference

143. Skyler, age 34, meets with a counselor. A counselor plans to use an unfamiliar video platform for sessions across state lines. What is the counselor's best next 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. obtain appropriate consent and protect identity before using material beyond its original purpose
- D. review the written agreement discuss options and avoid abrupt abandonment

144. The counselor's plan for Avery 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. 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. 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

145. A counselor is working with Riley, age 48. A client facing housing instability has strong family support persistence and effective problem-solving skills. Which action should the counselor take first?

- A. modify the plan to address scheduling and access barriers before labeling the client resistant
- B. incorporate these strengths as resources in the plan rather than documenting only deficits
- C. translate the goal into observable achievable steps with a review period and indicators of progress
- D. explain the concern facilitate an appropriate referral and support continuity during transition

146. A counselor responds to Devin's situation by choosing to strengthen the caregiver subsystem and clarify boundaries through enacted interaction. Which principle best supports this response?

- A. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- B. Summaries integrate material support transitions and create a shared understanding of the session
- C. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

147. In the case of Skyler, the counselor decides to respond with curiosity and calm while assessing meaning risk and context. What is the strongest rationale for that choice?

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

148. During counseling with Avery, age 69, the following issue emerges: A program evaluator wants to publish identifiable client quotations collected for quality improvement. Which response is most appropriate?

- A. protect confidentiality while consulting counsel and seeking clarification or court direction
- B. review services risks benefits fees records and confidentiality before treatment begins
- C. obtain appropriate consent and protect identity before using material beyond its original purpose
- D. review the written agreement discuss options and avoid abrupt abandonment

149. A counselor is working with Riley, age 15. A client notices that the counselor's reassuring words conflict with a tense tone. Which action should the counselor take first?

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

150. In a session with Devin, age 22, this concern becomes clear: A client hears threatening voices and appears unable to distinguish them from external events. What is the best counseling response?

- A. assess safety command content reality testing substance use medical causes and level of care
- B. support safe exploration and communication without treating normative identity work as pathology
- C. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- D. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk

151. Skyler, age 29, meets with a counselor. A student reports repeated targeted humiliation and fears retaliation if adults intervene visibly. What is the counselor's best next response?

- A. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- B. assess mood sleep medication medical factors daily functioning and cognitive pattern
- C. explore identity structure relationships meaning and new sources of contribution
- D. assess safety power imbalance frequency supports and the student's preferences for response

152. During counseling with Avery, age 36, the following issue emerges: A student names several appealing occupations but cannot compare them systematically. Which response is most appropriate?

- A. clarify interests values abilities constraints and reliable occupational information
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. provide an affirming exploratory space guided by the client's language goals and pace
- D. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact

153. For Riley, the counselor elects to identify the situation thought emotion evidence alternatives and a balanced response. Which counseling principle most directly justifies this intervention?

- A. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- B. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- 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

154. In a session with Devin, age 50, this concern becomes clear: A treatment plan states only that the client will feel better soon. What is the best counseling response?

- A. incorporate these strengths as resources in the plan rather than documenting only deficits
- B. revise the plan collaboratively using the client's priorities language and informed choices
- C. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- D. translate the goal into observable achievable steps with a review period and indicators of progress

155. Skyler, age 57, 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. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- B. question the measure's consistency before drawing strong conclusions from the score
- C. gather biological psychological social cultural and medical information before concluding the cause
- D. question whether score interpretations represent the construct the instrument claims to measure

156. The counselor's plan for Avery 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. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. Treatment modality should match goals safety development culture functioning and client preference
- C. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- D. Referral protects welfare when client needs exceed competence resources or the current level of care

157. For Riley, the counselor elects to explore recurring relational themes defenses and their appearance in the therapeutic relationship. Which counseling principle most directly justifies this intervention?

- A. Support-building translates a general resource into accessible relationships actions and backup options
- B. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- C. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

158. In a session with Devin, age 17, this concern becomes clear: A client has severe withdrawal risk and cannot maintain safety in an outpatient setting. What is the best counseling response?

- A. consider substance or medication effects and medical causes before assigning a primary mental disorder
- B. use a comparison group that matches the client's relevant characteristics and testing purpose
- 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

159. In the case of Skyler, the counselor decides to review services risks benefits fees records and confidentiality before treatment begins. What is the strongest rationale for that choice?

- A. Valid informed consent requires understandable information and a genuine opportunity for questions
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- D. Technology does not remove duties concerning competence privacy access and legal authority to practice

160. The counselor's plan for Avery is to use a trauma-informed assessment that prioritizes safety choice pacing and current functioning. Which statement best explains why this approach is appropriate?

- A. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- B. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- C. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

161. For Riley, the counselor elects to invite elaboration with a focused open question rather than conducting a rapid interrogation. Which counseling principle most directly justifies this intervention?

- A. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- B. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- C. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- D. Open questions can expand exploration while timing focus and pacing protect the collaborative process

162. In a session with Devin, age 45, this concern becomes clear: A counselor feels unusually protective of a client whose history resembles the counselor's own. What is the best counseling response?

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

163. In the case of Skyler, the counselor decides to separate the child from the problem and explore times the anger had less influence. 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. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur

164. The counselor's plan for Avery is to assess burden safety beliefs supports and practical barriers while validating ambivalence. Which statement best explains why this approach is appropriate?

- A. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- B. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- C. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- D. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts

165. A counselor is working with Riley, age 66. A client repeatedly gambles to recover losses and conceals debts from a partner. 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 chasing losses financial harm control attempts risk and co-occurring concerns
- C. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- D. explore identity structure relationships meaning and new sources of contribution

166. In a session with Devin, age 73, this concern becomes clear: A brief alcohol screen is positive during an annual behavioral health visit. What is the best counseling response?

- A. ask directly about thoughts intent plan access past behavior and protective factors
- B. consider substance or medication effects and medical causes before assigning a primary mental disorder
- C. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- D. arrange urgent evaluation for a setting capable of medical monitoring and stabilization

167. In the case of Skyler, 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. Behavior must be interpreted against developmental expectations rather than adult standards
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

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

- A. Valid informed consent requires understandable information and a genuine opportunity for questions
- B. A subpoena should not be treated automatically as permission to disclose the complete record
- C. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- D. Financial arrangements should be explained early and managed in ways that preserve client welfare

169. A counselor is working with Riley, age 33. A newly formed group seeks rules looks to the leader and shares cautiously. Which action should the counselor take first?

- A. provide structure clarify expectations and support gradual safety and participation
- B. link major themes decisions and next steps and invite the client's additions
- C. translate the broad wish into a small personally meaningful and achievable first step
- D. schedule small feasible activities and track mood mastery and pleasure afterward

170. In a session with Devin, age 40, this concern becomes clear: Two group members describe different events that share a theme of fearing rejection. What is the best counseling response?

- A. schedule small feasible activities and track mood mastery and pleasure afterward
- B. use a scale to identify exceptions existing resources and the next small change
- C. invite them to notice and discuss the shared theme with each other
- D. prioritize safety stabilization immediate needs supports and a short practical plan

171. In the case of Skyler, the counselor decides to respond warmly while restating the boundary and exploring the need beneath the contact. What is the strongest rationale for that choice?

- A. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- B. Positive regard affirms human worth without requiring approval of every action
- C. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- D. Effective counselors combine care and responsiveness with predictable ethical limits

172. During counseling with Avery, age 54, the following issue emerges: A client asks to explore gender without being pushed toward a predetermined outcome. Which response is most appropriate?

- A. assess chasing losses financial harm control attempts risk and co-occurring concerns
- B. provide an affirming exploratory space guided by the client's language goals and pace
- C. assess distinct periods of mood elevation before using a unipolar depression formulation
- D. follow mandated-reporting law promptly while supporting the child and avoiding an

173. For Riley, the counselor elects to stay regulated explore the rupture and avoid defensiveness or premature appeasement. Which counseling principle most directly justifies this intervention?

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

174. In a session with Devin, age 68, this concern becomes clear: A client describes workplace racism and wonders whether distress reflects personal weakness. What is the best counseling response?

- A. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- B. explore meanings supports costs and choices without imposing the counselor's worldview
- C. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- D. assess medical risk behaviors body concerns and functioning without relying on appearance alone

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

- A. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- C. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- D. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives

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

- A. Spiritual and religious concerns require cultural humility and protection of client autonomy
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- 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

177. A counselor is working with Riley, age 28. A counselor compares an adolescent's score with norms developed only from middle-aged adults. Which action should the counselor take first?

- A. use a comparison group that matches the client's relevant characteristics and testing purpose
- B. question whether score interpretations represent the construct the instrument claims to measure
- C. ask directly about thoughts intent plan access past behavior and protective factors
- D. consider substance or medication effects and medical causes before assigning a primary mental disorder

178. In a session with Devin, age 35, 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. give timely notice provide referrals and arrange continuity consistent with client needs
- B. review the written agreement discuss options and avoid abrupt abandonment
- C. seek qualified supervision and refer when competence cannot be established
- D. review services risks benefits fees records and confidentiality before treatment begins

179. Skyler, age 42, meets with a counselor. A survivor reports intrusive memories avoidance hyperarousal and negative beliefs after an assault. What is the counselor's best next response?

- A. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- B. assess burden safety beliefs supports and practical barriers while validating ambivalence
- C. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- D. support safe exploration and communication without treating normative identity work as pathology

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

- A. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- C. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- D. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence

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

- A. schedule small feasible activities and track mood mastery and pleasure afterward
- B. use a scale to identify exceptions existing resources and the next small change
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. offer accurate empathy congruence and unconditional positive regard without directing the choice

182. In a session with Devin, age 63, this concern becomes clear: A client wants a portable response to escalating physiological arousal. What is the best counseling response?

- A. prioritize safety stabilization immediate needs supports and a short practical plan
- B. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. state the central meaning concisely and check whether the understanding fits

183. In the case of Skyler, the counselor decides to follow the client's priorities while assessing distress supports values and coordination needs. What is the strongest rationale for that choice?

- A. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- B. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- C. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- D. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination

184. During counseling with Avery, age 16, the following issue emerges: A client feels empty after achieving goals that once organized life. Which response is most appropriate?

- A. invite elaboration with a focused open question rather than conducting a rapid interrogation
- B. invite them to notice and discuss the shared theme with each other
- C. schedule small feasible activities and track mood mastery and pleasure afterward
- D. explore freedom responsibility isolation mortality and personally chosen meaning

185. For Riley, 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 planning is strongest when goals are meaningful to the client and jointly developed
- C. Specific measurable objectives make progress review and plan revision possible
- D. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles

186. In a session with Devin, age 30, this concern becomes clear: Parents expect a preschooler to regulate frustration with the consistency of an older child. What is the best counseling response?

- A. explore worry breadth duration physical tension sleep and impairment
- B. frame assessment and intervention around developmental capacity temperament context and caregiver support
- C. assess mood sleep medication medical factors daily functioning and cognitive pattern
- D. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk

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

- A. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- C. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- D. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context

188. The counselor's plan for Avery is to frame assessment and intervention around developmental capacity temperament context and caregiver support. Which statement best explains why this approach is appropriate?

- A. Behavior must be interpreted against developmental expectations rather than adult standards
- B. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- C. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

189. For Riley, the counselor elects to identify safe supports and plan specific realistic steps for reconnection. Which counseling principle most directly justifies this intervention?

- A. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- B. Support-building translates a general resource into accessible relationships actions and backup options
- C. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- D. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism

190. In a session with Devin, age 58, this concern becomes clear: A client says life is not worth living but has not yet been asked about intent or means. What is the best counseling response?

- 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. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- D. ask directly about thoughts intent plan access past behavior and protective factors

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

- A. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- B. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- C. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- D. Counselors practice only within boundaries supported by education training and supervised experience

192. The counselor's plan for Avery is to follow applicable law consult promptly and take protective steps required in the jurisdiction. Which statement best explains why this approach is appropriate?

- A. Financial arrangements should be explained early and managed in ways that preserve client welfare
- B. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- C. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- D. Research and publication require respect for autonomy privacy and foreseeable risks to participants

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

- A. Summaries integrate material support transitions and create a shared understanding of the session
- B. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- C. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- D. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance

194. A counselor responds to Devin's situation by choosing to allow supportive silence while monitoring whether the client needs grounding or invitation. Which principle best supports this response?

- A. Crisis work narrows attention to safety functioning resources and manageable next actions
- B. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears

195. Skyler, age 32, meets with a counselor. A new client reports panic symptoms while also describing recent medication changes. What is the counselor's best next response?

- A. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- B. review results collaboratively in plain language and integrate them with other available evidence
- C. gather biological psychological social cultural and medical information before concluding the cause
- D. clarify intent plan means target imminence and protective factors while following safety duties

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

- A. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- B. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- C. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- D. Norm-referenced interpretations depend on an appropriate and representative standardization group

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

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. explore identity structure relationships meaning and new sources of contribution
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. clarify interests values abilities constraints and reliable occupational information

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

- A. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- D. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline

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

- A. Support-building translates a general resource into accessible relationships actions and backup options
- B. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- D. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare

200. During counseling with Avery, age 67, the following issue emerges: A client spends long periods awake in bed and varies wake time dramatically on weekends. Which response is most appropriate?

- A. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- B. provide an affirming exploratory space guided by the client's language goals and pace
- C. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

Practice Exam 5: Answer Key And Explanations

1. 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.

2. 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.

3. C — 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.

4. B — 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.

5. B — 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.

6. C — 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.

7. 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.

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

9. 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.

10. A — 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.

11. 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.

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

13. D — 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.

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

15. A — 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.

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

17. 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.

18. 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.

19. B — 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.

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

21. 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.

22. D — 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.

23. A — 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.

24. C — 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.

25. D — 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.

26. C — 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.

27. A — 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.

28. 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.

29. 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.

30. D — 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.

31. 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..

32. 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.

33. C — 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.

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

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

36. D — 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.

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

38. D — 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.

39. C — 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.

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

41. 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.

42. 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.

43. A — 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.

44. D — 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.

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

46. B — 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.

47. A — 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..

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

49. 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.

50. A — 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.

51. 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.

52. 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.

53. 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..

54. C — 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.

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

56. 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.

57. 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.

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

59. A — 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.

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

61. D — 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.

62. A — 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.

63. B — 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.

64. 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.

65. 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.

66. 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.

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

68. D — 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.

69. A — 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.

70. 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.

71. 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..

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

73. 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.

74. D — 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.

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

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

77. C — 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.

78. A — 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.

79. B — 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.

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. C — 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.

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

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

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

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

86. 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.

87. 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..

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

89. 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.

90. 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.

91. C — 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.

92. 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.

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

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

95. B — 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.

96. A — 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.

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

98. B — 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.

99. 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.

100. 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.

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

102. D — 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..

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

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

105. 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.

106. C — 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..

107. D — 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.

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

109. 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.

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

111. B — 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.

112. C — 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.

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

114. 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..

115. A — 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.

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

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

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

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

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

121. D — 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.

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

123. 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.

124. 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.

125. D — 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..

126. 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.

127. B — 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.

128. C — 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.

129. C — 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.

130. B — 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.

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

132. 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.

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

134. A — 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.

135. C — 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.

136. D — 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.

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

138. D — 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.

139. C — 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.

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

141. 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.

142. C — 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.

143. B — 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.

144. A — 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..

145. B — 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.

146. 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..

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

148. 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.

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

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

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

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

153. 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.

154. D — 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.

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

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

157. 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..

158. C — 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.

159. A — 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.

160. D — 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..

161. 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.

162. C — 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.

163. A — 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.

164. B — 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.

165. 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.

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

167. 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.

168. 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.

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

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

171. 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.

172. 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.

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

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

175. D — 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.

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

177. A — 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.

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

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

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

181. C — 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.

182. B — 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.

183. A — 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.

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

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

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

187. C — 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.

188. A — 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.

189. 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.

190. D — 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.

191. A — 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.

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

193. A — 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..

194. B — 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.

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

196. D — 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.

197. A — 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.

198. B — 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..

199. D — 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..

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