



# NCE<sup>Q&As</sup>

National Counselor Examination

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### QUESTION 1

Talking about difficulties to purge them is a curative process known as:

- A. Catharsis
- B. Problem solving
- C. Release
- D. Sounding off

Correct Answer: A

While Aristotle was the first to describe catharsis, it was the psychoanalyst Josef Breuer who first used it as a technique. He found that while recalling traumatic experiences under hypnosis, his clients experienced relief after expressing the repressed emotions.

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### QUESTION 2

All humans have a five-stage sleep cycle and all cycle through the stages in the same order. Choose the correct sequence.

- A. Stage 1, Stage 2, Stage 3, Stage 4, Stage 5
- B. Stage 1, Stage 2, Stage 1, Stage 3, Stage 5, Stage 4
- C. Stage 1, Stage 2, Stage 3, Stage 4, Stage 1, Stage 2, Stage 5
- D. Stage 1, Stage 2, Stage 3, Stage 4, Stage 3, Stage 2, Stage 5

Correct Answer: D

Sleep does not progress through all of these stages in sequence, however. Sleep begins in Stage One and progresses into stages Two, Three, and Four. Then, after Stage Four sleep, Stages Three, then Two are repeated before going into REM sleep. Once REM is over, we usually return to Stage Two sleep. Sleep cycles through these stages approximately 4 or 5 times throughout the night.

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### QUESTION 3

A man comes to you and has been through a series of traumatic events. You have no training or experience in helping clients overcome trauma. Ethically, you should:

- A. continue meeting with him and \\learn as you go\\.
- B. tell him you can\\'t help him.
- C. refer the client to a therapist who has the proper qualifications.
- D. ask him to tell you all the details.



Correct Answer: C

Helping clients work through trauma requires specialized training. If the client is presenting with trauma and it is out of the realm of the counselor's ability to handle, the client should be referred to a qualified professional.

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#### QUESTION 4

Nosology, the process of formal diagnosis, is most closely related to:

- A. sampling
- B. individualized education plans (IEP)
- C. psychoanalysis
- D. the medical model

Correct Answer: D

The most recent revision helped align the DSM with the ICD-11 (International Classification of Diseases). The DSM-5 provides researchers, clinicians, and health officials with a standard language to use when communicating about mental disorders. The ICD-11 is used by medical professionals to diagnose medical conditions. Most IEPs do contain a formal diagnosis, but the diagnosis is used to help guide what accommodations and modifications go into the IEP to help the student.

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#### QUESTION 5

An operational definition:

- A. is deductive logic
- B. can be measured on a Likert Scale
- C. outlines a procedure
- D. describes the purpose of an experiment

Correct Answer: C

An operational definition is a detailed, clear, and concise definition of a measure used when data is being collected. If more than one researcher is setting out to measure the same conditions, they should be able to independently do so. In the case of measuring anxiety in college seniors, a researcher chooses to give the participants a 15 item questionnaire. The researcher's operational definition of anxiety for this study is the participant's score on the questionnaire.