



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

National Counselor Examination

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### QUESTION 1

Which of the following is not a factor in the sleep patterns of adolescents?

- A. Biorhythm changes
- B. Defiance
- C. Increased need for sleep
- D. Increased academic and social demands

Correct Answer: B

Teens require more sleep than the average adult due to their rapid growth. A teen's decreased sleep patterns do not generally stem from defiant behavior. Teens have biorhythm changes, making them more likely to stay up late and sleep later. They are inundated with academic and social demands which may impair the amount or quality of their sleep.

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### QUESTION 2

Culture can be defined as:

- A. values a group shares and learns from other members of the group
- B. attitudes, beliefs, art, and language specific to a group
- C. customs shared by a group which are different from those in another group
- D. All of the above

Correct Answer: D

Culture is a broad term used to describe the social behavior and norms found in human societies and therefore, a, b, and c are all part of the definition. An overly simplified way of thinking about culture is as a way of life for certain groups.

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### QUESTION 3

Which of the following kinds of therapy seeks to help clients find their answers to questions such as: Why am I here? Is this all there is? Why do people suffer?

- A. Cognitive Behavioral
- B. Holistic Health
- C. Existential
- D. Client Centered

Correct Answer: C

Existential therapy centers on the client, rather than the symptom, in its focus on free will, self-determination, and the



search for meaning. It is not client-centered therapy because in this approach, therapists allow the clients to steer the conversation in an effort to get them to better understand themselves and others. Cognitive behavioral therapy tries to treat problems and boost happiness by modifying emotions, behaviors, and thoughts. Holistic health therapy focuses on integrating the body, mind, spirit, and emotions.

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#### QUESTION 4

The archetype of the "Shadow" encompasses which of the following?

- A. All that is evil
- B. Everything that is wrong with a person
- C. All of the things about a person that he or she will not acknowledge
- D. None of the above

Correct Answer: C

Carl Jung believed the "Shadow" represented the dark side of someone's personality.

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#### QUESTION 5

Some counseling methods are "product-oriented," while others are "process-oriented". Which of the following is more interested in the product than the process?

- A. Transactional-analysis
- B. Client-centered
- C. Behavioral D. None of the Above

Correct Answer: C

Behavioral counseling focuses on changing the client's behavior. Transactional-analysis, developed by Berne, focuses on interactions between people and communication is very important. In this theory, it is believed that within each person, there are 3 altered ego stages- the parent, the adult, and the child. In Client-centered, developed by Carl Rogers, the process is the focus and often guided by the client.

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