



National Counselor Examination

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QUESTION 1

When present in females, the Oedipus Complex is referred to as the:

- A. Electra Complex
- B. Feelings of Reciprocity
- C. Electric Complex
- D. Oedipa Complex
- Correct Answer: A

Freud described the Oedipus Complex as a stage when a boy develops feelings of desire for his mother and has feelings of anger and jealousy toward his father. The Electra Complex is when a girl develops feelings of desire for her father and has feelings of anger and jealousy toward her mother.

QUESTION 2

What are the three levels of social groups?

- A. Primary, secondary, and tertiary
- B. High, medium, and low
- C. First, second, and third
- D. Small, medium, and large

Correct Answer: A

Charles Cooley first described social groups. Primary social groups share close, personal, and enduring

relationships. Secondary groups are larger than primary groups and relationships are goal oriented,

impersonal, and may be temporary.

Tertiary groups are sometimes called reference groups and are any group which shapes one\\'s attitude and

behavior.

QUESTION 3

You have just launched a successful therapy group, and want to promote it to engage new clients so they,

too, can benefit. You have asked your current therapy clients to offer an anonymous testimonial, telling

others how useful it has been.

From an ethical standpoint, this is _____.

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- A. prohibited under any circumstances
- B. allowed since it is a successful group that would benefit future clients that may join
- C. allowed, only if they sign a voluntary testimonial release
- D. prohibited unless they sign a voluntary testimonial release, use a pseudo-name and do not provide a photo

Correct Answer: A

The ACA Code of Ethics outlines that testimonials from clients, former clients or any other person vulnerable to undue influence is prohibited.

QUESTION 4

Suppression and repression are different because:

- A. suppression is involuntary
- B. repression is involuntary
- C. they are not different
- D. repression is voluntary
- Correct Answer: B

In psychoanalysis, repression is when upsetting memories are kept out of the conscious mind. Throughout therapy, using free association, psychoanalysts try to help uncover repressed memories and feelings. Suppression is when a person knowingly tries not to think or feel a certain way.

QUESTION 5

Under which of the following circumstances is it not okay to break patient confidentiality?

- A. A court subpoenas the client\\'s chart.
- B. The client has threatened to hurt himself or someone else.
- C. The client\\'s employer has requested the information.
- D. The client admits to abusing his children.

Correct Answer: C

The patient\\'s employer has no right to request information he or she shared in a confidential session with a therapist, even if it is through the Employee Assistance Program. Therapists are required to break confidentiality when someone\\'s safety is at risk. Courts can subpoen charts, which is why therapists should be careful about taking notes during sessions.

QUESTION 6



Most behaviors are learned and displayed in a cultural context.

A. True

B. False

Correct Answer: A

True ?While some behaviors are innate, like the";rootin"; of an infant to bring his mouth close to whatever it\\'s near in hopes of eating, or an infant\\'s startle reflex, when his arms outstretch with loud noises, most behaviors are learned within a cultural context. For instance, the handshake is generally a gesture from the Western culture. A man should never extend his hand to a woman of another culture unless she extends a hand first. Another example is that "back-slapping" someone from Asia is considered aggressive. Signaling someone from an Asian culture to follow you or directing them with your index finger, a common gesture in America, is considered rude in these cultures. Same behavior, different cultures, which means they are learned.

QUESTION 7

The difference between open and closed groups is:

A. In an open group, confidentiality is valued less than in a closed group.

B. Group members are allowed to drop out of an open group, but not a closed group.

C. Group members need to be screened for closed groups, but not for open groups.

D. No new members can join a closed group, whereas new members can join an open group at any time once they\\'ve been screened.

Correct Answer: D

In closed groups, the group typically ends with the same members it began with. New members are not allowed to join a closed group once the sessions have started, but members are allowed to drop out at any time. Counselors need to screen members for both open and closed groups. In open groups, new members can join in at any time once they\\'ve been screened. Regardless of the type of group, confidentiality is always an important aspect so that group members can trust one another and the counselor.

QUESTION 8

Which theorist spoke of social connectedness?

A. Freud

- B. Jung
- C. Adler
- D. Skinner

Correct Answer: C

Social connectedness is the measure of how an individual is connected to and takes interest in the wellbeing of others. Adler believed when people reached a level of social connectedness, they would feel successful and happy. The other



theorists mentioned above adhered more toward an individualistic explanation of success and happiness.

QUESTION 9

Nathan has been working on cutting down on drinking. He tells you he passed a state store and \\'found my car pulling itself into the lot.\\' He denies giving much conscious thought to it. Nathan is describing the workings of:

- A. The superego
- B. The id
- C. The ego
- D. The conscious mind

Correct Answer: B

According to Freud, the id is present at birth and is part of the unconscious. It is impulsive, not rational, and moves towards pleasure and away from pain. The superego is made up of the conscience and ideal self and incorporates society\\'s values and norms. The ego uses a rational process to solve problems and meet the id\\'s demands while satisfying the superego.

QUESTION 10

One of the first formal therapeutic groups was held by:

- A. Joseph Pratt
- **B. Carl Rogers**
- C. Irv Yalom
- D. Wilfred Bion
- Correct Answer: A
- In 1905, Joseph Pratt, a medical doctor from Boston, gathered a group of patients with tuberculosis in

order to educate them. The rest are all group theorists of later years. Rogers is often referred to as the

"father of counseling psychology".

Yalom developed a list of therapeutic factors in group therapy. Bion was a British psychoanalyst.

QUESTION 11

Kohlberg\\'s theory of moral development has three progressive levels ending in:

- A. personhood
- B. sexual ambiguity



- C. principled thought
- D. self-realization

Correct Answer: C

In Kohlberg\\'s third level, individuals do come to realize they are separate from their society, but this occurs in the 5th stage. Principled thought comes after moving through the 6th stage, which Kohlberg believed few people actually reached.

QUESTION 12

Which of the following are not included as a concept in deductive reasoning?

- A. Minor premise
- B. Obvious conclusion
- C. Medium premise
- D. Major premise
- Correct Answer: C

Aristotle discussed the use of a major premise, a related minor premise and an obvious conclusion as a part of deductive reasoning.

QUESTION 13

In the United States, each socioeconomic group represents a different culture because they share:

- A. similar tastes in the arts
- B. educational levels
- C. interest in religion
- D. similar ideas, behaviors, and values
- Correct Answer: D

Typically, members of each socioeconomic group share similar ideas, behaviors, and values which fits the definition of culture.

QUESTION 14

Which person is associated with the beginning of the guidance movement?

- A. Adler
- B. Parsons



- C. Freud
- D. Ellis

Correct Answer: B

Frank Parsons is known as the founder of the guidance movement. His talent matching approach was later developed into the Trait and Factor Theory of Occupational Choice. Adler was the founder of individual psychology, Freud was the founder of psychoanalysis, and Ellis was the founder of rational emotive behavior therapy.

QUESTION 15

Members of a counseling group that score high in authoritarianism also tend to score high in independence.

A. True

B. False

Correct Answer: B

Authoritarianism values strict obedience to authority, even if personal freedom is sacrificed, which is contrary to independence.

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