



NCE

Free Practice Test — 30 Real Exam-Style Questions

with full answer key & explanations

**Unlock the full bank of 3983 questions
+ unlimited timed mock exams + mistake book**

Practice on the web: <https://certs.theorypractice.app/nce>

\$2.99 / week · \$6.99 / month · cancel anytime

What you unlock: all 3983 questions • unlimited timed mock exams • mistake book • instant explanations

Study offline on the free app — search your exam on the App Store or Google Play



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Practice Questions

Try all 30 first, then check the answer key at the back.

Want the other 3953+ questions & full timed mock exams? Unlock at <https://certs.theorypractice.app/nce>

1. Which of the following would be considered correct regarding when a person shows unfair, negative, and often aggressive acts toward the members of a particular group?

- A. Cause
- B. Conforms
- C. Prejudice
- D. Discrimination

2. A counselor is providing individual counseling to a nine-year-old client. He tells others that he wants to grow up and be a pilot, just like his father. He often pretends he is flying a plane around the house. Ginzberg's theory of career development focuses on the idea that individuals pass through three stages of career development that correspond with stages of human development. Which stage of career development is this client currently experiencing?

- A. Tentative stage
- B. Crystallization stage

3. Robert is providing services to Ellen, a 67-year-old Caucasian American female residing in Texas. Ellen would be classified as an individual in:

- A. Early Adulthood
- B. Pre-Adulthood
- C. Mid-Adulthood
- D. Late Adulthood

Study offline on the free app — search your exam on the App Store or Google Play



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



4. Beatrice shares that when her child gets ready for school without needing significant redirection, they listen to the child's choice of music on the way to school.

What is this an example of?

- A. Classical conditioning
- B. Praise
- C. Modeling
- D. Operant conditioning

5. A counselor is currently assisting a combat veteran who has been recently discharged. Among the symptoms that the veteran may exhibit, which of the following is LEAST likely to be observed?

- A. Angry outbursts
- B. Avoidance of people he or she cares about
- C. Nightmares
- D. Psychosis

6. Which of the following issues is characterized by parents deliberately inflicting harm on their children?

- A. Poor Social Skills
- B. Bullying
- C. Learning Disabilities

Want the other 3953+ questions & full timed mock exams? Unlock at <https://certs.theorypractice.app/nce>

7. Three levels of social groups are:

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

8. A psychologist has the right to stop treating a patient for which of the following reasons?

- A. If said patient is not being helped by the treatments.
- B. If said patient no longer requires treatment.
- C. All of the above
- D. If said patient doesn't pay their bills.



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



9. Which consideration should be kept in mind when formulating treatment goals for brief solution-based therapy?

- A. Goals need to be meaningful and important to clients
- B. Goals need to be small and within easy reach
- C. All of these
- D. Goals should be written down

Study offline on the free app — search your exam on the App Store or Google Play

10. Do licensing and degrees differ from state to state?

- A. You don't need either a degree or license, just go for it
- B. No; they are standard across the board
- C. The APA controls all licensure and degree requirements
- D. Yes; each state has its own requirements

11. If an aggressive, hostile client has successfully removed a towel rod and is wielding it as a weapon, what should be the counselor's primary course of action?

- A. Disarm the client
- B. Subdue the client
- C. Leave the client's immediate environment
- D. Protect self and others

12. A counselor is currently offering telemental health services to her clients through email. In what circumstances would this practice be considered ethical?

- A. The email server is secure and no one in the counselor's home has access to it.
- B. The counselor tells her clients that the email service is insecure.
- C. Email communications are not allowed in telemental health counseling.
- D. The counselor is in the same state as the client.

Want the other 3953+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/nce>

13. The action research process consists of five steps. Which step of action research is characterized by studying the action results to see the overall impact?

- A. Evaluating
- B. Taking action
- C. Diagnosing
- D. Action planning



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



14. If a counselor has a client with a managed care plan that limits them to only 20 visits per year, at what stage in the therapy process should the counselor begin to address the potential impact of this restriction?

- A. At the initial visit
- B. Five visits before termination
- C. At termination
- D. At the half-point of therapy

15. A human resources manager who exclusively considers applications from individuals aged between twenty-two and thirty, without taking into account any other qualifications or experience, is exhibiting which of the following behaviors?

- A. Sexism
- B. Classism
- C. Millennial-leaning bias
- D. Ageism

Study offline on the free app — search your exam on the App Store or Google Play

16. Counselors need feedback to assess the success of therapy sessions. Which of the following questionnaires is typically provided to clients at the start of a counseling session as a way to gather this valuable information?

- A. The Group Session Rating Scale (GSRS)
- B. The Session Rating Scale (SRS)
- C. The Outcome Rating Scale (ORS)
- D. The Counselor Competencies Scale (CCS)

17. The assessment which involves the use of a self-administered multiple choice, objective test of personality would be considered which of the following?

- A. Structured personality assessment
- B. Single objective personality assessment
- C. Multiple objective assessment
- D. Administrative non-objective personality assessment

18. Cognitive disorders are when an individual experiences an interruption of normal thought processes. What is the cognitive disorder where an individual has the inability to remember events, experiences, or other information for a period of time?

- A. Delirium
- B. Dementia



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



Want the other 3953+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/nce>

19. Self-report tests like the BDI:

- A. Depend much on the present state of the person taking it
- B. Both b and c
- C. Consistently and accurately measure its intended criterion regardless of internal or environment factors
- D. May not always be accurate

20. What is the most common mental health diagnosis among children under the age of ten?

- A. Obsessive-Compulsive Disorder (OCD)
- B. Major Depressive Disorder (MDD)
- C. Attention Deficit/Hyperactivity Disorder (ADHD)
- D. Oppositional Defiant Disorder (ODD)

21. One of the goals in Developmental Counseling and Therapy (DCT) is

<code>_____</code>.

- A. To identify and restructure distorted thinking
- B. None of the above
- C. To help people gain more integration, organization, flexibility, and range in their cognitive development structures.
- D. To change behavior

Study offline on the free app — search your exam on the App Store or Google Play

22. In one word, how would you describe a dual relationship?

- A. Unethical
- B. Nice
- C. Depends
- D. Ethical



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



23. If a person feels they have a sense of `_____`, they will be better able to handle the stress of a crowded situation.

- A. Both A and B
- B. Impact
- C. None of the above
- D. Control

24. During your session, the counselor takes a few minutes to tell you a personal anecdote and share their perspective and experience. You feel more encouraged to be vulnerable and have deeper rapport with the counselor now. Which counseling skill are they practicing here?

- A. Empathetic response
- B. Summarizing

Want the other 3953+ questions & full timed mock exams? Unlock at <https://certs.theorypractice.app/nce>

25. Which of the following typical teen issues is present when a student is refusing to talk to a crush when given the chance, does not like starting conversations with his peers, and keeps to himself for fear of being rejected?

- A. Romantic Relationship Challenges
- B. Family Events
- C. Issues with Authority
- D. Social Inadequacy

26. What is a member of a multidisciplinary team expected to do?

- A. All of these
- B. Chair a committee
- C. Organize an event
- D. Attend weekly meetings

27. There are several verbal communication skills that a counselor can use to improve communication with the client.

Which of the following verbal communication skills involves guiding the conversation toward a particular area that the counselor feels is important?

- A. Confrontation
- B. Paraphrasing
- C. Questioning



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Study offline on the free app — search your exam on the App Store or Google Play

28. Which of the following statements about self-identity is true?

- A. It is made up entirely of gender and socioeconomic status
- B. It defines a person's hobbies
- C. It is innately born into a person's biology
- D. It can change throughout one's lifespan

29. When counselors have applied the same interpretation to a behavior regardless of the cultural context, `<code>_____</code>` has been the consequence:

- A. Equality
- B. All of the above
- C. Cultural bias
- D. Unbiased consensus

30. A person who has parents from several different ethnic groups is considered _____.

- A. Post-racial
- B. Non-racial
- C. Multiracial
- D. Biracial



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Answer Key & Explanations

You just practised 30 of 3983. Unlock every question + timed mocks at <https://certs.theorypractice.app/nce>

1. D — Discrimination

The unfair, intolerant or negative attitude toward another person because of their group membership which would include more of an affective component would be considered prejudice. Discrimination would include unfair, negative, and often aggressive acts toward the members of a particular group, mostly focusing on the behavioral component.

2. B — Crystallization stage

The client is currently in the fantasy stage of career development. The fantasy stage takes place from birth to the age of eleven. During this stage, children participate in pretend games and roleplay. They imitate parents or important adults in their life. Children may say they want to be a pilot, a doctor, or a famous singer but they do not understand the reality of those occupations.

3. D — Late Adulthood

As per the definition of late adulthood in this lesson, anyone classified as 65 and over would be within the age group. Individuals associated with Pre-Adulthood would be 1-19 years old, Early Adulthood would be 20-39 years old, Mid-Adulthood would be 40-64 years old, and late adulthood would be 65+.

4. D — Operant conditioning

Operant conditioning is a type of learning in which behavior is strengthened or weakened based on its consequences. In this scenario, Beatrice is using positive reinforcement by allowing her child to listen to their choice of music when they get ready for school without needing redirection. The desired behavior (getting ready for school without redirection) is being reinforced by a reward (listening to music). Option A: Modeling is when an individual learns by observing others. In this scenario, Beatrice is not simply modeling behavior for her child to imitate, but rather reinforcing their behavior by allowing them to listen to music. Option B: Classical conditioning is a type of learning in which a neutral stimulus becomes associated with a stimulus that naturally produces a response. This scenario does not involve the association of two stimuli to create a response. Option C: Praise is the expression of approval or admiration towards someone's actions or attributes. While praise can be a form of positive reinforcement, in this scenario, it is not the primary reinforcement mechanism at play.

5. D — Psychosis

Psychosis is a severe mental disorder where a person loses touch with reality, experiencing symptoms such as delusions or hallucinations. While combat veterans may experience a range of mental health issues such as PTSD, depression, anxiety, and anger outbursts, psychosis is less commonly associated with combat-related trauma. Option A: Nightmares are a common symptom of PTSD and other trauma-related disorders among combat veterans. Nightmares can be distressing and disruptive to sleep patterns, impacting overall mental health and well-being. Option B: Avoidance of people he or she cares about is a common symptom of PTSD among combat veterans. Social withdrawal and avoidance are often used as coping mechanisms to manage the distressing memories and experiences related to combat. Option C: Angry outbursts are a common symptom of PTSD, particularly in response to



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



triggers or reminders of the traumatic event. Combat veterans may experience irritability, anger, and aggression as part of their post-traumatic stress response.

6. C — Learning Disabilities

Parental abuse occurs when parents deliberately inflict harm on their children. Parental abuse can be emotional, physical, or both. Bullying, poor social skills, and learning disabilities are also common issues experienced by elementary school students. Bullying is the repeated aggression and intimidation of a peer. Poor social skills occur when a child interacts with their peers in unhealthy ways. Learning disabilities includes processing problems that interfere with learning basic skills such as reading, writing, or math.

7. D — Primary, secondary, and tertiary

Charles Cooley was the first to describe social groups. Primary social groups have close, personal, and long-lasting relationship. Secondary groups are larger than primary groups, and relationships are goal-oriented, impersonal, and sometimes temporary. Tertiary groups, also known as reference groups, are any group that influences one's attitude and behavior.

8. C — All of the above

The psychologist could stop treating a patient for the following reasons: If said patient doesn't pay their bill. If said patient no longer requires treatment. If said patient is not being helped by the treatments. If said patient threatens the psychologist.

9. C — All of these

Brief solution-based therapy treatment goals should be meaningful and important to clients, small and achievable rather than large and difficult, and written down with a copy supplied to both the client and the clinician. Goals should also be practical, attainable and measurable, as well as under the clients' control.

10. D — Yes; each state has its own requirements

Just like in any other field, be it teaching, medical, or electrical, states control their own requirements and accept most school program credits and degrees, but there will be exceptions. Licensure is always a state requirement, with the state's own individual and national board exams. Although nearby states may have reciprocal exceptions this is not always the case. You can find out what your state requires through the Psychology Licensing Board in your state.

11. D — Protect self and others

When dealing with an aggressive, hostile client who has successfully removed a towel rod and is wielding it as a weapon, the primary course of action for the counselor should be to protect themselves and others. Disarming the client (Option A) can potentially escalate the situation and put the counselor at risk. Subduing the client (Option B) might also lead to a physical confrontation which could result in harm. Leaving the client's immediate environment (Option D) may not be a safe option as the client is wielding a weapon. In situations of danger, the safety and protection of oneself and others present should always take priority over attempting to disarm or subdue the client.

12. A — The email server is secure and no one in the counselor's home has access to it.

In telemental health services, it is crucial to ensure the security and privacy of client information. To maintain ethical standards, the counselor offering services through email must use a secure email server to protect the confidentiality of client communications. In addition, ensuring that no one in the counselor's home has access to these emails further safeguards the privacy of clients. Option B (The counselor is in the same state as the client) is incorrect because the location of the counselor in relation to the client does not



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



determine the ethicality of providing telemental health services through email. The key factor is the security of the email server and access to it.

Option C (The counselor tells her clients that the email service is insecure) is unethical as it violates the trust and confidentiality expected in mental health counseling.

Disclosing that the email service is insecure could compromise the privacy and wellbeing of clients.

Option D (Email communications are not allowed in telemental health counseling) is incorrect as email communication can be a legitimate and effective means of providing telemental health services when done securely. It is essential to ensure that confidentiality and security measures are in place to maintain ethical standards.

13. A — Evaluating

Evaluating is the fourth step in the action research process. During this step the action results are studied to see the overall impact.

The first step of the action research process is diagnosing. During the diagnosing step, the actual problem is identified. The next step is action planning, which involves creating solutions and alternative paths of action. Taking action is when a specific solution or alternative is selected to solve the issue.

14. A — At the initial visit

When dealing with a client who has a managed care plan that limits the number of therapy visits, it is crucial for the counselor to address this potential restriction right from the beginning, at the initial visit. By discussing this limitation early on, both the counselor and the client can collaboratively develop a treatment plan that takes into account the finite number of visits available. This ensures that the therapy process is efficient and effective within the confines of the managed care plan.

Option B: At the half-point of therapy

Addressing the potential impact of the visit limitation at the halfway point of therapy may be too late, as it does not allow for sufficient time to adjust the treatment plan accordingly.

Option C: Five visits before termination

Waiting until five visits before the termination to address the visit limitation is not ideal, as it limits the time available for the counselor and client to make necessary adjustments and ensure the therapy process is not abruptly terminated.

Option D: At termination

Addressing the potential impact of the visit limitation at termination is too late and does not allow for the necessary time to mitigate any negative effects of the restriction on the therapy process.

15. D — Ageism

Ageism is the unfair treatment, prejudice, or discrimination against people based on their age. In this scenario, the human resources manager is exhibiting ageism by exclusively considering applications from individuals aged between twenty-two and thirty, without taking into account any other qualifications or experience.

Option A) Sexism refers to discrimination or prejudice against someone based on their gender, not age.

Option B) Millennial-leaning bias is not a recognized behavior. The term "millennial-leaning" suggests a benevolent attitude or preference towards the millennial generation.

Option D) Classism refers to discrimination based on social class, not age. This is not relevant to the scenario described in the question.

16. C — The Outcome Rating Scale (ORS)

The Outcome Rating Scale (ORS) is a questionnaire typically provided to clients at the start of a counseling session to assess their progress and gather valuable feedback on the effectiveness of therapy sessions. The ORS helps counselors track changes in clients' well-being and outcomes over time.

Option A) The Counselor Competencies Scale (CCS) - The Counselor Competencies Scale is not typically provided to clients at the start of a counseling session. This scale is used to evaluate counselor performance and skills,



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



rather than gather feedback from clients.

Option B) The Session Rating Scale (SRS) - The Session Rating Scale is another valuable tool used in counseling, but it is focused on measuring the quality of the therapeutic relationship, rather than assessing outcomes. It is completed by clients at the end of a counseling session.

Option D) The Group Session Rating Scale (GSRS) - The Group Session Rating Scale is used to assess the effectiveness of group therapy sessions rather than individual counseling sessions. It is completed by participants in group therapy settings to provide feedback on the session.

17. A — Structured personality assessment

The structured personality assessment would be considered the assessment which involves the use of a self-administered multiple choice, objective test of personality. This assessment helps to determine the relatively stable and distinctive patterns of behavior which would characterize the individual and their reactions to the environment.

18. B — Dementia

Amnesia is the cognitive disorder where an individual has the inability to remember events, experiences, or other information for a period of time. Amnesia can be caused by brain injury, illness, or substance use. It is different than the other cognitive disorders because the memory loss is often temporary.

Dementia occurs when an individual loses cognitive abilities, memories, thoughts, language, problem solving abilities, and judgment. Delirium is similar to dementia, but often has a much faster onset. Delirium can happen suddenly; the individual will be disoriented and confused.

19. B — Both b and c

Self-report tests by their very nature make accuracy difficult. They can be useful tools to assess current symptoms, however.

20. C — Attention Deficit/Hyperactivity Disorder (ADHD)

Compared to girls, boys are four times more likely to be diagnosed with ADHD, which is still the most common disorder among youngsters.

Because of the greater confinement of sitting at a desk and paying attention for longer periods of time, the majority of children are not diagnosed with this disorder until they reach school age.

21. C — To help people gain more integration, organization, flexibility, and range in their cognitive development structures.

One of the goals of Developmental Counseling and Therapy (DCT) is to help people gain more integration, organization, flexibility, and range in their cognitive development structures. The DCT clinician promotes growth and change through exploration and assessment of people's world views, operations in the world, and areas of difficulty and cognitive developmental orientations.

22. A — Unethical

Dual relationships are unethical because they frequently cause a counselor to lose objectivity and effectiveness. There are times when a client-counselor relationship is regarded as ethical if it can be reasonably expected to do no harm or exploitation to the client.

23. D — Control

There are a number of factors which can influence how a person handles "crowding." One of these factors would be control. If the person feels they have control over the situation they are more able to handle the stress.



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



24. B — Summarizing

Self-disclosure is an important counseling skill that occurs when counselors share a personal experience from their life in order to connect with the client, establish rapport, and encourage vulnerability. They often share a story or life experience that is similar to what the client is going through.

Empathetic response is the counseling skill being utilized when counselors show empathy and understanding of what the client is thinking, feeling, or experiencing. Reframing, also known as redirecting, is when the counselor provides the client with a positive new perspective on their current situation or issue. Summarizing is when the counselor recognizes and summarizes all of the thoughts and feelings expressed by the client.

25. D — Social Inadequacy

If a student is refusing to talk to a crush when given the chance, doesn't like starting conversations with his peers, and keeps to himself for fear of being rejected he is experiencing feelings of social inadequacy. Many students suffer from insecurity due to feeling socially inadequate.

Family events, romantic relationship challenges, and issues with authority are all common teen issues. Family events that affect teens may involve the divorce of parents, parental dating, illnesses in the family, and more. Issues with authority involve when a teenager doesn't want to listen to authority figures and may act defiant; for example, not listening to their parents or teachers. Romantic relationship challenges, such as an argument with a partner or breakups, are also common.

26. A — All of these

A member of a multidisciplinary team might be asked to lead a committee looking into the best way to offer services to an underdeveloped region of the community, organize a public awareness event, and/or attend weekly meetings to help the team achieve its objectives.

27. A — Confrontation

Focusing is a verbal communication skill that involves guiding the conversation toward a particular area that the counselor feels is important. This skill gives the counselor the ability to determine important information and move the conversation in that direction.

Paraphrasing is when the counselor repeats what the client has told them using different words, to check understanding and let the client know they are being heard. Confrontation involves challenging or confronting a client when they notice a discrepancy in what the client is saying, feeling, or how they are behaving. Questioning involves asking the client specific questions to gather detailed information and explore what issues bring the client to therapy.

28. D — It can change throughout one's lifespan

Self-identity can change over a persons life and be dependent upon experiences they have over a period of time. Politics, religion, gender and community can all contribute to self-identity.

29. C — Cultural bias

Answers b and c oppose the correct answer, cultural bias. Cultural bias arises as a result of ethnocentrism, the belief that one's culture is superior and/or normal, and other cultures are inferior or abnormal. Cultural bias can be reduced with research and education.

30. C — Multiracial

Multiracial individuals have parents from several different ethnic or racial groups.



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Ready to pass?

Unlock the full NCE bank, every explanation, and unlimited timed mock exams.

Scan to start practising

<https://certs.theorypractice.app/nce>

Also on iOS & Android — search your exam name on the App Store or Google Play



Unlock all 3983 questions + timed mock exams

→ <https://certs.theorypractice.app/nce>

\$2.99/week or \$6.99/month · cancel anytime · scan to start