

PRACTICE EXAM 9: NCE SIMULATION (200 QUESTIONS)

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

1. For Jordan, the counselor elects to use a scale to identify exceptions existing resources and the next small change. Which counseling principle most directly justifies this intervention?
 - A. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
 - B. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
 - C. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
 - D. Crisis work narrows attention to safety functioning resources and manageable next actions
2. In a session with Taylor, age 67, this concern becomes clear: An agency closes a program while several clients still need ongoing care. What is the best counseling response?
 - A. give timely notice provide referrals and arrange continuity consistent with client needs
 - B. decline the financial relationship and process the request within counseling
 - C. reduce risk to clients and obtain consultation support or temporary limits on practice
 - D. seek qualified supervision and refer when competence cannot be established
3. Casey, age 74, meets with a counselor. A client experiences tension between personal values and the expectations of a faith community. What is the counselor's best next response?
 - A. support safe exploration and communication without treating normative identity work as pathology
 - B. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
 - C. assess medical risk behaviors body concerns and functioning without relying on appearance alone
 - D. explore meanings supports costs and choices without imposing the counselor's worldview

4. During counseling with Reese, age 20, the following issue emerges: A depression inventory consistently measures general distress rather than depressive symptoms. Which response is most appropriate?

- A. document orientation thought process attention and other current mental status findings
- B. question the measure's consistency before drawing strong conclusions from the score
- C. question whether score interpretations represent the construct the instrument claims to measure
- D. consider substance or medication effects and medical causes before assigning a primary mental disorder

5. A counselor is working with Jordan, age 27. A client repeats a pattern of expecting rejection and withdrawing before others can respond. Which action should the counselor take first?

- A. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- B. explore freedom responsibility isolation mortality and personally chosen meaning
- C. identify safe supports and plan specific realistic steps for reconnection
- D. respectfully present the discrepancy and explore it without accusation

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

- 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. The mental status examination describes present observable functioning rather than lifelong personality traits

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

- A. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- B. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- C. Specific measurable objectives make progress review and plan revision possible
- D. Referral protects welfare when client needs exceed competence resources or the current level of care

8. During counseling with Reese, age 48, the following issue emerges: A recently bereaved client worries that waves of sadness mean something is seriously wrong. Which response is most appropriate?

- A. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- B. follow the client's priorities while assessing distress supports values and coordination needs
- C. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- D. explore meanings supports costs and choices without imposing the counselor's worldview

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

- A. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- B. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- C. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- D. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue

10. In a session with Taylor, age 62, this concern becomes clear: A newly formed group seeks rules looks to the leader and shares cautiously. What is the best counseling response?

- A. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- B. provide structure clarify expectations and support gradual safety and participation
- C. allow supportive silence while monitoring whether the client needs grounding or invitation
- D. translate the broad wish into a small personally meaningful and achievable first step

11. Casey, age 69, 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. separate the child from the problem and explore times the anger had less influence
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- D. prioritize safety stabilization immediate needs supports and a short practical plan

12. During counseling with Reese, age 15, the following issue emerges: A client has frequent online contact but reports no relationships that feel emotionally safe. Which response is most appropriate?

- A. assess burden safety beliefs supports and practical barriers while validating ambivalence
- B. assess mood sleep medication medical factors daily functioning and cognitive pattern
- C. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- D. assess severity safety duration and impairment while considering depressive disorders and alternatives

13. For Jordan, 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. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- B. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline
- C. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

14. In a session with Taylor, age 29, this concern becomes clear: A client sees both benefits and costs of changing substance use. What is the best counseling response?

- A. identify safe supports and plan specific realistic steps for reconnection
- B. explore lifestyle private logic belonging and socially useful alternatives
- C. identify the situation thought emotion evidence alternatives and a balanced response
- D. use open questions affirmations reflections and summaries to evoke the client's own reasons for change

15. In the case of Casey, the counselor decides to normalize varied grief responses while assessing culture functioning risk and signs requiring added care. What is the strongest rationale for that choice?

- A. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- B. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- C. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- D. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration

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

- 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. Valid informed consent requires understandable information and a genuine opportunity for questions
- D. Technology does not remove duties concerning competence privacy access and legal authority to practice

17. A counselor is working with Jordan, age 50. A counselor considers sharing a personal experience because the client feels uniquely ashamed. Which action should the counselor take first?

- A. provide structure clarify expectations and support gradual safety and participation
- B. separate the child from the problem and explore times the anger had less influence
- C. disclose only if the likely client benefit is clear and return focus promptly to the client
- D. allow supportive silence while monitoring whether the client needs grounding or invitation

18. In a session with Taylor, age 57, this concern becomes clear: A client wants a portable response to escalating physiological arousal. What is the best counseling response?

- A. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- B. respectfully present the discrepancy and explore it without accusation
- C. translate the broad wish into a small personally meaningful and achievable first step
- D. disclose only if the likely client benefit is clear and return focus promptly to the client

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

20. The counselor's plan for Reese 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. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process

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

- A. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- C. Referral protects welfare when client needs exceed competence resources or the current level of care
- D. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles

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

- A. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- B. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- C. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- D. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience

23. Casey, age 31, meets with a counselor. A client experiences abrupt surges of fear with palpitations and begins avoiding places where attacks occurred. What is the counselor's best next response?

- A. support safe exploration and communication without treating normative identity work as pathology
- B. explore meanings supports costs and choices without imposing the counselor's worldview
- C. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- D. assess severity safety duration and impairment while considering depressive disorders and alternatives

24. During counseling with Reese, age 38, the following issue emerges: A client notices that the counselor's reassuring words conflict with a tense tone. Which response is most appropriate?

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

25. For Jordan, the counselor elects to assess safety command content reality testing substance use medical causes and level of care. Which counseling principle most directly justifies this intervention?

- A. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- C. Grief is not a uniform sequence and should be understood in cultural relational and developmental context
- D. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline

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

- A. obtain appropriate consent and protect identity before using material beyond its original purpose
- B. correct future documentation and amend records transparently without concealing the original entry
- C. follow applicable law consult promptly and take protective steps required in the jurisdiction
- D. seek qualified supervision and refer when competence cannot be established

27. Casey, age 59, meets with a counselor. A survivor reports intrusive memories avoidance hyperarousal and negative beliefs after an assault. What is the counselor's best next response?

- A. assess safety command content reality testing substance use medical causes and level of care
- B. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- C. clarify interests values abilities constraints and reliable occupational information
- D. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning

28. During counseling with Reese, age 66, the following issue emerges: A displaced worker wants help making sense of repeated transitions and future direction. Which response is most appropriate?

- A. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- C. explore life themes adaptability strengths and the story connecting past roles with future possibilities
- D. clarify interests values abilities constraints and reliable occupational information

29. A counselor is working with Jordan, age 73. An older adult reports recent memory problems after bereavement poor sleep and a medication change. Which action should the counselor take first?

- A. assess distinct periods of mood elevation before using a unipolar depression formulation
- B. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- C. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- D. assess mood sleep medication medical factors daily functioning and cognitive pattern

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

- A. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- B. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- C. A treatment plan is a living document that changes when evidence shows the current approach is ineffective
- D. Planned termination consolidates learning anticipates setbacks and supports increasing client independence

31. In the case of Casey, 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. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- B. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- 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

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

- A. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- B. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- C. 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

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

- A. ask how the client and community understand the problem and preferred sources of help
- B. ask directly about thoughts intent plan access past behavior and protective factors
- C. review results collaboratively in plain language and integrate them with other available evidence
- D. question the measure's consistency before drawing strong conclusions from the score

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

- A. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- B. Crisis work narrows attention to safety functioning resources and manageable next actions
- C. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- D. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings

35. Casey, age 54, meets with a counselor. A client falls behind on payments and says the fee policy was never explained. What is the counselor's best next response?

- A. protect confidentiality while consulting counsel and seeking clarification or court direction
- B. review the written agreement discuss options and avoid abrupt abandonment
- C. follow applicable law consult promptly and take protective steps required in the jurisdiction
- D. seek qualified supervision and refer when competence cannot be established

36. During counseling with Reese, age 61, the following issue emerges: A counselor notices persistent exhaustion irritability and mistakes that are affecting sessions. Which response is most appropriate?

- A. protect confidentiality while consulting counsel and seeking clarification or court direction
- B. seek qualified supervision and refer when competence cannot be established
- C. correct future documentation and amend records transparently without concealing the original entry
- D. reduce risk to clients and obtain consultation support or temporary limits on practice

37. A counselor is working with Jordan, age 68. A client says the problem is always equally terrible and nothing ever helps. Which action should the counselor take first?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. map relationships roles events and recurring patterns across the family system
- C. use a scale to identify exceptions existing resources and the next small change
- D. translate the broad wish into a small personally meaningful and achievable first step

38. In a session with Taylor, age 75, this concern becomes clear: A client feels inferior and seeks significance through perfectionistic overachievement. What is the best counseling response?

- A. gently describe the here-and-now interaction and invite exploration of its meaning
- B. state the central meaning concisely and check whether the understanding fits
- C. separate the child from the problem and explore times the anger had less influence
- D. explore lifestyle private logic belonging and socially useful alternatives

39. Casey, age 21, meets with a counselor. A client becomes angry after the counselor names a missed appointment pattern. What is the counselor's best next response?

- A. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- B. communicate the client's meaning and emotion without endorsing or condemning the choice
- C. respond honestly and professionally rather than hiding behind a false therapeutic role
- D. notice the reaction reflect on its influence and obtain consultation if needed

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

- A. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- D. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination

41. A counselor is working with Jordan, age 35. A caregiver reports exhaustion resentment and guilt but refuses all offers of respite. Which action should the counselor take first?

- A. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- 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. assess burden safety beliefs supports and practical barriers while validating ambivalence

42. In a session with Taylor, age 42, this concern becomes clear: A client spends long periods awake in bed and varies wake time dramatically on weekends. What is the best counseling response?

- A. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- B. explore meanings supports costs and choices without imposing the counselor's worldview
- C. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- D. clarify interests values abilities constraints and reliable occupational information

43. Casey, age 49, meets with a counselor. An attorney sends a subpoena for notes without client authorization or a judge's order. What is the counselor's best next response?

- A. decline the financial relationship and process the request within counseling
- B. protect confidentiality while consulting counsel and seeking clarification or court direction
- C. reduce risk to clients and obtain consultation support or temporary limits on practice
- D. review the written agreement discuss options and avoid abrupt abandonment

44. During counseling with Reese, age 56, the following issue emerges: A new client is unsure what counseling records contain and who may receive them. Which response is most appropriate?

- A. review services risks benefits fees records and confidentiality before treatment begins
- B. seek qualified supervision and refer when competence cannot be established
- C. address the access barrier with the client and advocate at the appropriate system level
- D. protect confidentiality while consulting counsel and seeking clarification or court direction

45. A counselor is working with Jordan, age 63. A screening scale gives markedly different scores when the stable client repeats it two days later. Which action should the counselor take first?

- A. question whether score interpretations represent the construct the instrument claims to measure
- B. question the measure's consistency before drawing strong conclusions from the score
- C. consider substance or medication effects and medical causes before assigning a primary mental disorder
- D. ask directly about thoughts intent plan access past behavior and protective factors

46. In a session with Taylor, age 70, this concern becomes clear: A newly retired client feels purposeless after losing a valued occupational role. What is the best counseling response?

- A. explore identity structure relationships meaning and new sources of contribution
- B. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- C. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- D. frame assessment and intervention around developmental capacity temperament context and caregiver support

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

- A. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- B. Spiritual and religious concerns require cultural humility and protection of client autonomy
- C. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

48. During counseling with Reese, age 23, the following issue emerges: A client asks to explore gender without being pushed toward a predetermined outcome. Which response is most appropriate?

- A. map reciprocal patterns and avoid assuming one person alone causes the family problem
- B. assess burden safety beliefs supports and practical barriers while validating ambivalence
- C. provide an affirming exploratory space guided by the client's language goals and pace
- D. clarify interests values abilities constraints and reliable occupational information

49. A counselor is working with Jordan, age 30. Near the end of a complex session the client seems unsure what was accomplished. Which action should the counselor take first?

- A. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- B. identify the situation thought emotion evidence alternatives and a balanced response
- C. invite elaboration with a focused open question rather than conducting a rapid interrogation
- D. link major themes decisions and next steps and invite the client's additions

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

- A. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- B. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- C. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding

51. Casey, age 44, meets with a counselor. Two group members describe different events that share a theme of fearing rejection. What is the counselor's best next response?

- A. invite them to notice and discuss the shared theme with each other
- B. respectfully present the discrepancy and explore it without accusation
- C. schedule small feasible activities and track mood mastery and pleasure afterward
- D. build a collaborative graded practice plan while reducing safety behaviors

52. The counselor's plan for Reese is to seek qualified supervision and refer when competence cannot be established. Which statement best explains why this approach is appropriate?

- A. A subpoena should not be treated automatically as permission to disclose the complete record
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. Counselors monitor impairment and act before personal functioning compromises professional services
- D. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible

53. A counselor is working with Jordan, age 58. A client automatically concludes that one mistake proves total incompetence. Which action should the counselor take first?

- A. invite them to notice and discuss the shared theme with each other
- B. schedule small feasible activities and track mood mastery and pleasure afterward
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. identify the situation thought emotion evidence alternatives and a balanced response

54. A counselor responds to Taylor's situation by choosing to use a comparison group that matches the client's relevant characteristics and testing purpose. Which principle best supports this response?

- A. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- B. Norm-referenced interpretations depend on an appropriate and representative standardization group
- C. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- D. Screening identifies possible risk and need for evaluation but does not independently establish a disorder

55. In the case of Casey, the counselor decides to link major themes decisions and next steps and invite the client's additions. What is the strongest rationale for that choice?

- A. Summaries integrate material support transitions and create a shared understanding of the session
- B. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. Strategic interventions target interaction sequences and attempted solutions that keep a problem going

56. The counselor's plan for Reese is to interrupt the harmful behavior firmly and redirect toward safe respectful interaction. Which statement best explains why this approach is appropriate?

- A. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- B. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- C. Blocking protects members and group purpose while creating an opportunity to examine impact and alternatives
- D. Early group development commonly requires orientation predictability inclusion and trust building

57. For Jordan, 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. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- D. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare

58. In a session with Taylor, age 32, this concern becomes clear: A suicidal client can collaborate and identifies warning signs before risk escalates. What is the best counseling response?

- A. offer accurate empathy congruence and unconditional positive regard without directing the choice
- B. separate the child from the problem and explore times the anger had less influence
- C. prioritize safety stabilization immediate needs supports and a short practical plan
- D. write a prioritized plan of coping contacts professional resources and means-safety steps

59. In the case of Casey, the counselor decides to tentatively reflect the possible hurt and invite correction. What is the strongest rationale for that choice?

- A. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- B. Early group development commonly requires orientation predictability inclusion and trust building
- C. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

60. During counseling with Reese, age 46, the following issue emerges: One member repeatedly ridicules others and prevents quieter members from participating. Which response is most appropriate?

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

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

- A. 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. Strengths can improve engagement feasibility resilience and progress toward treatment goals
- D. Specific measurable objectives make progress review and plan revision possible

62. A counselor responds to Taylor'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. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. Specific measurable objectives make progress review and plan revision possible
- C. Treatment modality should match goals safety development culture functioning and client preference
- D. Strengths can improve engagement feasibility resilience and progress toward treatment goals

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

- A. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- D. Later-life cognitive complaints require broad assessment because mood sleep medication and illness can mimic decline

64. During counseling with Reese, age 74, the following issue emerges: A counselor plans to use an unfamiliar video platform for sessions across state lines. Which response is most appropriate?

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

65. A counselor is working with Jordan, age 20. A client gives brief answers while describing a complicated relationship pattern. Which action should the counselor take first?

- A. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- 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. use culturally responsive eye contact posture presence and minimal encouragers

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

- A. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- B. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- C. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- D. Spiritual and religious concerns require cultural humility and protection of client autonomy

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

- A. The mental status examination describes present observable functioning rather than lifelong personality traits
- B. Norm-referenced interpretations depend on an appropriate and representative standardization group
- C. Specificity access and imminence help determine the level of risk and the urgency of intervention
- D. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations

68. The counselor's plan for Reese 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. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- C. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- D. Summaries integrate material support transitions and create a shared understanding of the session

69. A counselor is working with Jordan, age 48. A client minimizes drinking despite withdrawal symptoms missed work and family conflict. Which action should the counselor take first?

- A. use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk
- B. support safe exploration and communication without treating normative identity work as pathology
- C. assess severity safety duration and impairment while considering depressive disorders and alternatives
- D. explore life themes adaptability strengths and the story connecting past roles with future possibilities

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

- A. Self-awareness helps counselors keep personal reactions from directing client care
- B. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment
- C. Congruence involves alignment and authentic presence used in service of the client
- D. Empathy seeks accurate understanding from the client's frame while preserving professional judgment and boundaries

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

- A. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- B. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- C. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- D. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives

72. During counseling with Reese, age 69, the following issue emerges: A client has unwanted contamination thoughts and repetitive washing performed to reduce distress. Which response is most appropriate?

- A. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- D. assess the obsession-compulsion cycle time burden insight avoidance and impairment

73. A counselor is working with Jordan, age 15. A student names several appealing occupations but cannot compare them systematically. Which action should the counselor take first?

- A. clarify interests values abilities constraints and reliable occupational information
- B. assess distinct periods of mood elevation before using a unipolar depression formulation
- C. frame assessment and intervention around developmental capacity temperament context and caregiver support
- D. assess safety power imbalance frequency supports and the student's preferences for response

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

- A. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness
- B. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- C. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- D. Ethical exploration respects self-determination and does not treat identity diversity as pathology

75. Casey, age 29, 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. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- C. use a trauma-informed assessment that prioritizes safety choice pacing and current functioning
- D. support safe exploration and communication without treating normative identity work as pathology

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

- A. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- B. Valid informed consent requires understandable information and a genuine opportunity for questions
- C. Counselors monitor impairment and act before personal functioning compromises professional services
- D. Clinical records should be timely objective relevant and altered only through an auditable process

77. For Jordan, 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. 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. Self-awareness helps counselors keep personal reactions from directing client care

78. A counselor responds to Taylor's situation by choosing to use nonjudgmental assessment of pattern consequences tolerance withdrawal motivation and risk. Which principle best supports this response?

- A. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- B. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- C. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- D. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes

79. In the case of Casey, the counselor decides to complete a fuller assessment rather than treating the screen as a definitive diagnosis. What is the strongest rationale for that choice?

- A. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- 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

80. During counseling with Reese, age 64, the following issue emerges: A client repeatedly misses care because the clinic lacks wheelchair access. Which response is most appropriate?

- A. reduce risk to clients and obtain consultation support or temporary limits on practice
- B. protect confidentiality while consulting counsel and seeking clarification or court direction
- C. review services risks benefits fees records and confidentiality before treatment begins
- D. address the access barrier with the client and advocate at the appropriate system level

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

- A. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- D. Early group development commonly requires orientation predictability inclusion and trust building

82. In a session with Taylor, age 17, this concern becomes clear: A treatment plan states only that the client will feel better soon. What is the best counseling response?

- A. explain the concern facilitate an appropriate referral and support continuity during transition
- B. review the formulation alliance goals and intervention and revise the plan collaboratively
- C. revise the plan collaboratively using the client's priorities language and informed choices
- D. translate the goal into observable achievable steps with a review period and indicators of progress

83. Casey, age 24, 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. review results collaboratively in plain language and integrate them with other available evidence
- B. ask directly about thoughts intent plan access past behavior and protective factors
- C. ask how the client and community understand the problem and preferred sources of help
- D. arrange urgent evaluation for a setting capable of medical monitoring and stabilization

84. The counselor's plan for Reese 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. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- B. Counselors practice only within boundaries supported by education training and supervised experience
- C. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- D. Financial arrangements should be explained early and managed in ways that preserve client welfare

85. For Jordan, 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. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- B. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- C. Crisis work narrows attention to safety functioning resources and manageable next actions
- D. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears

86. In a session with Taylor, age 45, this concern becomes clear: A client repeatedly misses morning appointments because of shift work and unreliable transportation. What is the best counseling response?

- A. obtain appropriate consent and coordinate relevant information across providers
- B. translate the goal into observable achievable steps with a review period and indicators of progress
- C. modify the plan to address scheduling and access barriers before labeling the client resistant
- D. review the formulation alliance goals and intervention and revise the plan collaboratively

87. Casey, age 52, meets with a counselor. A client with a specific fear avoids every reminder and seeks constant reassurance. What is the counselor's best next response?

- A. build a collaborative graded practice plan while reducing safety behaviors
- B. schedule small feasible activities and track mood mastery and pleasure afterward
- C. allow supportive silence while monitoring whether the client needs grounding or invitation
- D. link major themes decisions and next steps and invite the client's additions

88. During counseling with Reese, age 59, the following issue emerges: A client hears threatening voices and appears unable to distinguish them from external events. Which response is most appropriate?

- A. assess safety power imbalance frequency supports and the student's preferences for response
- B. assess safety command content reality testing substance use medical causes and level of care
- C. assess chasing losses financial harm control attempts risk and co-occurring concerns
- D. assess burden safety beliefs supports and practical barriers while validating ambivalence

89. A counselor is working with Jordan, age 66. A client says life is not worth living but has not yet been asked about intent or means. Which action should the counselor take first?

- A. ask directly about thoughts intent plan access past behavior and protective factors
- B. question whether score interpretations represent the construct the instrument claims to measure
- C. use a comparison group that matches the client's relevant characteristics and testing purpose
- D. ask how the client and community understand the problem and preferred sources of help

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

- A. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- D. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness

91. Casey, age 19, 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. support safe exploration and communication without treating normative identity work as pathology
- B. follow the client's priorities while assessing distress supports values and coordination needs
- C. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- D. explore meanings supports costs and choices without imposing the counselor's worldview

92. The counselor's plan for Reese is to ask respectfully about the client's meanings and remain open to correction. Which statement best explains why this approach is appropriate?

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

93. For Jordan, the counselor elects to notice the reaction reflect on its influence and obtain consultation if needed. Which counseling principle most directly justifies this intervention?

- A. Positive regard affirms human worth without requiring approval of every action
- B. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Self-awareness helps counselors keep personal reactions from directing client care
- D. Congruence involves alignment and authentic presence used in service of the client

94. In a session with Taylor, age 40, this concern becomes clear: A brief alcohol screen is positive during an annual behavioral health visit. What is the best counseling response?

- A. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- B. question whether score interpretations represent the construct the instrument claims to measure
- C. gather biological psychological social cultural and medical information before concluding the cause
- D. clarify intent plan means target imminence and protective factors while following safety duties

95. Casey, age 47, 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. translate the goal into observable achievable steps with a review period and indicators of progress
- C. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- D. review the formulation alliance goals and intervention and revise the plan collaboratively

96. During counseling with Reese, age 54, the following issue emerges: During intake a client becomes confused about the date and gives tangential answers. Which response is most appropriate?

- A. review results collaboratively in plain language and integrate them with other available evidence
- B. document orientation thought process attention and other current mental status findings
- C. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- D. ask directly about thoughts intent plan access past behavior and protective factors

97. For Jordan, 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. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- B. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- C. The mental status examination describes present observable functioning rather than lifelong personality traits
- D. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity

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

- A. Validity concerns evidence supporting the meaning and use of scores for a particular purpose
- B. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- C. Specificity access and imminence help determine the level of risk and the urgency of intervention
- D. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity

99. Casey, age 75, meets with a counselor. A client shifts rapidly from intense anger to shame and acts impulsively during conflicts. What is the counselor's best next response?

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- C. follow the client's priorities while assessing distress supports values and coordination needs
- D. normalize varied grief responses while assessing culture functioning risk and signs requiring added care

100. During counseling with Reese, age 21, the following issue emerges: A counselor compares an adolescent's score with norms developed only from middle-aged adults. Which response is most appropriate?

- A. arrange urgent evaluation for a setting capable of medical monitoring and stabilization
- B. consider substance or medication effects and medical causes before assigning a primary mental disorder
- C. use a comparison group that matches the client's relevant characteristics and testing purpose
- D. ask directly about thoughts intent plan access past behavior and protective factors

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

- A. 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. 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

102. A counselor responds to Taylor's situation by choosing to use culturally responsive eye contact posture presence and minimal encouragers. Which principle best supports this response?

- A. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- B. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- C. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

103. Casey, age 42, meets with a counselor. A client becomes quiet after naming a painful loss and appears to be reflecting. What is the counselor's best next response?

- A. allow supportive silence while monitoring whether the client needs grounding or invitation
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. respectfully present the discrepancy and explore it without accusation
- D. schedule small feasible activities and track mood mastery and pleasure afterward

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

- 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. Valid informed consent requires understandable information and a genuine opportunity for questions
- D. Counselor advocacy can target environmental barriers while preserving client choice and collaboration

105. For Jordan, 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. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- B. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- C. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- D. Crisis work narrows attention to safety functioning resources and manageable next actions

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

- A. Assessment is an ongoing collaborative process and test scores are only one source of clinical information
- B. Risk assessment requires direct inquiry and synthesis of acute and chronic risk and protective factors
- C. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- D. Specificity access and imminence help determine the level of risk and the urgency of intervention

107. Casey, age 70, meets with a counselor. A client describes escalating anger toward a named coworker and access to a firearm. What is the counselor's best next response?

- A. ask directly about thoughts intent plan access past behavior and protective factors
- 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. clarify intent plan means target imminence and protective factors while following safety duties

108. During counseling with Reese, age 16, 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. assess panic episodes anticipatory anxiety avoidance medical factors and functional impact
- B. assess distinct periods of mood elevation before using a unipolar depression formulation
- C. assess chasing losses financial harm control attempts risk and co-occurring concerns
- D. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness

109. For Jordan, the counselor elects to frame assessment and intervention around developmental capacity temperament context and caregiver support. Which counseling principle most directly justifies this intervention?

- A. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- B. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- C. Behavior must be interpreted against developmental expectations rather than adult standards
- D. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts

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

- A. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- 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. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context

111. In the case of Casey, 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. Ending services requires attention to abandonment risk records emergencies and reasonable transition support
- B. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- C. Financial arrangements should be explained early and managed in ways that preserve client welfare
- D. Clinical records should be timely objective relevant and altered only through an auditable process

112. The counselor's plan for Reese is to prioritize safety stabilization immediate needs supports and a short practical plan. Which statement best explains why this approach is appropriate?

- A. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- B. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- 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

113. For Jordan, the counselor elects to verify security informed consent emergency procedures and applicable jurisdictional rules before use. Which counseling principle most directly justifies this intervention?

- A. Technology does not remove duties concerning competence privacy access and legal authority to practice
- B. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- C. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- D. Research and publication require respect for autonomy privacy and foreseeable risks to participants

114. In a session with Taylor, age 58, this concern becomes clear: A long-term client asks the counselor to become a partner in a small business. What is the best counseling response?

- A. obtain appropriate consent and protect identity before using material beyond its original purpose
- B. protect confidentiality while consulting counsel and seeking clarification or court direction
- C. correct future documentation and amend records transparently without concealing the original entry
- D. decline the financial relationship and process the request within counseling

115. Casey, age 65, meets with a counselor. A client recovering from depression has withdrawn from every supportive relationship. What is the counselor's best next response?

- A. build a collaborative graded practice plan while reducing safety behaviors
- B. identify safe supports and plan specific realistic steps for reconnection
- C. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- D. prioritize safety stabilization immediate needs supports and a short practical plan

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

- A. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- B. Counselors report reasonable suspicion as required and leave forensic fact-finding to designated investigators
- C. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- D. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives

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

- A. Psychotic symptoms require careful evaluation of risk functioning context and possible medical or substance causes
- B. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- C. Ethical exploration respects self-determination and does not treat identity diversity as pathology
- D. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts

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

- A. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- B. Specificity access and imminence help determine the level of risk and the urgency of intervention
- 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

119. Casey, age 32, meets with a counselor. A client needs skills practice and peer feedback but feels unsafe in the proposed group. What is the counselor's best next response?

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

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

- A. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client
- B. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- C. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool

121. For Jordan, the counselor elects to review the written agreement discuss options and avoid abrupt abandonment. Which counseling principle most directly justifies this intervention?

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

122. A counselor responds to Taylor's situation by choosing to explore lifestyle private logic belonging and socially useful alternatives. 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. Cognitive restructuring examines interpretations and evidence rather than simply replacing negative thoughts with optimism
- D. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context

123. In the case of Casey, the counselor decides to assess chasing losses financial harm control attempts risk and co-occurring concerns. What is the strongest rationale for that choice?

- A. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- B. Behavior must be interpreted against developmental expectations rather than adult standards
- C. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- D. Retirement is a role transition whose impact depends on preparation resources health relationships and identity

124. During counseling with Reese, age 67, the following issue emerges: A client has insomnia agitation and poor concentration after beginning a new medication. Which response is most appropriate?

- A. complete a fuller assessment rather than treating the screen as a definitive diagnosis
- B. ask directly about thoughts intent plan access past behavior and protective factors
- C. consider substance or medication effects and medical causes before assigning a primary mental disorder
- D. document orientation thought process attention and other current mental status findings

125. For Jordan, the counselor elects to map relationships roles events and recurring patterns across the family system. Which counseling principle most directly justifies this intervention?

- A. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool
- B. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- C. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- D. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency

126. In a session with Taylor, age 20, this concern becomes clear: A client fears judgment while considering a major life decision. What is the best counseling response?

- A. explore lifestyle private logic belonging and socially useful alternatives
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. schedule small feasible activities and track mood mastery and pleasure afterward
- D. prioritize safety stabilization immediate needs supports and a short practical plan

127. Casey, age 27, 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. follow applicable law consult promptly and take protective steps required in the jurisdiction
- B. decline the financial relationship and process the request within counseling
- C. seek qualified supervision and refer when competence cannot be established
- D. review the written agreement discuss options and avoid abrupt abandonment

128. During counseling with Reese, age 34, the following issue emerges: A client makes a credible specific threat toward an identifiable person. Which response is most appropriate?

- A. correct future documentation and amend records transparently without concealing the original entry
- B. review the written agreement discuss options and avoid abrupt abandonment
- C. decline the financial relationship and process the request within counseling
- D. follow applicable law consult promptly and take protective steps required in the jurisdiction

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

- A. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions
- B. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- C. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- D. Grief is not a uniform sequence and should be understood in cultural relational and developmental context

130. In a session with Taylor, age 48, this concern becomes clear: A client has severe withdrawal risk and cannot maintain safety in an outpatient setting. What is the best counseling response?

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

131. Casey, age 55, 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. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. frame assessment and intervention around developmental capacity temperament context and caregiver support
- D. explore worry breadth duration physical tension sleep and impairment

132. During counseling with Reese, age 62, 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. communicate the client's meaning and emotion without endorsing or condemning the choice
- B. respond warmly while restating the boundary and exploring the need beneath the contact
- C. respond honestly and professionally rather than hiding behind a false therapeutic role
- D. ask respectfully about the client's meanings and remain open to correction

133. A counselor is working with Jordan, age 69. A client describes workplace racism and wonders whether distress reflects personal weakness. Which action should the counselor take first?

- A. assess burden safety beliefs supports and practical barriers while validating ambivalence
- B. validate the contextual harm explore coping and supports and consider advocacy chosen by the client
- C. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- D. frame assessment and intervention around developmental capacity temperament context and caregiver support

134. In a session with Taylor, age 15, this concern becomes clear: A client discloses escalating partner violence and monitoring of communications. What is the best counseling response?

- A. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- B. normalize varied grief responses while assessing culture functioning risk and signs requiring added care
- C. assess immediate danger privately and collaborate on an individualized safety plan
- D. assess severity safety duration and impairment while considering depressive disorders and alternatives

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

- A. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- B. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- C. Psychodynamic work links present patterns with unconscious conflict attachment and earlier relational experience
- D. Collaborative goals convert preferred outcomes into manageable action without taking ownership away from the client

136. The counselor's plan for Reese is to protect confidentiality while consulting counsel and seeking clarification or court direction. 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. Confidentiality has legally and ethically recognized exceptions when serious foreseeable harm is present
- D. A subpoena should not be treated automatically as permission to disclose the complete record

137. A counselor is working with Jordan, age 36. A client describes a decision the counselor would not personally make. Which action should the counselor take first?

- A. communicate the client's meaning and emotion without endorsing or condemning the choice
- B. maintain respect for the person while holding the harmful behavior open to examination
- C. respond honestly and professionally rather than hiding behind a false therapeutic role
- D. respond with curiosity and calm while assessing meaning risk and context

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

- A. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- B. tentatively reflect the possible hurt and invite correction
- C. respectfully present the discrepancy and explore it without accusation
- D. strengthen the caregiver subsystem and clarify boundaries through enacted interaction

139. Casey, age 50, meets with a counselor. A client gives a long account containing several connected concerns. What is the counselor's best next response?

- A. invite them to notice and discuss the shared theme with each other
- B. map relationships roles events and recurring patterns across the family system
- C. state the central meaning concisely and check whether the understanding fits
- D. identify safe supports and plan specific realistic steps for reconnection

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

- A. Referral protects welfare when client needs exceed competence resources or the current level of care
- B. Treatment modality should match goals safety development culture functioning and client preference
- C. Planned termination consolidates learning anticipates setbacks and supports increasing client independence
- D. Specific measurable objectives make progress review and plan revision possible

141. For Jordan, the counselor elects to schedule small feasible activities and track mood mastery and pleasure afterward. Which counseling principle most directly justifies this intervention?

- A. Behavioral activation changes avoidance patterns by increasing contact with reinforcement before motivation fully returns
- B. Early group development commonly requires orientation predictability inclusion and trust building
- C. Externalizing language reduces identity fusion with problems and opens space for preferred stories and agency
- D. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions

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

- A. Research and publication require respect for autonomy privacy and foreseeable risks to participants
- B. Clinical records should be timely objective relevant and altered only through an auditable process
- C. Financial arrangements should be explained early and managed in ways that preserve client welfare
- D. Valid informed consent requires understandable information and a genuine opportunity for questions

143. Casey, age 17, meets with a counselor. A client with terminal illness wants to discuss fear meaning family communication and unfinished matters. What is the counselor's best next response?

- A. frame assessment and intervention around developmental capacity temperament context and caregiver support
- B. explore worry breadth duration physical tension sleep and impairment
- C. follow the client's priorities while assessing distress supports values and coordination needs
- D. assess immediate danger privately and collaborate on an individualized safety plan

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

- A. Reliability concerns the consistency or dependability of measurement across relevant occasions or items
- B. A comprehensive intake prevents premature conclusions by examining multiple interacting sources of distress
- C. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- D. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms

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

- A. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- B. Specificity access and imminence help determine the level of risk and the urgency of intervention
- C. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- D. Screening identifies possible risk and need for evaluation but does not independently establish a disorder

146. In a session with Taylor, age 38, this concern becomes clear: A counselor writes goals before asking what changes matter most to the client. What is the best counseling response?

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

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

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

148. The counselor's plan for Reese is to provide structure clarify expectations and support gradual safety and participation. Which statement best explains why this approach is appropriate?

- A. Early group development commonly requires orientation predictability inclusion and trust building
- B. Scaling can make differences visible and support client-defined movement without denying the seriousness of distress
- C. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- D. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool

149. A counselor is working with Jordan, age 59. A client values honesty yet repeatedly hides important information from supportive people. Which action should the counselor take first?

- A. respectfully present the discrepancy and explore it without accusation
- B. offer accurate empathy congruence and unconditional positive regard without directing the choice
- C. separate the child from the problem and explore times the anger had less influence
- D. invite them to notice and discuss the shared theme with each other

150. In a session with Taylor, age 66, this concern becomes clear: A family repeatedly solves a child's refusal in ways that unintentionally strengthen it. What is the best counseling response?

- A. allow supportive silence while monitoring whether the client needs grounding or invitation
- B. interrupt the maintaining sequence with a focused directive suited to the family's context
- C. translate the broad wish into a small personally meaningful and achievable first step
- D. strengthen the caregiver subsystem and clarify boundaries through enacted interaction

151. Casey, age 73, meets with a counselor. A child makes a disclosure that creates reasonable suspicion of abuse. What is the counselor's best next response?

- A. assess chasing losses financial harm control attempts risk and co-occurring concerns
- B. assess the obsession-compulsion cycle time burden insight avoidance and impairment
- C. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation
- D. explore life themes adaptability strengths and the story connecting past roles with future possibilities

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

- 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. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning
- D. Exposure promotes new learning through planned contact with feared cues rather than forced flooding or reassurance

153. For Jordan, 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. Support-building translates a general resource into accessible relationships actions and backup options
- B. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- C. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare
- D. A genogram organizes multigenerational structure and themes while remaining a hypothesis-building tool

154. In a session with Taylor, age 33, this concern becomes clear: A client needs specialized eating-disorder care beyond the counselor's competence. What is the best counseling response?

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

155. Casey, age 40, meets with a counselor. A client describes difficult-to-control worry across finances health and work for many months. What is the counselor's best next response?

- A. explore worry breadth duration physical tension sleep and impairment
- B. provide an affirming exploratory space guided by the client's language goals and pace
- C. assess sleep schedule substances medical factors mood and behaviors that condition wakefulness
- D. follow mandated-reporting law promptly while supporting the child and avoiding an investigative interrogation

156. The counselor's plan for Reese is to address the access barrier with the client and advocate at the appropriate system level. Which statement best explains why this approach is appropriate?

- A. A subpoena should not be treated automatically as permission to disclose the complete record
- B. Counselor advocacy can target environmental barriers while preserving client choice and collaboration
- C. Counselors practice only within boundaries supported by education training and supervised experience
- D. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible

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

- A. End-of-life counseling centers dignity autonomy meaning relationships grief and interdisciplinary collaboration
- B. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- C. Violence assessment prioritizes survivor autonomy privacy danger indicators and practical safety options
- D. Compulsions are negatively reinforced when temporary relief strengthens rituals despite their long-term cost

158. In a session with Taylor, age 61, this concern becomes clear: A guarded client speaks softly and watches whether the counselor remains engaged. What is the best counseling response?

- 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. build a collaborative graded practice plan while reducing safety behaviors
- D. use culturally responsive eye contact posture presence and minimal encouragers

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

- A. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- B. Motivational interviewing responds to ambivalence with partnership acceptance compassion and evocation
- C. Structural family work targets hierarchy subsystems and boundaries that organize recurring family transactions
- D. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning

160. The counselor's plan for Reese is to write a prioritized plan of coping contacts professional resources and means-safety steps. Which statement best explains why this approach is appropriate?

- A. Attending behaviors communicate availability and should be adapted rather than applied as rigid universal rules
- B. A collaborative safety plan provides concrete actions and differs from an unsupported promise not to self-harm
- C. Accurate feeling reflections deepen awareness without claiming certainty about the client's internal experience
- D. Therapeutic silence can support emotion and meaning when it is responsive rather than avoidant or abandoning

161. A counselor is working with Jordan, age 21. A student reports repeated targeted humiliation and fears retaliation if adults intervene visibly. Which action should the counselor take first?

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- C. assess safety power imbalance frequency supports and the student's preferences for response
- D. clarify interests values abilities constraints and reliable occupational information

162. In a session with Taylor, age 28, this concern becomes clear: A client admits behavior that caused harm and expects immediate rejection. What is the best counseling response?

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

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

- A. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- B. interrupt the harmful behavior firmly and redirect toward safe respectful interaction
- C. explore freedom responsibility isolation mortality and personally chosen meaning
- D. translate the broad wish into a small personally meaningful and achievable first step

164. During counseling with Reese, age 42, the following issue emerges: Family members blame one teenager while interaction patterns show escalating criticism and withdrawal. Which response is most appropriate?

- A. map reciprocal patterns and avoid assuming one person alone causes the family problem
- B. assess medical risk behaviors body concerns and functioning without relying on appearance alone
- C. explore worry breadth duration physical tension sleep and impairment
- D. assess immediate danger privately and collaborate on an individualized safety plan

165. For Jordan, 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. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- B. Retirement is a role transition whose impact depends on preparation resources health relationships and identity
- C. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- D. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination

166. In a session with Taylor, age 56, this concern becomes clear: A client repeatedly changes topics whenever disagreement appears between client and counselor. What is the best counseling response?

- A. gently describe the here-and-now interaction and invite exploration of its meaning
- B. invite elaboration with a focused open question rather than conducting a rapid interrogation
- C. use a scale to identify exceptions existing resources and the next small change
- D. use open questions affirmations reflections and summaries to evoke the client's own reasons for change

167. Casey, age 63, meets with a counselor. A depressed client waits to feel motivated before resuming valued activities. What is the counselor's best next response?

- A. build a collaborative graded practice plan while reducing safety behaviors
- B. schedule small feasible activities and track mood mastery and pleasure afterward
- C. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- D. interrupt the harmful behavior firmly and redirect toward safe respectful interaction

168. During counseling with Reese, age 70, the following issue emerges: A client reports pervasive low mood loss of interest guilt and impaired functioning. Which response is most appropriate?

- A. assess attachment needs interaction patterns barriers and opportunities for meaningful connection
- B. assess chasing losses financial harm control attempts risk and co-occurring concerns
- C. assess severity safety duration and impairment while considering depressive disorders and alternatives
- D. assess immediate danger privately and collaborate on an individualized safety plan

169. A counselor is working with Jordan, age 16. 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. explain the concern facilitate an appropriate referral and support continuity during transition
- C. review the formulation alliance goals and intervention and revise the plan collaboratively
- D. translate the goal into observable achievable steps with a review period and indicators of progress

170. A counselor responds to Taylor's situation by choosing to evaluate readiness preferences risks and alternatives before selecting the modality. Which principle best supports this response?

- A. Treatment barriers should be identified collaboratively and addressed as practical contextual or motivational obstacles
- B. Specific measurable objectives make progress review and plan revision possible
- C. Treatment modality should match goals safety development culture functioning and client preference
- D. Referral protects welfare when client needs exceed competence resources or the current level of care

171. Casey, age 30, meets with a counselor. A client seeks reassurance through repeated contact outside agreed session limits. What is the counselor's best next response?

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

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

- A. Eating-disorder risk cannot be inferred from body size and may require prompt medical and nutritional coordination
- B. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- C. Bullying involves repeated aggression and power imbalance and requires attention to safety climate and bystander systems
- D. Retirement is a role transition whose impact depends on preparation resources health relationships and identity

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

- A. Treatment planning is strongest when goals are meaningful to the client and jointly developed
- B. Specific measurable objectives make progress review and plan revision possible
- C. Coordinated care reduces fragmentation while disclosure remains limited to authorized and necessary information
- D. Treatment modality should match goals safety development culture functioning and client preference

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

- A. Immediacy uses the current therapeutic relationship to examine interpersonal patterns as they occur
- B. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. Paraphrasing organizes content and demonstrates listening while allowing the client to correct misunderstandings
- D. Adlerian counseling emphasizes purposeful behavior social interest encouragement and the meanings formed within family context

175. Casey, age 58, meets with a counselor. A counselor discovers that several progress notes contain vague judgments rather than clinical facts. What is the counselor's best next response?

- A. reduce risk to clients and obtain consultation support or temporary limits on practice
- B. review services risks benefits fees records and confidentiality before treatment begins
- C. review the written agreement discuss options and avoid abrupt abandonment
- D. correct future documentation and amend records transparently without concealing the original entry

176. During counseling with Reese, age 65, the following issue emerges: A client feels empty after achieving goals that once organized life. Which response is most appropriate?

- A. use a scale to identify exceptions existing resources and the next small change
- B. explore freedom responsibility isolation mortality and personally chosen meaning
- C. respectfully present the discrepancy and explore it without accusation
- D. build a collaborative graded practice plan while reducing safety behaviors

177. A counselor is working with Jordan, age 72. A client has met goals and fears that ending counseling means losing all support. Which action should the counselor take first?

- A. explain the concern facilitate an appropriate referral and support continuity during transition
- B. evaluate readiness preferences risks and alternatives before selecting the modality
- C. incorporate these strengths as resources in the plan rather than documenting only deficits
- D. process the meaning of ending review gains plan relapse prevention and arrange follow-up options

178. In a session with Taylor, age 18, this concern becomes clear: A client in acute distress is disorganized and unable to consider long-term insight work. What is the best counseling response?

- A. prioritize safety stabilization immediate needs supports and a short practical plan
- 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. explore freedom responsibility isolation mortality and personally chosen meaning

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

- A. Caregiver strain reflects demands resources meanings and support and may threaten both caregiver and recipient wellbeing
- B. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- C. Spiritual and religious concerns require cultural humility and protection of client autonomy
- D. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk

180. During counseling with Reese, age 32, the following issue emerges: A client discloses stigmatized thoughts with visible shame. Which response is most appropriate?

- A. respond warmly while restating the boundary and exploring the need beneath the contact
- B. respond with curiosity and calm while assessing meaning risk and context
- C. stay regulated explore the rupture and avoid defensiveness or premature appeasement
- D. notice the reaction reflect on its influence and obtain consultation if needed

181. For Jordan, the counselor elects to assess mood sleep medication medical factors daily functioning and cognitive pattern. 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. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- C. Emotion regulation improves when clients identify prompting events body cues meanings urges and effective alternatives
- D. Persistent insomnia is often maintained by arousal irregular timing and learned associations between bed and wakefulness

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

- A. Substance assessment examines severity and function without allowing labels or confrontation to replace evidence
- B. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- C. Systems thinking views symptoms within circular interaction patterns boundaries roles and wider contexts
- D. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships

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

- A. Regulation skills work best when practiced repeatedly and used as tools rather than guarantees that anxiety disappears
- B. Support-building translates a general resource into accessible relationships actions and backup options
- C. Existential counseling addresses fundamental conditions of living rather than reducing every concern to a symptom
- D. Counselor self-disclosure should be intentional brief culturally considered and driven by client welfare

184. During counseling with Reese, age 60, the following issue emerges: A client repeatedly gambles to recover losses and conceals debts from a partner. Which response is most appropriate?

- A. assess triggers vulnerability cues consequences and available regulation skills
- B. assess safety power imbalance frequency supports and the student's preferences for response
- C. explore meanings supports costs and choices without imposing the counselor's worldview
- D. assess chasing losses financial harm control attempts risk and co-occurring concerns

185. A counselor is working with Jordan, age 67. A counselor feels unusually protective of a client whose history resembles the counselor's own. Which action should the counselor take first?

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

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

- A. Strategic interventions target interaction sequences and attempted solutions that keep a problem going
- B. Linking moves interaction among members and helps transform parallel disclosures into therapeutic group work
- C. Support-building translates a general resource into accessible relationships actions and backup options
- D. Open questions can expand exploration while timing focus and pacing protect the collaborative process

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

- A. 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. Self-awareness helps counselors keep personal reactions from directing client care
- D. Congruence involves alignment and authentic presence used in service of the client

188. During counseling with Reese, age 27, the following issue emerges: A new client reports panic symptoms while also describing recent medication changes. Which response is most appropriate?

- A. clarify intent plan means target imminence and protective factors while following safety duties
- B. document orientation thought process attention and other current mental status findings
- C. gather biological psychological social cultural and medical information before concluding the cause
- D. use a comparison group that matches the client's relevant characteristics and testing purpose

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

- A. Sound career decisions integrate self-knowledge opportunity knowledge and a workable decision process
- B. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- C. Behavioral addictions can be maintained by intermittent reinforcement distorted beliefs and short-term emotional escape
- D. Culturally responsive counseling locates distress within both personal experience and oppressive environmental conditions

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

- 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. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment

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

- A. Open questions can expand exploration while timing focus and pacing protect the collaborative process
- B. Person-centered conditions support growth by creating a relationship marked by genuineness acceptance and empathic understanding
- C. Summaries integrate material support transitions and create a shared understanding of the session
- D. Constructive confrontation highlights incongruence while preserving empathy autonomy and the working alliance

192. During counseling with Reese, age 55, the following issue emerges: A family shows diffuse parent-child boundaries and weak coordination between caregivers. Which response is most appropriate?

- A. offer accurate empathy congruence and unconditional positive regard without directing the choice
- B. teach and rehearse paced breathing or muscle relaxation while monitoring its effect
- C. strengthen the caregiver subsystem and clarify boundaries through enacted interaction
- D. write a prioritized plan of coping contacts professional resources and means-safety steps

193. For Jordan, the counselor elects to respond warmly while restating the boundary and exploring the need beneath the contact. Which counseling principle most directly justifies this intervention?

- A. Effective counselors combine care and responsiveness with predictable ethical limits
- B. Conflict tolerance allows disagreement to become useful information while protecting safety and respect
- C. Cultural humility combines lifelong learning self-reflection attention to power and accountability
- D. A nonjudgmental stance reduces shame and supports accurate disclosure without eliminating necessary assessment

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

- A. Loneliness reflects perceived relational disconnection rather than simply the number of social contacts
- B. Panic concerns include the attacks themselves and the learned fear and avoidance that can follow them
- C. Depressive presentations require attention to mood anhedonia cognition vegetative changes functioning and suicide risk
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

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

- A. Financial arrangements should be explained early and managed in ways that preserve client welfare
- B. Counselors avoid nonprofessional roles when exploitation impaired judgment or client harm is reasonably possible
- C. Counselors monitor impairment and act before personal functioning compromises professional services
- D. Ending services requires attention to abandonment risk records emergencies and reasonable transition support

196. The counselor's plan for Reese 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. Adolescence commonly involves increasing autonomy identity formation and changing family and peer relationships
- B. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- C. Generalized anxiety involves persistent excessive worry across domains rather than fear limited to one cue
- D. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes

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

- A. Culturally responsive assessment explores meaning context identity supports and help-seeking expectations
- B. Level-of-care decisions match acuity safety medical risk functioning supports and treatment intensity
- C. Differential diagnosis compares plausible explanations and rules out conditions that better account for symptoms
- D. Reliability concerns the consistency or dependability of measurement across relevant occasions or items

198. In a session with Taylor, age 36, this concern becomes clear: A client receives counseling medication management and primary care for interacting concerns. What is the best counseling response?

- A. process the meaning of ending review gains plan relapse prevention and arrange follow-up options
- B. review the formulation alliance goals and intervention and revise the plan collaboratively
- C. obtain appropriate consent and coordinate relevant information across providers
- D. revise the plan collaboratively using the client's priorities language and informed choices

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

- A. A history of mania or hypomania materially changes diagnosis risk assessment and treatment coordination
- B. Trauma-responsive care avoids unnecessary re-exposure and recognizes intrusion avoidance arousal and meaning changes
- C. Career construction emphasizes meaning identity and adaptability rather than matching a person to one fixed occupation
- D. Behavior must be interpreted against developmental expectations rather than adult standards

200. During counseling with Reese, age 50, the following issue emerges: A client notices similar cutoff and caregiving patterns across several generations. Which response is most appropriate?

- A. explore recurring relational themes defenses and their appearance in the therapeutic relationship
- B. map relationships roles events and recurring patterns across the family system
- C. use a scale to identify exceptions existing resources and the next small change
- D. tentatively reflect the possible hurt and invite correction

Practice Exam 9: Answer Key And Explanations

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

2. A — 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

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

4. C — 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.

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

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

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

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

10. 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.

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

12. C — 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.

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

14. 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.

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

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

17. C — 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.

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

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

20. 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.

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

22. D — 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..

23. 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.

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

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

26. A — 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.

27. D — 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.

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

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

30. 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.

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

32. A — 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.

33. 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.

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

35. B — 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.

36. 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.

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

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

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

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

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

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

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

44. 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.

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

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

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

48. 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.

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

50. 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.

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

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

53. D — 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.

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

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

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

57. 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.

58. D — 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.

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

60. 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.

61. 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.

62. D — 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.

63. A — 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..

64. 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.

65. 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.

66. 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..

67. 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.

68. 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.

69. A — 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.

70. B — 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..

71. C — 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.

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

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

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

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

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

77. A — 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.

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

79. 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.

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

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

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

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

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

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

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

87. A — 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.

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

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

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

91. C — 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.

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

93. C — 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.

94. A — 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.

95. D — 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.

96. 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.

97. 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.

98. B — 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.

99. 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.

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

101. 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.

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

103. A — 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.

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

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

106. 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.

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

108. 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.

109. 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.

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

111. 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..

112. D — 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.

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

114. 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.

115. B — 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.

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

117. 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.

118. D — 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.

119. 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.

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

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

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

123. 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.

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

125. A — 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.

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

127. 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.

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

129. 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.

130. A — 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.

131. C — 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.

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

133. B — 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.

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

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

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

137. A — 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.

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

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

140. D — 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.

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

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

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

144. 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..

145. 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.

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

147. 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.

148. 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.

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

150. B — 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.

151. 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.

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

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

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

155. 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.

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

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

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

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

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

161. C — 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.

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

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

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

165. D — 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.

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

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

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

169. 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.

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

171. 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.

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

173. C — 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..

174. 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..

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

176. 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.

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

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

179. 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.

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

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

182. C — 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..

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

184. D — 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.

185. A — 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.

186. 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.

187. 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.

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

189. B — 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..

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

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

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

193. A — 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.

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

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

196. B — 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.

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

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

199. 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.

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