

## National Counselor Exam Test Prep Questions (2)

- Two different tests are administered to 50 students. When the scores on the tests are correlated, a coefficient of .49 is obtained. This means that approximately \_\_\_\_\_ % of the variability in the two tests is shared in common.
  - .51
  - .49
  - .25
  - .70
- You give one of your career counseling clients a test based on Holland's six occupational themes. The client scores very high on the integrative theme. This client likely scored very low on which of the following themes.
  - Realistic
  - Enterprising
  - Social
  - Conventional
- Which of the following is not an advantage of using co-therapists in group therapy, according to Yalom?
  - The observational range of co-therapists is greater than that of a single group leader.
  - Co-therapists broaden the range of possible transference reactions, making the nature of the client's transference distortions more evident.
  - A co-therapist can provide a beginning group therapist with needed objectivity and expertise.
  - When co-therapists pursue their own separate agendas in therapy, clients have the opportunity to intervene and learn conflict management skills.
- The parents of 4-year-old Walter report that, even as a baby, he didn't like to be held, which they attributed to colic. They report that he still doesn't like to be touched and that he doesn't like to play with other children and 'seems to be in his own world' much of the time. When not engaged in an activity (he only likes playing with cars and dominos), Walter rocks constantly and has a hard time sitting still, but he can focus for hours when he is lining up his toy cars or dominos. Walter's cognitive development and language acquisition have been normal, but he does seem to have some trouble reading social cues. Which DSM-5 diagnosis should be considered.
  - Autism Spectrum Disorder
  - Asperger's Disorder
  - Stereotypic Movement Disorder
  - Pervasive Developmental Disorder
- Which of the following is not categorized as an Anxiety Disorder in the DSM-5?
  - Obsessive-Compulsive Disorder
  - Separation Anxiety Disorder
  - Panic Disorder
  - Agoraphobia
- Client:* "Ever since my girlfriend broke up with me, I've had no desire to do anything. I've been just lying around the house. I've been fired from my job, and my landlord just gave me an eviction notice. I've been hearing strange voices in my head and I keep imagining myself as a large cockroach."

*Counselor:* "Your life has changed quite a bit since your girlfriend broke up with you."

The counselor's response could be best described as which of the following?

- Clarification
- Interpretation
- Paraphrase
- Confrontation

7. Gretchen, a 35-year-old woman, is depressed over her recent divorce. She is in therapy currently with a certified counselor. She has been unable to begin dating, and expresses a fear of trusting men. As treatment progresses, Gretchen tells the counselor that she had been in therapy before, but it was unsuccessful. When asked by the counselor to elaborate, Gretchen reveals that she had a sexual relationship with the previous counselor. In this situation, the counselor should:
  - a. Confront the offending counselor
  - b. Report the other counselor to the NBCC
  - c. Maintain the confidence of the client
  - d. Call the police to report sexual misconduct
  
8. A person wants to identify himself with a group and, therefore, goes along with the group's expectations and behaviors. The group's 'power' in this situation is best described as:
  - a. Reward
  - b. Legitimate
  - c. Expert
  - d. Referent
  
9. Greg, a school counselor who works in the same school as Nancy, administers an achievement test to a group of his students. The mean of the distribution of scores is 40 and the standard deviation is 8. In this distribution, a raw score of 56 would be equivalent to a z-score of:
  - a. +1.0
  - b. +2.0
  - c. +8.0
  - d. +16.0
  
10. According to Piaget, there are four underlying processes that facilitate cognitive development. The four processes are:
  - a. Sensorimotor, preoperational, concrete operations, formal operations
  - b. Schema, assimilation, accommodation, and equilibrium
  - c. Conservation, assimilation, accommodation, abstract reasoning
  - d. Automatic operations, concrete operations, formal operations, abstract reasoning

## Answers

1. **C IS CORRECT** The coefficient of determination is the statistic that indicates the proportion of variability shared by two measures. The coefficient of determination is the square of the correlation coefficient, which in this case is .49. The square of .49 (i.e.,  $.49 \times .49$ , or, rounding off, about  $.5 \times .5$ ) is about equal to .25.
2. **B IS CORRECT** According to Holland's theory, the investigative and enterprising themes are opposite from each other. In other words, someone can score high on one of these themes, but not both. Holland theorized that the six themes or types could be placed on a hexagon, starting with Realistic at the top left and proceeding clockwise with Investigative, Artistic, Social, Enterprising, and Conventional. The three pairs opposite each other on this hexagon can be considered opposing themes: realistic and social; investigative and enterprising; and artistic and conventional.
3. **D IS CORRECT** Yalom described a number of advantages and disadvantages of using co-therapists in group therapy. According to Yalom, a potential disadvantage of the co-therapy format is that co-therapists may be overly competitive and pursue their own interpretations rather than supporting inquiries begun by the group. If this occurs, the group will be distracted and unsettled. The other choices describe potential advantages of the use of co-therapists.
4. **A IS CORRECT** Asperger's Disorder and Autistic Disorder have been combined in the DSM-5 (along with Childhood Disintegrative Disorder and Pervasive Developmental Disorder NOS) into the single diagnosis of Autism Spectrum Disorder which involves persistent deficits in social communication and interaction and restricted, repetitive patterns of behavior, interests, and activities. Answer B: When using the DSM-IV-TR, Walter would most likely receive a diagnosis of Asperger's Disorder because his cognitive and language development have been relatively normal. However, when using the DSM-5, he would be assigned a diagnosis of Autism Spectrum Disorder with specifiers as applicable. Answer C: Although Walter engages in stereotypic movements (rocking), he exhibits other symptoms that are consistent with Autism Spectrum Disorder (limited interests, difficulties with social reciprocity). Answer D: As noted above, the DSM-IV-TR diagnosis of Pervasive Developmental Disorder NOS is not a separate diagnosis in the DSM-5 but has been incorporated into the diagnosis of Autism Spectrum Disorder.
5. **A IS CORRECT** Obsessive-Compulsive Disorder is included in the DSM-5 with Obsessive-Compulsive and Related Disorders, which also includes Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania, and Excoriation Disorder. Answers B, C, and D: The following diagnoses are categorized as Anxiety Disorders in the DSM-5: Separation Anxiety Disorder, Selective Mutism, Specific Phobia, Social Anxiety Disorder, Panic Disorder, Agoraphobia, and Generalized Anxiety Disorder.
6. **C IS CORRECT** A paraphrase is a restatement of the content of a client's message. The counselor in the example is simply restating what the client has told him. (Answer A:) Clarification is used when a client's message is vague or confusing. (Answer B:) Interpretation involves presenting a hypothesis to the client about cause and effect relationships or interpreting his or her behaviors, thoughts or feelings. (Answer D:) Confrontation is an honest or constructive reaction by the therapist to an element of the client's behavior.
7. **C IS CORRECT** You are required to take action when you have good reason to believe that a colleague has committed an ethical violation; the NBCC Code of Ethics indicates that you should first use your institution's channels and then use the procedures established by the NBCC. However, it is also necessary to consider issues of client confidentiality before taking any action; confidentiality in a helping relationship is not broken unless a client poses a clear danger to self or others. A is Incorrect - This would violate the client's confidentiality. B is Incorrect - This would violate the client's confidentiality. C is CORRECT - In a situation like this, the counselor should inform the client of her options regarding action against the previous counselor. D is Incorrect - This would violate the client's confidentiality.
8. **D IS CORRECT** A person has referent power when people do as he/she requests because they respect the person or want to be like him/her. You may have been able to choose the right answer through a process of elimination if you weren't familiar with the nature of referent power. (Answer A:) Reward refers to a person's ability to influence another through control of valued rewards and resources. (Answer B:) A legitimate base of social power is founded on the target's belief that the influencing agent has legitimate authority. (Answer C:) In expert base of social power, the influencing agent is believed to have superior ability, skills, or knowledge.
9. **B IS CORRECT** A z-score expresses a raw score in terms of the distance, in standard deviation units, the score falls from the mean. In this case, the raw score (56) is 16 points above the mean (40); since the standard deviation is 8, the score is two standard deviation units above the mean and the z-score is thus + 2.0. The formula for computing a z-score is  $X-M/sd$ , where  $X$  = the raw score,  $M$  = the mean, and  $sd$  = standard deviation.
10. **B IS CORRECT** Be sure you read this question carefully. The question is not asking for Piaget's four stages of cognitive development, which are listed in answer A. The question is looking for the processes that underlie cognitive development. According to Piaget, these are: 1) schema (an individual's self-constructed mental structures); 2) assimilation (the fitting of new stimuli into existing schema); 3) accommodation (creating new schema or modifying old schema); and 4) equilibrium (balancing assimilation and accommodation).