

PRACTICE EXAM 7: 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. Morgan, age 38, meets with a counselor. A newly formed group seeks rules looks to the leader and shares cautiously. What is the counselor's best next response?
 - A. respectfully present the discrepancy and explore it without accusation
 - B. provide structure clarify expectations and support gradual safety and participation
 - C. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
 - D. explore freedom responsibility isolation mortality and personally chosen meaning
2. A counselor responds to Cameron's situation by choosing to notice the reaction reflect on its influence and obtain consultation if needed. Which principle best supports this response?
 - A. Self-awareness helps counselors keep personal reactions from directing client care
 - B. Effective counselors combine care and responsiveness with predictable ethical limits
 - C. Congruence involves alignment and authentic presence used in service of the client
 - D. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
3. In the case of Parker, the counselor decides to document orientation thought process attention and other current mental status findings. 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. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
 - C. The mental status examination describes present observable functioning rather than lifelong personality traits
 - D. Norm-referenced interpretations depend on an appropriate and representative standardization group

4. The counselor's plan for Quinn 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. Counselors monitor impairment and act before personal functioning compromises professional services
- B. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- C. A subpoena should not be treated automatically as permission to disclose the complete record
- D. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present

5. Morgan, age 66, 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. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- B. provide structure clarify expectations and support gradual safety and participation
- C. identify the situation thought emotion evidence alternatives and a balanced response
- D. use culturally responsive eye contact posture presence and minimal encouragers

6. During counseling with Cameron, age 73, the following issue emerges: A counselor writes goals before asking what changes matter most to the client. Which response is most appropriate?

- A. translate the goal into observable achievable steps with a review period and indicators of progress
- B. revise the plan collaboratively using the client's priorities language and informed choices
- C. review the formulation alliance goals and intervention and revise the plan collaboratively
- D. obtain appropriate consent and coordinate relevant information across providers

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

- A. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- D. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors

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

- A. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- B. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules

9. Morgan, age 33, meets with a counselor. A displaced worker wants help making sense of repeated transitions and future direction. What is the counselor's best next response?

- A. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- B. assess burden safety beliefs supports and practical barriers while validating ambivalence
- C. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- D. assess distinct periods of mood elevation before using a unipolar depression formulation

10. A counselor responds to Cameron's situation by choosing to stay regulated explore the rupture and avoid defensiveness or premature appeasement. Which principle best supports this response?

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

11. In the case of Parker, 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. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- B. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool

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

- A. evaluate readiness preferences risks and alternatives before selecting the modality
- B. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- C. translate the goal into observable achievable steps with a review period and indicators of progress
- D. incorporate these strengths as resources in the plan rather than documenting only deficits

13. Morgan, age 61, 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. follow the client's priorities while assessing distress supports values and coordination needs
- B. map reciprocal patterns and avoid assuming one person alone causes the family problem
- 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

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

- A. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- C. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- D. Referral protects welfare when client needs exceed competence resources or the current level of care

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

- A. Support-building translates a general resource into accessible relationships actions and backup options
- B. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- C. Crisis work narrows attention to safety functioning resources and manageable next actions
- D. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom

16. The counselor's plan for Quinn is to assess immediate danger privately and collaborate on an individualized safety plan. Which statement best explains why this approach is appropriate?

- A. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- B. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- C. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- D. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes

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

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- C. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- D. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape

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

- A. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- B. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- C. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- D. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems

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

- A. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- B. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- C. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- D. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems

20. The counselor's plan for Quinn is to assess the obsession-compulsion cycle time burden insight avoidance and impairment. Which statement best explains why this approach is appropriate?

- A. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- B. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- C. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

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

- A. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- B. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions

22. During counseling with Cameron, age 63, the following issue emerges: A depressed client waits to feel motivated before resuming valued activities. Which response is most appropriate?

- A. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- B. translate the broad wish into a small personally meaningful and achievable first step
- C. use culturally responsive eye contact posture presence and minimal encouragers
- D. schedule small feasible activities and track mood mastery and pleasure afterward

23. A counselor is working with Parker, age 70. An agency closes a program while several clients still need ongoing care. Which action should the counselor take first?

- A. decline the financial relationship and process the request within counseling
- B. follow applicable law consult promptly and take protective steps required in the jurisdiction
- C. give timely notice provide referrals and arrange continuity consistent with client needs
- D. review the written agreement discuss options and avoid abrupt abandonment

24. In a session with Quinn, age 16, this concern becomes clear: One member repeatedly ridicules others and prevents quieter members from participating. What is the best counseling 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. provide structure clarify expectations and support gradual safety and participation
- D. write a prioritized plan of coping contacts professional resources and means-safety steps

25. Morgan, age 23, meets with a counselor. A client becomes angry after the counselor names a missed appointment pattern. What is the counselor's best next response?

- A. respond honestly and professionally rather than hiding behind a false therapeutic role
- B. ask respectfully about the client's meanings and remain open to correction
- C. respond with curiosity and calm while assessing meaning risk and context
- D. stay regulated explore the rupture and avoid defensiveness or premature appeasement

26. During counseling with Cameron, age 30, the following issue emerges: A client repeatedly gambles to recover losses and conceals debts from a partner. Which response is most appropriate?

- A. assess severity safety duration and impairment while considering depressive disorders and alternatives
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. assess chasing losses financial harm control attempts risk and co-occurring concerns
- D. map reciprocal patterns and avoid assuming one person alone causes the family problem

27. A counselor is working with Parker, age 37. An older adult reports recent memory problems after bereavement poor sleep and a medication change. Which action should the counselor take first?

- A. assess mood sleep medication medical factors daily functioning and cognitive pattern
- B. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- C. assess triggers vulnerability cues consequences and available regulation skills
- D. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact

28. The counselor's plan for Quinn 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. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- B. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- C. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- D. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options

29. For Morgan, 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. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- D. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk

30. During counseling with Cameron, age 58, the following issue emerges: Two group members describe different events that share a theme of fearing rejection. Which response is most appropriate?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. prioritize safety stabilization immediate needs supports and a short practical plan
- C. invite them to notice and discuss the shared theme with each other
- D. teach and rehearse paced breathing or muscle relaxation while monitoring its effect

31. A counselor is working with Parker, age 65. 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. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- C. ask how the client and community understand the problem and preferred sources of help
- D. review results collaboratively in plain language and integrate them with other available evidence

32. In a session with Quinn, age 72, this concern becomes clear: A client becomes quiet after naming a painful loss and appears to be reflecting. What is the best counseling response?

- A. link major themes decisions and next steps and invite the client's additions
- B. respectfully present the discrepancy and explore it without accusation
- C. use a scale to identify exceptions existing resources and the next small change
- D. allow supportive silence while monitoring whether the client needs grounding or invitation

33. Morgan, age 18, meets with a counselor. A new client is unsure what counseling records contain and who may receive them. What is the counselor's best next response?

- A. review services risks benefits fees records and confidentiality before treatment begins
- B. protect confidentiality while consulting counsel and seeking clarification or court direction
- C. address the access barrier with the client and advocate at the appropriate system level
- D. correct future documentation and amend records transparently without concealing the original entry

34. A counselor responds to Cameron's situation by choosing to revise the plan collaboratively using the client's priorities language and informed choices. Which principle best supports this response?

- A. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- B. Referral protects welfare when client needs exceed competence resources or the current level of care
- C. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- D. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information

35. In the case of Parker, the counselor decides to assess safety command content reality testing substance use medical causes and level of care. 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. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes

36. In a session with Quinn, age 39, this concern becomes clear: A client describes a decision the counselor would not personally make. What is the best counseling response?

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

37. Morgan, age 46, 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. use a scale to identify exceptions existing resources and the next small change
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. gently describe the here-and-now interaction and invite exploration of its meaning
- D. invite them to notice and discuss the shared theme with each other

38. During counseling with Cameron, age 53, the following issue emerges: A client needs skills practice and peer feedback but feels unsafe in the proposed group. Which response is most appropriate?

- A. obtain appropriate consent and coordinate relevant information across providers
- B. evaluate readiness preferences risks and alternatives before selecting the modality
- C. modify the plan to address scheduling and access barriers before labeling the client resistant
- D. revise the plan collaboratively using the client's priorities language and informed choices

39. A counselor is working with Parker, age 60. A client gives brief answers while describing a complicated relationship pattern. 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. disclose only if the likely client benefit is clear and return focus promptly to the client
- C. invite elaboration with a focused open question rather than conducting a rapid interrogation
- D. allow supportive silence while monitoring whether the client needs grounding or invitation

40. In a session with Quinn, age 67, this concern becomes clear: A client notices that the counselor's reassuring words conflict with a tense tone. What is the best counseling response?

- A. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- B. respond with curiosity and calm while assessing meaning risk and context
- C. notice the reaction reflect on its influence and obtain consultation if needed
- D. respond honestly and professionally rather than hiding behind a false therapeutic role

41. Morgan, age 74, meets with a counselor. A client spends long periods awake in bed and varies wake time dramatically on weekends. What is the counselor's best next response?

- A. map reciprocal patterns and avoid assuming one person alone causes the family problem
- B. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- C. follow the client's priorities while assessing distress supports values and coordination needs
- D. assess distinct periods of mood elevation before using a unipolar depression formulation

42. During counseling with Cameron, age 20, the following issue emerges: A client asks to explore gender without being pushed toward a predetermined outcome. Which response is most appropriate?

- A. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- 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

43. A counselor is working with Parker, age 27. A client sees both benefits and costs of changing substance use. Which action should the counselor take first?

- A. invite elaboration with a focused open question rather than conducting a rapid interrogation
- B. translate the broad wish into a small personally meaningful and achievable first step
- C. gently describe the here-and-now interaction and invite exploration of its meaning
- D. use open questions affirmations reflections and summaries to evoke the client's own reasons for change

44. In a session with Quinn, age 34, 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. explore meanings supports costs and choices without imposing the counselor's worldview
- B. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- C. assess triggers vulnerability cues consequences and available regulation skills
- D. validate the contextual harm explore coping and supports and consider advocacy chosen by the client

45. Morgan, age 41, meets with a counselor. Parents expect a preschooler to regulate frustration with the consistency of an older child. What is the counselor's best next response?

- A. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. provide an affirming exploratory space guided by the client's language goals and pace
- C. support safe exploration and communication without treating normative identity work as pathology
- D. assess immediate danger privately and collaborate on an individualized safety plan

46. During counseling with Cameron, age 48, the following issue emerges: A program evaluator wants to publish identifiable client quotations collected for quality improvement. Which response is most appropriate?

- A. follow applicable law consult promptly and take protective steps required in the jurisdiction
- B. obtain appropriate consent and protect identity before using material beyond its original purpose
- C. review the written agreement discuss options and avoid abrupt abandonment
- D. review services risks benefits fees records and confidentiality before treatment begins

47. A counselor is working with Parker, age 55. A client admits behavior that caused harm and expects immediate rejection. Which action should the counselor take first?

- A. respond warmly while restating the boundary and exploring the need beneath the contact
- B. ask respectfully about the client's meanings and remain open to correction
- C. maintain respect for the person while holding the harmful behavior open to examination
- D. respond with curiosity and calm while assessing meaning risk and context

48. In a session with Quinn, age 62, this concern becomes clear: A client repeatedly changes topics whenever disagreement appears between client and counselor. What is the best counseling response?

- A. invite elaboration with a focused open question rather than conducting a rapid interrogation
- B. identify the situation thought emotion evidence alternatives and a balanced response
- C. use a scale to identify exceptions existing resources and the next small change
- D. gently describe the here-and-now interaction and invite exploration of its meaning

49. For Morgan, the counselor elects to strengthen the caregiver subsystem and clarify boundaries through enacted interaction. Which counseling principle most directly justifies this intervention?

- A. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- B. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- C. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- D. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules

50. During counseling with Cameron, age 15, the following issue emerges: A client wants a portable response to escalating physiological arousal. Which response is most appropriate?

- A. use a scale to identify exceptions existing resources and the next small change
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. offer accurate empathy congruence and unconditional positive regard without directing the choice
- D. teach and rehearse paced breathing or muscle relaxation while monitoring its effect

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

- A. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- B. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- C. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- D. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape

52. In a session with Quinn, age 29, this concern becomes clear: Near the end of a complex session the client seems unsure what was accomplished. What is the best counseling response?

- A. identify the situation thought emotion evidence alternatives and a balanced response
- B. link major themes decisions and next steps and invite the client's additions
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. separate the child from the problem and explore times the anger had less influence

53. Morgan, age 36, meets with a counselor. A brief alcohol screen is positive during an annual behavioral health visit. What is the counselor's best next response?

- A. ask directly about thoughts intent plan access past behavior and protective factors
- 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

54. During counseling with Cameron, age 43, the following issue emerges: A client values honesty yet repeatedly hides important information from supportive people. Which response is most appropriate?

- A. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. respectfully present the discrepancy and explore it without accusation
- D. gently describe the here-and-now interaction and invite exploration of its meaning

55. A counselor is working with Parker, age 50. A depression inventory consistently measures general distress rather than depressive symptoms. Which action should the counselor take first?

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

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

- A. Norm-referenced interpretations depend on an appropriate and representative standardization group
- B. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- 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

57. For Morgan, the counselor elects to normalize varied grief responses while assessing culture functioning risk and signs requiring added care. Which counseling principle most directly justifies this intervention?

- A. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

58. A counselor responds to Cameron's situation by choosing to interrupt the harmful behavior firmly and redirect toward safe respectful interaction. Which principle best supports this response?

- A. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- B. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- C. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- D. Early group development commonly requires orientation predictability inclusion and trust building

59. A counselor is working with Parker, age 17. A client in acute distress is disorganized and unable to consider long-term insight work. Which action should the counselor take first?

- A. map relationships roles events and recurring patterns across the family system
- B. prioritize safety stabilization immediate needs supports and a short practical plan
- C. build a collaborative graded practice plan while reducing safety behaviors
- D. respectfully present the discrepancy and explore it without accusation

60. In a session with Quinn, age 24, this concern becomes clear: A family shows diffuse parent-child boundaries and weak coordination between caregivers. What is the best counseling response?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. gently describe the here-and-now interaction and invite exploration of its meaning
- C. write a prioritized plan of coping contacts professional resources and means-safety steps
- D. strengthen the caregiver subsystem and clarify boundaries through enacted interaction

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

- A. Specific measurable objectives make progress review and plan revision possible
- B. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- C. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- D. Treatment planning is strongest when goals are meaningful to the client and jointly developed

62. A counselor responds to Cameron's situation by choosing to modify the plan to address scheduling and access barriers before labeling the client resistant. Which principle best supports this response?

- A. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- C. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- D. Specific measurable objectives make progress review and plan revision possible

63. In the case of Parker, 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. Effective counselors combine care and responsiveness with predictable ethical limits
- C. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- D. Self-awareness helps counselors keep personal reactions from directing client care

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

- A. 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. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- D. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation

65. For Morgan, the counselor elects to state the central meaning concisely and check whether the understanding fits. Which counseling principle most directly justifies this intervention?

- A. Summaries integrate material support transitions and create a shared understanding of the session
- B. Early group development commonly requires orientation predictability inclusion and trust building
- C. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- D. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings

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

- A. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- B. Specificity access and imminence help determine the level of risk and the urgency of intervention
- C. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- D. Validity concerns evidence supporting the meaning and use of scores for a particular purpose

67. In the case of Parker, the counselor decides to gently describe the here-and-now interaction and invite exploration of its meaning. What is the strongest rationale for that choice?

- A. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- B. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- C. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- D. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience

68. In a session with Quinn, age 19, this concern becomes clear: A treatment plan states only that the client will feel better soon. What is the best counseling response?

- A. review the formulation alliance goals and intervention and revise the plan collaboratively
- B. explain the concern facilitate an appropriate referral and support continuity during transition
- C. translate the goal into observable achievable steps with a review period and indicators of progress
- D. obtain appropriate consent and coordinate relevant information across providers

69. Morgan, age 26, meets with a counselor. A child describes being a bad kid because anger keeps taking over. What is the counselor's best next response?

- A. tentatively reflect the possible hurt and invite correction
- B. prioritize safety stabilization immediate needs supports and a short practical plan
- C. allow supportive silence while monitoring whether the client needs grounding or invitation
- D. separate the child from the problem and explore times the anger had less influence

70. During counseling with Cameron, age 33, 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. disclose only if the likely client benefit is clear and return focus promptly to the client
- C. translate the broad wish into a small personally meaningful and achievable first step
- D. link major themes decisions and next steps and invite the client's additions

71. A counselor is working with Parker, age 40. A client needs specialized eating-disorder care beyond the counselor's competence. Which action should the counselor take first?

- A. modify the plan to address scheduling and access barriers before labeling the client resistant
- B. revise the plan collaboratively using the client's priorities language and informed choices
- C. explain the concern facilitate an appropriate referral and support continuity during transition
- D. translate the goal into observable achievable steps with a review period and indicators of progress

72. The counselor's plan for Quinn is to give timely notice provide referrals and arrange continuity consistent with client needs. Which statement best explains why this approach is appropriate?

- A. Technology does not remove duties concerning competence privacy access and legal authority to practice
- B. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- C. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- D. Counselors practice only within boundaries supported by education training and supervised experience

73. For Morgan, 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. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- B. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- C. Summaries integrate material support transitions and create a shared understanding of the session
- D. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience

74. A counselor responds to Cameron's situation by choosing to review services risks benefits fees records and confidentiality before treatment begins. Which principle best supports this response?

- A. Valid informed consent requires understandable information and a genuine opportunity for questions
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- D. A subpoena should not be treated automatically as permission to disclose the complete record

75. A counselor is working with Parker, age 68. A client seeks reassurance through repeated contact outside agreed session limits. Which action should the counselor take first?

- A. communicate the client's meaning and emotion without endorsing or condemning the choice
- 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. respond warmly while restating the boundary and exploring the need beneath the contact

76. The counselor's plan for Quinn is to explore freedom responsibility isolation mortality and personally chosen meaning. Which statement best explains why this approach is appropriate?

- A. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- B. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- C. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

77. Morgan, age 21, meets with a counselor. Testing suggests strengths and concerns that differ from the client's self-description. What is the counselor's best next response?

- A. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- B. use a comparison group that matches the client's relevant characteristics and testing purpose
- C. question the measure's consistency before drawing strong conclusions from the score
- D. review results collaboratively in plain language and integrate them with other available evidence

78. A counselor responds to Cameron's situation by choosing to invite them to notice and discuss the shared theme with each other. Which principle best supports this response?

- A. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- B. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- D. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience

79. A counselor is working with Parker, age 35. A client facing housing instability has strong family support persistence and effective problem-solving skills. Which action should the counselor take first?

- A. incorporate these strengths as resources in the plan rather than documenting only deficits
- B. evaluate readiness preferences risks and alternatives before selecting the modality
- C. modify the plan to address scheduling and access barriers before labeling the client resistant
- D. explain the concern facilitate an appropriate referral and support continuity during transition

80. The counselor's plan for Quinn is to complete a fuller assessment rather than treating the screen as a definitive diagnosis. 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. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- 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

81. Morgan, age 49, 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 severity safety duration and impairment while considering depressive disorders and alternatives
- B. map reciprocal patterns and avoid assuming one person alone causes the family problem
- C. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- D. explore worry breadth duration physical tension sleep and impairment

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

- A. Counselors monitor impairment and act before personal functioning compromises professional services
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. Clinical records should be timely objective relevant and altered only through an auditable process
- D. Counselor advocacy can target environmental barriers while preserving client choice and collaboration

83. A counselor is working with Parker, age 63. A client with a specific fear avoids every reminder and seeks constant reassurance. Which action should the counselor take first?

- A. provide structure clarify expectations and support gradual safety and participation
- B. build a collaborative graded practice plan while reducing safety behaviors
- C. use culturally responsive eye contact posture presence and minimal encouragers
- D. identify the situation thought emotion evidence alternatives and a balanced response

84. In a session with Quinn, age 70, this concern becomes clear: A client shifts rapidly from intense anger to shame and acts impulsively during conflicts. What is the best counseling response?

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. assess immediate danger privately and collaborate on an individualized safety plan
- C. explore meanings supports costs and choices without imposing the counselor's worldview
- D. follow the client's priorities while assessing distress supports values and coordination needs

85. For Morgan, the counselor elects to map reciprocal patterns and avoid assuming one person alone causes the family problem. Which counseling principle most directly justifies this intervention?

- A. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- B. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- C. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- D. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes

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

- A. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- B. Valid informed consent requires understandable information and a genuine opportunity for questions
- C. Technology does not remove duties concerning competence privacy access and legal authority to practice
- D. Clinical records should be timely objective relevant and altered only through an auditable process

87. A counselor is working with Parker, age 30. A counselor notices persistent exhaustion irritability and mistakes that are affecting sessions. Which action should the counselor take first?

- A. correct future documentation and amend records transparently without concealing the original entry
- B. follow applicable law consult promptly and take protective steps required in the jurisdiction
- C. review services risks benefits fees records and confidentiality before treatment begins
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

88. In a session with Quinn, age 37, this concern becomes clear: A guarded client speaks softly and watches whether the counselor remains engaged. What is the best counseling response?

- A. use culturally responsive eye contact posture presence and minimal encouragers
- B. use a scale to identify exceptions existing resources and the next small change
- C. link major themes decisions and next steps and invite the client's additions
- D. prioritize safety stabilization immediate needs supports and a short practical plan

89. For Morgan, 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. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. Open questions can expand exploration while timing focus and pacing protect the collaborative process

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

- A. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- B. Summaries integrate material support transitions and create a shared understanding of the session
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client

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

- A. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- B. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- C. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- D. Ethical exploration respects self-determination and does not treat identity diversity as pathology

92. In a session with Quinn, age 65, this concern becomes clear: A client with terminal illness wants to discuss fear meaning family communication and unfinished matters. What is the best counseling response?

- A. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- B. follow the client's priorities while assessing distress supports values and coordination needs
- C. clarify interests values abilities constraints and reliable occupational information
- D. assess safety power imbalance frequency supports and the student's preferences for response

93. For Morgan, 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. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- D. Validity concerns evidence supporting the meaning and use of scores for a particular purpose

94. During counseling with Cameron, age 18, the following issue emerges: A screening scale gives markedly different scores when the stable client repeats it two days later. Which response is most appropriate?

- A. ask how the client and community understand the problem and preferred sources of help
- B. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- C. question the measure's consistency before drawing strong conclusions from the score
- D. ask directly about thoughts intent plan access past behavior and protective factors

95. A counselor is working with Parker, age 25. A new client reports panic symptoms while also describing recent medication changes. Which action should the counselor take first?

- A. question the measure's consistency before drawing strong conclusions from the score
- 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. ask directly about thoughts intent plan access past behavior and protective factors

96. The counselor's plan for Quinn is to schedule small feasible activities and track mood mastery and pleasure afterward. Which statement best explains why this approach is appropriate?

- A. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- 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. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

97. Morgan, age 39, meets with a counselor. A caregiver reports exhaustion resentment and guilt but refuses all offers of respite. What is the counselor's best next response?

- A. clarify interests values abilities constraints and reliable occupational information
- B. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- C. assess burden safety beliefs supports and practical barriers while validating ambivalence
- D. frame assessment and intervention around developmental capacity temperament context and caregiver support

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

- A. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- C. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- D. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration

99. A counselor is working with Parker, age 53. A client hears threatening voices and appears unable to distinguish them from external events. 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 safety command content reality testing substance use medical causes and level of care
- C. assess distinct periods of mood elevation before using a unipolar depression formulation
- D. normalize varied grief responses while assessing culture functioning risk and signs requiring added care

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

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

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

- A. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- B. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- C. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- D. Retirement is a role transition whose impact depends on preparation resources health relationships and identity

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

- A. Early group development commonly requires orientation predictability inclusion and trust building
- B. 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. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress

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

- A. Counselors practice only within boundaries supported by education training and supervised experience
- B. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- C. A subpoena should not be treated automatically as permission to disclose the complete record
- D. Financial arrangements should be explained early and managed in ways that preserve client welfare

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

- A. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- B. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process

105. Morgan, age 34, meets with a counselor. A family repeatedly solves a child's refusal in ways that unintentionally strengthen it. What is the counselor's best next response?

- A. tentatively reflect the possible hurt and invite correction
- B. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- C. interrupt the maintaining sequence with a focused directive suited to the family's context
- D. identify the situation thought emotion evidence alternatives and a balanced response

106. A counselor responds to Cameron's situation by choosing to map relationships roles events and recurring patterns across the family system. Which principle best supports this response?

- A. Crisis work narrows attention to safety functioning resources and manageable next actions
- B. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- C. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- D. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism

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

- A. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- 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. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives

108. In a session with Quinn, age 55, 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. invite them to notice and discuss the shared theme with each other
- C. link major themes decisions and next steps and invite the client's additions
- D. map relationships roles events and recurring patterns across the family system

109. For Morgan, 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. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- C. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation

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

- A. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- B. Self-awareness helps counselors keep personal reactions from directing client care
- C. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- D. Congruence involves alignment and authentic presence used in service of the client

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

- A. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- B. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- C. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- D. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them

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

- A. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- B. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- C. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- D. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination

113. For Morgan, the counselor elects to question whether score interpretations represent the construct the instrument claims to measure. Which counseling principle most directly justifies this intervention?

- A. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- B. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- C. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- D. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress

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

- A. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- B. Self-awareness helps counselors keep personal reactions from directing client care
- C. Positive regard affirms human worth without requiring approval of every action
- D. Cultural humility combines lifelong learning self-reflection attention to power and accountability

115. In the case of Parker, 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. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- B. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- C. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- D. Strategic interventions target interaction sequences and attempted solutions that keep a problem going

116. The counselor's plan for Quinn 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. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- D. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems

117. For Morgan, the counselor elects to teach and rehearse paced breathing or muscle relaxation while monitoring its effect. Which counseling principle most directly justifies this intervention?

- A. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- B. Early group development commonly requires orientation predictability inclusion and trust building
- C. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- D. Crisis work narrows attention to safety functioning resources and manageable next actions

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

- A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- C. Treatment modality should match goals safety development culture functioning and client preference
- D. Planned termination consolidates learning anticipates setbacks and supports increasing client independence

119. In the case of Parker, the counselor decides to evaluate readiness preferences risks and alternatives before selecting the modality. What is the strongest rationale for that choice?

- A. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- B. Treatment modality should match goals safety development culture functioning and client preference
- C. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- D. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information

120. In a session with Quinn, age 17, this concern becomes clear: A client describes workplace racism and wonders whether distress reflects personal weakness. What is the best counseling response?

- A. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- C. assess safety command content reality testing substance use medical causes and level of care
- D. validate the contextual harm explore coping and supports and consider advocacy chosen by the client

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

- A. Support-building translates a general resource into accessible relationships actions and backup options
- B. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- C. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

122. During counseling with Cameron, age 31, the following issue emerges: A client has severe withdrawal risk and cannot maintain safety in an outpatient setting. Which response is most appropriate?

- A. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- B. use a comparison group that matches the client's relevant characteristics and testing purpose
- C. gather biological psychological social cultural and medical information before concluding the cause
- D. arrange urgent evaluation for a setting capable of medical monitoring and stabilization

123. A counselor is working with Parker, age 38. A client experiences abrupt surges of fear with palpitations and begins avoiding places where attacks occurred. Which action should the counselor take first?

- A. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- B. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- C. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- D. assess safety power imbalance frequency supports and the student's preferences for response

124. In a session with Quinn, age 45, this concern becomes clear: A client has frequent online contact but reports no relationships that feel emotionally safe. What is the best counseling response?

- A. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- B. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- C. frame assessment and intervention around developmental capacity temperament context and caregiver support
- D. assess immediate danger privately and collaborate on an individualized safety plan

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

- A. Valid informed consent requires understandable information and a genuine opportunity for questions
- B. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- C. A subpoena should not be treated automatically as permission to disclose the complete record
- D. Financial arrangements should be explained early and managed in ways that preserve client welfare

126. During counseling with Cameron, age 59, the following issue emerges: A client notices similar cutoff and caregiving patterns across several generations. Which response is most appropriate?

- A. map relationships roles events and recurring patterns across the family system
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- 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

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

- A. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- B. 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. Behavior must be interpreted against developmental expectations rather than adult standards

128. In a session with Quinn, age 73, this concern becomes clear: A client repeatedly misses morning appointments because of shift work and unreliable transportation. What is the best counseling response?

- A. evaluate readiness preferences risks and alternatives before selecting the modality
- B. explain the concern facilitate an appropriate referral and support continuity during transition
- C. incorporate these strengths as resources in the plan rather than documenting only deficits
- D. modify the plan to address scheduling and access barriers before labeling the client resistant

129. Morgan, age 19, meets with a counselor. A client discloses escalating partner violence and monitoring of communications. What is the counselor's best next response?

- A. assess immediate danger privately and collaborate on an individualized safety plan
- B. clarify interests values abilities constraints and reliable occupational information
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. assess medical risk behaviors body concerns and functioning without relying on appearance alone

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

- 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. Effective counselors combine care and responsiveness with predictable ethical limits
- D. Congruence involves alignment and authentic presence used in service of the client

131. A counselor is working with Parker, age 33. A client receives counseling medication management and primary care for interacting concerns. Which action should the counselor take first?

- A. revise the plan collaboratively using the client's priorities language and informed choices
- B. obtain appropriate consent and coordinate relevant information across providers
- C. evaluate readiness preferences risks and alternatives before selecting the modality
- D. review the formulation alliance goals and intervention and revise the plan collaboratively

132. In a session with Quinn, age 40, this concern becomes clear: A counselor discovers that several progress notes contain vague judgments rather than clinical facts. What is the best counseling response?

- A. review the written agreement discuss options and avoid abrupt abandonment
- B. obtain appropriate consent and protect identity before using material beyond its original purpose
- C. correct future documentation and amend records transparently without concealing the original entry
- D. seek qualified supervision and refer when competence cannot be established

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

- A. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- B. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- C. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- D. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing

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

- 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. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings

135. A counselor is working with Parker, age 61. A client fears judgment while considering a major life decision. Which action should the counselor take first?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. allow supportive silence while monitoring whether the client needs grounding or invitation
- C. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- D. offer accurate empathy congruence and unconditional positive regard without directing the choice

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

- A. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- B. The mental status examination describes present observable functioning rather than lifelong personality traits
- C. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- D. Screening identifies possible risk and need for evaluation but does not independently establish a disorder

137. For Morgan, the counselor elects to explore meanings supports costs and choices without imposing the counselor's worldview. Which counseling principle most directly justifies this intervention?

- A. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- B. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives

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

- A. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- B. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- C. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

139. A counselor is working with Parker, age 28. A client has unwanted contamination thoughts and repetitive washing performed to reduce distress. Which action should the counselor take first?

- A. provide an affirming exploratory space guided by the client's language goals and pace
- B. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- C. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- D. assess immediate danger privately and collaborate on an individualized safety plan

140. The counselor's plan for Quinn is to ask how the client and community understand the problem and preferred sources of help. 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. Norm-referenced interpretations depend on an appropriate and representative standardization group
- 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

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

- A. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- B. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- C. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- D. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems

142. A counselor responds to Cameron's situation by choosing to maintain respect for the person while holding the harmful behavior open to examination. Which principle best supports this response?

- A. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- B. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Effective counselors combine care and responsiveness with predictable ethical limits
- D. Positive regard affirms human worth without requiring approval of every action

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

- A. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- B. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- C. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- D. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination

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

- A. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- B. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- C. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

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

- A. 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. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

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

- A. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- 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

147. In the case of Parker, the counselor decides to build a collaborative graded practice plan while reducing safety behaviors. What is the strongest rationale for that choice?

- A. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Crisis work narrows attention to safety functioning resources and manageable next actions
- D. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress

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

- 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. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- D. Financial arrangements should be explained early and managed in ways that preserve client welfare

149. Morgan, age 37, meets with a counselor. A student names several appealing occupations but cannot compare them systematically. What is the counselor's best next response?

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- D. clarify interests values abilities constraints and reliable occupational information

150. During counseling with Cameron, age 44, the following issue emerges: A counselor knows general facts about a client's cultural group but not this client's experience. Which response is most appropriate?

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

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

- A. 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. Behavior must be interpreted against developmental expectations rather than adult standards
- D. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk

152. The counselor's plan for Quinn is to ask directly about thoughts intent plan access past behavior and protective factors. 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. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- C. The mental status examination describes present observable functioning rather than lifelong personality traits
- D. Reliability concerns the consistency or dependability of measurement across relevant occasions or items

153. Morgan, age 65, meets with a counselor. Outcome data and client feedback show little improvement after an adequate trial. What is the counselor's best next response?

- A. obtain appropriate consent and coordinate relevant information across providers
- B. incorporate these strengths as resources in the plan rather than documenting only deficits
- C. review the formulation alliance goals and intervention and revise the plan collaboratively
- D. modify the plan to address scheduling and access barriers before labeling the client resistant

154. During counseling with Cameron, age 72, the following issue emerges: An attorney sends a subpoena for notes without client authorization or a judge's order. Which response is most appropriate?

- A. protect confidentiality while consulting counsel and seeking clarification or court direction
- B. obtain appropriate consent and protect identity before using material beyond its original purpose
- C. address the access barrier with the client and advocate at the appropriate system level
- D. correct future documentation and amend records transparently without concealing the original entry

155. A counselor is working with Parker, age 18. A client gives a long account containing several connected concerns. Which action should the counselor take first?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. state the central meaning concisely and check whether the understanding fits
- C. tentatively reflect the possible hurt and invite correction
- D. identify safe supports and plan specific realistic steps for reconnection

156. The counselor's plan for Quinn is to correct future documentation and amend records transparently without concealing the original entry. Which statement best explains why this approach is appropriate?

- A. Valid informed consent requires understandable information and a genuine opportunity for questions
- B. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- C. Technology does not remove duties concerning competence privacy access and legal authority to practice
- D. Clinical records should be timely objective relevant and altered only through an auditable process

157. Morgan, age 32, meets with a counselor. A client makes a credible specific threat toward an identifiable person. What is the counselor's best next response?

- A. reduce risk to clients and obtain consultation support or temporary limits on practice
- B. follow applicable law consult promptly and take protective steps required in the jurisdiction
- C. obtain appropriate consent and protect identity before using material beyond its original purpose
- D. decline the financial relationship and process the request within counseling

158. During counseling with Cameron, age 39, the following issue emerges: A long-term client asks the counselor to become a partner in a small business. Which response is most appropriate?

- A. follow applicable law consult promptly and take protective steps required in the jurisdiction
- B. obtain appropriate consent and protect identity before using material beyond its original purpose
- C. address the access barrier with the client and advocate at the appropriate system level
- D. decline the financial relationship and process the request within counseling

159. A counselor is working with Parker, age 46. A client repeatedly misses care because the clinic lacks wheelchair access. Which action should the counselor take first?

- A. decline the financial relationship and process the request within counseling
- B. review the written agreement discuss options and avoid abrupt abandonment
- C. address the access barrier with the client and advocate at the appropriate system level
- D. correct future documentation and amend records transparently without concealing the original entry

160. The counselor's plan for Quinn 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. Early group development commonly requires orientation predictability inclusion and trust building
- C. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance
- D. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience

161. Morgan, age 60, 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. 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. verify security informed consent emergency procedures and applicable jurisdictional rules before use
- D. seek qualified supervision and refer when competence cannot be established

162. During counseling with Cameron, age 67, the following issue emerges: A client feels empty after achieving goals that once organized life. Which response is most appropriate?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. explore freedom responsibility isolation mortality and personally chosen meaning
- C. identify the situation thought emotion evidence alternatives and a balanced response

163. A counselor is working with Parker, age 74. A client describes difficult-to-control worry across finances health and work for many months. Which action should the counselor take first?

- A. explore worry breadth duration physical tension sleep and impairment
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- D. explore identity structure relationships meaning and new sources of contribution

164. In a session with Quinn, age 20, this concern becomes clear: A client falls behind on payments and says the fee policy was never explained. What is the best counseling response?

- A. review services risks benefits fees records and confidentiality before treatment begins
- 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. review the written agreement discuss options and avoid abrupt abandonment

165. For Morgan, the counselor elects to disclose only if the likely client benefit is clear and return focus promptly to the client. Which counseling principle most directly justifies this intervention?

- A. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context
- B. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- C. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- D. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare

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

- A. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- B. Behavior must be interpreted against developmental expectations rather than adult standards
- C. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- D. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options

167. A counselor is working with Parker, age 41. Family members blame one teenager while interaction patterns show escalating criticism and withdrawal. Which action should the counselor take first?

- A. assess severity safety duration and impairment while considering depressive disorders and alternatives
- B. frame assessment and intervention around developmental capacity temperament context and caregiver support
- C. map reciprocal patterns and avoid assuming one person alone causes the family problem
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

168. In a session with Quinn, age 48, 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. communicate the client's meaning and emotion without endorsing or condemning the choice
- B. notice the reaction reflect on its influence and obtain consultation if needed
- C. ask respectfully about the client's meanings and remain open to correction
- D. respond honestly and professionally rather than hiding behind a false therapeutic role

169. Morgan, age 55, 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. reduce risk to clients and obtain consultation support or temporary limits on practice
- B. follow applicable law consult promptly and take protective steps required in the jurisdiction
- C. seek qualified supervision and refer when competence cannot be established
- D. review services risks benefits fees records and confidentiality before treatment begins

170. During counseling with Cameron, age 62, the following issue emerges: A recently bereaved client worries that waves of sadness mean something is seriously wrong. Which response is most appropriate?

- A. assess burden safety beliefs supports and practical barriers while validating ambivalence
- B. frame assessment and intervention around developmental capacity temperament context and caregiver support
- C. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- D. normalize varied grief responses while assessing culture functioning risk and signs requiring added care

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

- A. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- B. Referral protects welfare when client needs exceed competence resources or the current level of care
- C. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- D. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information

172. The counselor's plan for Quinn 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. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- C. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- D. Early group development commonly requires orientation predictability inclusion and trust building

173. Morgan, age 22, 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. assess safety power imbalance frequency supports and the student's preferences for response
- B. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- C. support safe exploration and communication without treating normative identity work as pathology
- D. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning

174. During counseling with Cameron, age 29, the following issue emerges: A client with recurrent depression recalls episodes of little sleep elevated energy and risky spending. Which response is most appropriate?

- 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. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- D. frame assessment and intervention around developmental capacity temperament context and caregiver support

175. A counselor is working with Parker, age 36. 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. map reciprocal patterns and avoid assuming one person alone causes the family problem
- C. explore identity structure relationships meaning and new sources of contribution
- D. support safe exploration and communication without treating normative identity work as pathology

176. In a session with Quinn, age 43, 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. use a comparison group that matches the client's relevant characteristics and testing purpose
- B. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- C. clarify intent plan means target imminence and protective factors while following safety duties
- D. ask directly about thoughts intent plan access past behavior and protective factors

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

- A. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- D. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity

178. During counseling with Cameron, age 57, the following issue emerges: A client has insomnia agitation and poor concentration after beginning a new medication. Which response is most appropriate?

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

179. A counselor is working with Parker, age 64. A counselor considers sharing a personal experience because the client feels uniquely ashamed. Which action should the counselor take first?

- A. disclose only if the likely client benefit is clear and return focus promptly to the client
- B. invite elaboration with a focused open question rather than conducting a rapid interrogation
- C. respectfully present the discrepancy and explore it without accusation
- D. allow supportive silence while monitoring whether the client needs grounding or invitation

180. In a session with Quinn, age 71, this concern becomes clear: A client describes escalating anger toward a named coworker and access to a firearm. What is the best counseling response?

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

181. Morgan, age 17, meets with a counselor. A client reports pervasive low mood loss of interest guilt and impaired functioning. What is the counselor's best next response?

- A. map reciprocal patterns and avoid assuming one person alone causes the family problem
- B. assess severity safety duration and impairment while considering depressive disorders and alternatives
- C. follow the client's priorities while assessing distress supports values and coordination needs
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

182. A counselor responds to Cameron's situation by choosing to explore recurring relational themes defenses and their appearance in the therapeutic relationship. Which principle best supports this response?

- A. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- B. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- C. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

183. In the case of Parker, the counselor decides to seek qualified supervision and refer when competence cannot be established. What is the strongest rationale for that choice?

- A. Counselors practice only within boundaries supported by education training and supervised experience
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Financial arrangements should be explained early and managed in ways that preserve client welfare
- D. A subpoena should not be treated automatically as permission to disclose the complete record

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

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

185. For Morgan, the counselor elects to communicate the client's meaning and emotion without endorsing or condemning the choice. Which counseling principle most directly justifies this intervention?

- A. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- B. Positive regard affirms human worth without requiring approval of every action
- C. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries
- D. Cultural humility combines lifelong learning self-reflection attention to power and accountability

186. During counseling with Cameron, age 52, 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. document orientation thought process attention and other current mental status findings
- 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

187. A counselor is working with Parker, age 59. A client wants life to improve but cannot identify a starting point. Which action should the counselor take first?

- A. translate the broad wish into a small personally meaningful and achievable first step
- B. prioritize safety stabilization immediate needs supports and a short practical plan
- C. explore freedom responsibility isolation mortality and personally chosen meaning
- D. link major themes decisions and next steps and invite the client's additions

188. In a session with Quinn, age 66, 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. schedule small feasible activities and track mood mastery and pleasure afterward
- B. disclose only if the likely client benefit is clear and return focus promptly to the client
- C. respectfully present the discrepancy and explore it without accusation
- D. tentatively reflect the possible hurt and invite correction

189. Morgan, age 73, meets with a counselor. A client's family interprets distress through a spiritual framework unfamiliar to the counselor. What is the counselor's best next response?

- A. ask how the client and community understand the problem and preferred sources of help
- B. review results collaboratively in plain language and integrate them with other available evidence
- C. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- D. gather biological psychological social cultural and medical information before

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

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- C. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- D. Behavior must be interpreted against developmental expectations rather than adult standards

191. In the case of Parker, 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. Norm-referenced interpretations depend on an appropriate and representative standardization group
- B. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- C. Screening identifies possible risk and need for evaluation but does not independently establish a disorder
- D. Specificity access and imminence help determine the level of risk and the urgency of intervention

192. In a session with Quinn, age 33, this concern becomes clear: A client discloses stigmatized thoughts with visible shame. What is the best counseling response?

- A. communicate the client's meaning and emotion without endorsing or condemning the choice
- B. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- C. maintain respect for the person while holding the harmful behavior open to examination
- D. respond with curiosity and calm while assessing meaning risk and context

193. Morgan, age 40, meets with a counselor. A client automatically concludes that one mistake proves total incompetence. What is the counselor's best next response?

- A. link major themes decisions and next steps and invite the client's additions
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. identify the situation thought emotion evidence alternatives and a balanced response
- D. map relationships roles events and recurring patterns across the family system

194. During counseling with Cameron, age 47, the following issue emerges: A suicidal client can collaborate and identifies warning signs before risk escalates. Which response is most appropriate?

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. write a prioritized plan of coping contacts professional resources and means-safety steps
- C. use a scale to identify exceptions existing resources and the next small change
- D. interrupt the maintaining sequence with a focused directive suited to the family's context

195. In the case of Parker, the counselor decides to offer accurate empathy congruence and unconditional positive regard without directing the choice. 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. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

196. The counselor's plan for Quinn 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. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- B. Support-building translates a general resource into accessible relationships actions and backup options
- C. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns

197. Morgan, age 68, meets with a counselor. An adolescent is exploring values relationships and future roles while parents demand immediate certainty. What is the counselor's best next response?

- A. support safe exploration and communication without treating normative identity work as pathology
- B. assess safety power imbalance frequency supports and the student's preferences for response
- C. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- D. normalize varied grief responses while assessing culture functioning risk and signs requiring added care

198. A counselor responds to Cameron'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. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- 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. Counselors monitor impairment and act before personal functioning compromises professional services

199. A counselor is working with Parker, age 21. A child makes a disclosure that creates reasonable suspicion of abuse. Which action should the counselor take first?

- A. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- B. support safe exploration and communication without treating normative identity work as pathology
- C. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- D. assess triggers vulnerability cues consequences and available regulation skills

200. In a session with Quinn, age 28, this concern becomes clear: A survivor reports intrusive memories avoidance hyperarousal and negative beliefs after an assault. What is the best counseling response?

- A. explore meanings supports costs and choices without imposing the counselor's worldview
- B. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- C. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- D. assess safety command content reality testing substance use medical causes and level of care

Practice Exam 7: Answer Key And Explanations

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

2. 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.

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

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

5. A — 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.

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

7. C — 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.

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

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

10. D — 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..

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

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

13. 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.

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

15. C — 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.

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

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

18. D — 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.

19. 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.

20. 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..

21. A — 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.

22. D — 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.

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

24. 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.

25. D — 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.

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

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

28. 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..

29. 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.

30. 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.

31. 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.

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

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

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

35. D — 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.

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

37. A — 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.

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

39. C — 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.

40. D — 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.

41. B — 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.

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

43. D — 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.

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

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

46. B — 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.

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

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

49. 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..

50. D — 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.

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

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

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

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

55. B — 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.

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

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

58. A — 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.

59. B — 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.

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

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

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

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

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

65. 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..

66. 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.

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

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

69. D — 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.

70. 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.

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

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

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

74. 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.

75. D — 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.

76. B — 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.

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

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

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

80. C — 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.

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

82. D — 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.

83. 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.

84. 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.

85. 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..

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

87. 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.

88. A — 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.

89. 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.

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

91. A — 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.

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

93. 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.

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

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

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

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

98. D — 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.

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

100. A — 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.

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

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

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

104. D — 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.

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

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

107. 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.

108. 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.

109. 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.

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

111. D — 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.

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

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

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

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

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

117. C — 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.

118. 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.

119. B — 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.

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

121. A — 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.

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

123. 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.

124. B — 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.

125. 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.

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

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

128. D — 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.

129. A — 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.

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

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

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

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

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

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

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

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

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

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

140. D — 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.

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

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

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

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

145. B — 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.

146. 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.

147. A — 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.

148. 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.

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

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

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

152. A — 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.

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

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

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

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

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

158. 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.

159. C — 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.

160. 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.

161. C — 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.

162. B — 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.

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

164. D — 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.

165. 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..

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

167. 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.

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

169. 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.

170. 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.

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

172. 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.

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

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

175. 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.

176. 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.

177. 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.

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

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

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

181. 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.

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

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

184. D — 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.

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

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

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

188. D — 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.

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

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

191. B — 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..

192. D — 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.

193. 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.

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

195. 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.

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

197. 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.

198. 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.

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

200. B — 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.