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NBCC-NCMHCE

ional Board for Certified Counselors: National Clinical Mental Health Counseling Examinati

Questions & Answers PDF

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Question: 1

Which of the following are true of genuineness in therapy?
Select all that apply. There are three correct answers.

A. It is equivalent to congruence in communication
B. It is the therapist being themselves within the therapeutic context
C. It involves an avoidance of focus on role identity
D. It is equivalent to cultural competence
E. It is exhibited primarily through written communication

Answer: A,B,C

Explanation:
Genuineness is the quality therapists possess when they avoid concentration on the role identity of therapist and allow their authentic personality to engage with the client. It amounts to the therapist being themselves, as much as possible, within the given therapeutic context. It is equivalent to congruent communication in which words, affect, and other aspects of body language are in tune. Genuineness and authenticity are known to work well not only in establishing the necessary trust and rapport for the therapeutic relationship but also in the ongoing therapeutic work.
Genuineness is different from cultural competence but complementary to it. Cultural competence involves the therapist being able to understand and be conversant with diverse populations. Genuineness in most therapeutic contexts is expressed through various aspects of physical presence and affect and not through written communication.

Question: 2

Which of the following are correct about cognitive behavioral therapy (CBT)?
Select all that apply. There are three correct answers.

A. CBT is not an evidence-based practice
B. There is little research base to establish the effectiveness of CBT
C. CBT is the most popular treatment modality in the United States
D. CBT is supported by a substantial research base
E. CBT is an evidence-based practice

Answer: C,D,E

Explanation:
Cognitive behavioral therapy (CBT) is now the most popular treatment modality in the United States. This is partly true to the modality's adaptability to various treatment contexts but is also due to its

clinical efficacy and substantial research base in hundreds of studies. As it does have proof of its effectiveness, it can be called an evidence-based practice.

Question: 3

Which of the following would be the most accurate summary of social comparison theory?

A. We evaluate our behavior and accomplishments by comparison with others
B. We evaluate the behavior and accomplishments of others by comparison with our own
C. We accurately evaluate other societies based on our own standards
D. We fail to accurately evaluate other societies based on our own standards

Answer: A

Explanation:
Correct answer: We evaluate our behavior and accomplishments by comparison with others
Social comparison theory suggests that we evaluate our behavior and accomplishments by comparison with others. In so doing, we adapt or alter based on exterior forces.
Evaluating others based on ourselves would not be social comparison theory. The theory has little to do with societal comparisons.

Question: 4

Of the following, which is the most likely to be treated with anxiety therapy?

A. Nightmare Disorder
B. Narcolepsy
C. Hypersomnolence Disorder
D. Breathing-Related Sleep Disorder

Answer: A

Explanation:
Correct answer: Nightmare Disorder
By addressing the underlying causes of nightmare in terms of anxiety, Nightmare Disorder is often treated using anxiety therapy.
Breathing-Related Sleep Disorder, Hypersomnolence Disorder, and Narcolepsy are more often treated with medical interventions.

Question: 5

Which of the following refers to a wider culture made up of various smaller parts?

A. Reflexive culture
B. Alloculture
C. Microculture
D. Macroculture

Answer: D

Explanation:
Correct answer: Macroculture
Macroculture refers to the larger culture of which various microcultures (smaller cultures) form parts.
'Alloculture' and 'Reflexive culture' are fabricated terms.

Question: 6

Which of the following approaches would be most useful in navigating short-term, immediate problems?

A. Postmodern approaches
B. Behavior therapy
C. Psychoanalytic therapy
D. Cognitive behavior therapy

Answer: A

Explanation:
Correct answer: Postmodern approaches
Postmodern approaches such as solution-focused therapy are highly useful in addressing short-term, immediate problems and crises.
Psychoanalytic therapy is usually much longer-term in scope. Behavior therapy concentrates on the counselor's role as educator in altering patternistic behaviors. In cognitive behavior therapy, the counselor is highly directive in educating the client about long-term patterns of thought.

Question: 7

Which of the following are accurate concerning the concept of proxemics?
Select all that apply. There are two correct answers.

A. Proxemics refers to the treatment modality of touch
B. Proxemics refers to the way people exchange uncomfortable information
C. Proxemics refers to the way in which a person uses physical closeness
D. Proxemics is generally construed in the same way across cultures
E. Proxemics influences communication and social relations

Answer: C,E

Explanation:
Proxemics, also known as spatial relations, refers to the way in which a person uses physical closeness in human interactions. There are many drivers of the way a person uses physical closeness to others: personality, culture, introversion/extroversion, mental illness, and so on. Proxemics influences communication and social relations and is a significant consideration in counseling contexts.
Proxemics does not refer to the way in which people exchange uncomfortable information and is widely variable across cultures. It does not refer to any treatment modality per se.

Question: 8

Which of the following theories focuses on action and its consequences?

A. Humanistic
B. Cognitive
C. Behavioral
D. Psychodynamic

Answer: C

Explanation:
Correct answer: Behavioral
Behavioral theories address one's actions in the world and their consequences.
Humanistic theories deal with validation of the individual. Cognitive theories focus on one's thoughts and the feelings about the thoughts. Psychodynamic theories focus on the study of unconscious processes in the mind.

Question: 9

Which of the following best defines the relationship of culture to mental health diagnoses?

A. Cultures generally agree on mental health diagnoses
B. All cultures believe in some form of demonic possession
C. What is sane in one culture is insane in another
D. Mental health diagnoses and cultures bear no statistical relationships

Answer: C

Explanation:
Correct answer: What is sane in one culture is insane in another
The heart of culturally informed diagnosis is the understanding that what is sane in one culture is insane in another. The layer of diagnosis having to do with culture must address such diverse elements as

beliefs in demonic possession. Though there is some relationship on a statistical basis regarding culture and diagnosis, there is a great diversity among conceptions of what constitutes 'normal' behavior.

Question: 10

Which of the following is not a descriptor for the same group stage?

A. Transition
B. Storming
C. Conflict
D. Forming

Answer: D

Explanation:
Correct answer: Forming
Groups are generally seen as going through four stages; a stage in which group members get acquainted, sometimes called forming, a stage in which differences are addressed, which is referred to as transition, conflict, or storming; a working stage, and a termination stage.

Question: 11

Which of the following disorders has the least interest in sexual relationships?

A. Schizoid Personality Disorder
B. Avoidant Personality Disorder
C. Histrionic Personality Disorder
D. Schizotypal Personality Disorder

Answer: A

Explanation:
Correct answer: Schizoid Personality Disorder
Schizoid Personality Disorder is mainly characterized by a lack of desire for human relationships in general, including sexual relationships.
Schizotypal Personality Disorder, Histrionic Personality Disorder, and Avoidant Personality Disorder are not characterized by a lack of interest in sexual relationships.

Question: 12

Which of the following is true about diagnoses of male sexual dysfunction?

A. Erectile Disorder does not involve premature ejaculation
B. Male Hypoactive Sexual Desire Disorder involves ejaculation in under two minutes
C. Delayed/Premature Ejaculation Disorder involves ejaculation in under two minutes
D. Male Hypoactive Sexual Desire Disorder does not involve premature ejaculation

Answer: A

Explanation:
Correct answer: Erectile Disorder does not involve premature ejaculation
Erectile Disorder is the inability to sustain or achieve erection for the purpose of sex. There is no criterion within the disorder describing premature ejaculation.
Premature ejaculation is a characteristic of both Male Hypoactive Sexual Desire Disorder and Delayed/Premature Ejaculation Disorder, but this occurs in under one minute, not two.

Question: 13

Which of the following would be considered the most autoplastic?

A. Advocating for state services to be increased
B. Helping a client enroll in state services
C. Advocating for a client to receive state services
D. Helping a client protest the level of state services

Answer: B

Explanation:
Correct answer: Helping a client enroll in state services
Autoplastic refers to the counselor helping the client function in their environment. Helping that client enroll in state services would be an example.
Alloplastic refers to the counselor helping a client try to change the environment. Helping a client protest the level of state services might be an example. Advocating for a client to receive state services, and advocating for state services to be increased are neither in this respect, as they are done without direct client involvement.

Question: 14

What is another name for formal diagnosis?

A. Nosology
B. Supradiagnosis
C. Differential Diagnosis
D. Diagnostic Impression

Answer: A

Explanation:
Correct answer: Nosology
Nosology is another name for formal diagnosis.
Differential Diagnosis refers to a means of arriving at what a diagnosis is by deciding what it is not. A diagnostic impression is not a diagnosis, but a collection of possible diagnoses. 'Supradiagnosis' is a fabricated term.

Question: 15

Which of the following disorders is most characterized by mood symptoms?

A. Schizophreniform Disorder
B. Brief Psychotic Disorder
C. Schizophrenia
D. Schizoaffective Disorder

Answer: D

Explanation:
Correct answer: Schizoaffective Disorder
The distinguishing feature of Schizoaffective Disorder are its mood symptoms in combination with its psychotic symptoms.
Schizophrenia, Schizophreniform Disorder, and Brief Psychotic Disorder may manifest mood symptoms, but not as strongly as in a presentation of Schizoaffective Disorder.

Question: 16

The etic approach focuses on which of the following?

A. Differences in people
B. Assimilation of culture
C. One's own culture
D. Similarities in people

Answer: D

Explanation:
Correct answer: Similarities in people
The etic approach focuses on similarities in people with respect to counseling, as opposed to the emic approach, which is directed toward a client's understanding of their own culture. The etic approach does not explicitly address cultural assimilation.

Question: 17

In which of the following types of therapy is there most likely to be homework assignments as interventions?

A. Adlerian therapy
B. Psychoanalytic therapy
C. Cognitive behavior therapy
D. Existential therapy

Answer: C

Explanation:
Correct answer: Cognitive behavior therapy
Cognitive behavior therapy is largely about analysis of one's own thoughts and emotions, and will often use such things as journals, reports, and other types of homework.
Adlerian therapy, existential therapy, and psychoanalytic therapy are not especially linked with homework assignments.

Question: 18

Which of the following is false about Duty to Warn?

A. Not every state has Duty to Warn legislation
B. There is no state Duty to Warn legislation
C. Duty to Warn is a legal and not an ethical consideration
D. Every state has Duty to Warn legislation

Answer: D

Explanation:
Correct answer: Every state has Duty to Warn legislation
Duty to Warn legislation is not present in all states; it is a combined ethical and legal consideration in which the counselor must use all available resources to come to a proper decision.

Question: 19

In which of the following would a client most likely be asked to change their thinking?

A. Rational Emotive Behavior Therapy
B. Behavioral therapy

C. Dialectical Behavioral Therapy
D. Classical Psychoanalysis

Answer: A

Explanation:
Correct answer: Rational Emotive Behavior Therapy
REBT (Rational Emotive Behavior Therapy) is based on the idea that changing thoughts changes feelings. Classical Psychoanalysis would focus more on unconscious processes. Behavioral therapy addresses action in the environment. Dialectical Behavioral Therapy seeks to build practical skills of communication and conflict resolution.

Question: 20

Which of the following is true about website encryption for counselors?

A. Established client information on the website should be encrypted
B. The website should be encrypted
C. The contact form page should be encrypted
D. Counselors need not use encryption, as this is covered with informed consent

Answer: C

Explanation:
Correct answer: The contact form page should be encrypted
It may be not fiscally reasonable for a counselor to encrypt their entire website. The contact form should be encrypted to protect client confidentiality. Established client information should not be on a website, but stored securely and separately. Encryption would be used to protect such items as informed consent.